

# WRENSHALL CHEERLEADING EXPECTATIONS

## Rules of Conduct

1. A cheerleader will always represent their school with dignity and pride.
2. No Drama; Keep personal issue away from practice and the court and field. If you have an issue come to either coach and we will discuss it with you in private. If we have continuous issues with drama, suspensions from games or termination from the team will be enforced.
3. Always be respectful of fans, students' coaches, players refs, from our school and the other school/team.
4. Respect your coaches. If you have an issue with either of us, please don't hesitate to talk to us about it.
5. Always be prepared. This includes your uniform, knowledge of cheers, readiness for games, practice and pep fest.
6. MAKE SURE YOU ARE ALWAYS SMILING DURING GAMES! Act like you are excited to be cheering for your school and you want to be there.

## Uniforms and Appearance

1. You must keep your uniform and shoes in a presentable condition throughout the school year.
2. All cheerleaders must be dressed uniformly, as specified by the coaches.
3. You must appear neat and well groomed for every cheer event. Look your best! No brightly colored hair is allowed.
4. Only studded earrings during games and practices.

## Attendance

1. You must attend all scheduled practices, games, pep fest and other events. Failure to do so will result in consequences as set forth below.
  - a. One missed unexcused will result in sitting for ½ Game
  - b. Two missed unexcused will result in sitting for 1 full Game
  - c. Third missed unexcused will result in termination from team for rest of season.
2. Notify either coach, not another cheerleader of any illness before a game or practice
3. Be actively apart in all games, pep fest and practices.
4. You are required to attend all pregame activities unless you have cleared it with either coach.
5. You must come to practice in appropriate clothing and shoes!

### Grades and MSHSL

1. If you are failing a class or classes you will be suspended from all activities until the grade/grades are above failing.
2. Cheerleaders are to follow the MSHSL rules and regulations. No smoking, drinking or drug use will be tolerated. This includes E-cigarettes and vaping.

### Game Behavior

1. Phones will be placed in basket prior to game and practice. You may check phones at half time, and return 2 minutes prior to the game resuming.
2. Cheerleader may not converse with fans along the fence, sidelines, etc. during the game. Exception is parents/family member who need to leave message.
3. No small groups carrying on conversations. You must pay attention to the game. Only talk should be calling of cheers.
4. You must stand in cheerleader stance at all time.
5. Smiling is a must at all times! Be peppy and enthusiastic.
6. No practicing in line/or formation. Be prepared before the game.

### Other Information

1. You support your entire school! We will be making signs and supporting all teams and activities.
2. Practices will be before school and or after school to accommodate those who play or participate in other activities.
3. Social media posting:
  - a. You are representing your school! No inappropriate posting or comments.
  - b. What you put on your social media accounts are on there forever- it will affect your future!
  - c. Your posts can be a great way to spread the word of games and events!
4. Cheerleaders are athletes. You must be physically able to stand for long periods of time, jump and perform dance routines.
5. Cost of cheerleading, including athletic fee, warm ups, shoes, socks and hat could add up to around \$200.00 There will also be a refundable security deposit check due for the uniform.

Feel free to contact coaches at any time.

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