

ATTENDANCE RULES

Attendance rules are in place to maintain our high standards of safety & injury prevention measures. Cheerleading formations are dependent upon all cheerleaders being present for practice.

When a child consistently misses practices or is tardy on a regular basis, they are not able to meet the challenges of cheering at an upcoming game. Therefore, we would ask that the rules listed below be reviewed with your child. Your cooperation is greatly appreciated!

Girls are expected to attend practice or call and notify their coach if they are going to be late or absent. All absences or tardiness must be reported to the coach prior to the start of a practice or a game. Notification must be by phone call, e-mail or note by the participant's parent. Absences from practices or games without notification will be considered unexcused and may affect line placement and performance in "Hello" and "Half-time" routines.

Any girl who misses the last practice before a game (one hour before the game) may not participate in field routines (Hello/Half-time). Girls not present on Thursday practice will not be placed in stunts but may be able to participate in routines. Please understand this not a punishment, but a safety measure. Missed practices affect line placement and stunt safety.

An excused absence is considered when a child is sick, has a planned family outing, vacation, religious commitment, or a family emergency.

Any absence from a practice or a game where a coach is not notified will be considered an unexcused absence. More than 2 unexcused absences will warrant a parent, coach and commissioner meeting to discuss the cheerleader's commitment to and continuation in the program.

PREP students- please consider choosing Wednesday for your PREP class.

GENERAL SAFETY RULES

SUPERVISION AND TRANSPORTATION: Each parent is responsible for her own daughter's transportation to and from games and practices. The Head Coach or Assistant Coach cannot be responsible for driving any child home. Please advise the coach of carpool situations and changes in carpool situations in writing. This is especially important when the person picking up your daughter is not another cheerleading parent. If your child will be walking to or from practice please provide the Coach with a note stating as such. Parents must walk up to the gate entrance of the field to pick up their cheerleader. We cannot send the girls out to cars in the parking lot. **PLEASE BE PROMPT** when picking up from practice. The Head Coach is not responsible to wait more than 15 minutes after a practice.

EACH CHILD MUST HAVE AN ADULT RESPONSIBLE FOR HER AT FOOTBALL GAMES.

DO NOT DROP OFF YOUR CHILD AT HER GAME AND LEAVE. IF YOU CAN NOT ATTEND

A PARTICULAR GAME, YOU MUST HAVE ANOTHER ADULT RESPONSIBLE FOR HER AND

YOU MUST PROVIDE FOR HER TRANSPORTATION HOME. OTHER PARENTS ARE MORE THAN WILLING TO HELP EACH OTHER OUT. PLEASE PLAN AHEAD.

MEDICAL CONSIDERATIONS

ILLNESS: If your daughter is too ill to be able to participate, please do not send her to practice until she is well. Please notify your coach per the attendance rules.

ASTHMA: If your daughter has asthma, please be sure to mention that on the Medical Release Form. She must bring her inhaler with her to practices and games. An asthma action plan and/or physician's prescription must accompany the inhaler with specific dosage parameters. Parents of children 12 and older must have a parent's note and physician's prescription stating the cheerleader is able to self medicate with the inhaler. Parents of children 12 and under should consider being present during all practices and games in the event of an asthma attack. If the parent is not present, 911 will be utilized in the case of an emergency.

INJURIES: If your daughter has an injury that restricts her from practicing, she may still come to practice to observe. A doctor's note is required stating physical limitations and when she may return to full activity.

ALLERGIES: All allergies must be listed on the medical release form.

BEHAVIOR

In general, girls must have respect for each other and their coaches. Bad language, unprofessional conduct, disrespect to others, or any type of disruptive behavior will not be tolerated and will be handled as follows:

First offense: Verbal warning to the cheerleader

Second offense: Note to the cheerleader's parent and the commissioner

Third offense: Note to the cheerleader's parent and the commissioner AND 1 game suspension

Fourth and Final offense: Meeting with the cheerleader's parent, coach and commissioner to discuss the cheerleader's commitment to and continuation in the program.

Coaches and Cheerleaders ONLY are allowed on the practice and game fields. Family and friends are to be behind the fence at all times.

Remember-Cheerleading is a **TEAM SPORT**. Participants are expected to perform and work as a **TEAM** and there is no **"I"** in **TEAM**. We do our best work **TOGETHER**.