

PEOTONE BLUE DEMONS CHEERLEADERS RULES AND EXPECTATIONS

Be on time and ready to work at every practice and game. Hair must be up if possible, MUST wear gym shoes (No skirts, dresses, see-thru clothing, flip-flops, flats or crocs)

No cellphones during practice. Cheerleaders will not be able to call or receive calls during practices, all rides should be preplanned.

No Food, unless special occasion snacks are pre-approved with your coach.

Bring plenty of water, it will be hot during most of the practices and the cheerleaders will be given ample water breaks.

Bring bug spray.

Attendance:

If your son/daughter is going to be late or absent to any practices or games both your main coach and assistant coach will need to be notified through text or phone call prior to the start time (attendance will be taken daily)

Practice is three days a week, athletes must attend two practices a week to be eligible for the following weekend's game. If your son/daughter misses two unexcused days of practice in one week they WILL NOT be able to cheer in halftime that week, but will be expected to be at the game. They will sit next to coaches cheering on their teammates. Note: Dynos practices are not mandatory.

Game Policy - 2 missed games will be addressed by the Director and Assistant Director as their competition eligibility will be in jeopardy, and possible disciplinary actions may take place.

Playoff and Superbowl – There are 3 playoff games in total. With the chance of Superbowl, therefore if your team has a game then attendance is imperative by all cheerleaders or competition eligibility for 2021 will be in jeopardy.

On game day the cheerleaders are expected to arrive half an hour prior to the start of their game, unless otherwise stated by your coach. Your son/daughter needs to come to the game prepared; meaning for girls that hair is in a high pony tail with bow in the hair facing forward, in their full cheer uniform, white shoes and always pack your long sleeve and warm up outfits in your cheer bag so we have consistency. Arrival times may be moved to 1 hour prior to game start time as we get closer to competition.

Competition Practice: 2 weeks prior to competition, we tend to add extra dates to practice and change times/locations so that each squad has mat time. It is extremely important to not miss any practices 2 weeks prior to competition. If one cheerleader is missing, it hinders the entire practice. Anyone who misses 2 practices prior to competition will be endangering their chances of competing.

Unsportsman conduct such as: Bullying, drama, disrespecting to your coaches, horsing around and negative attitudes between teammates will not be tolerated. Any cheerleader participating in bullying of any kind will run extra laps at practice and runs the risk of sitting out at the next game as well as further disciplinary actions first starting with a warning. We want every cheerleader to have fun and be comfortable. If your son/daughter comes home upset because of something that happened and the coaches are not aware of it, please contact the cheer director and the coaches immediately and it will be handled at the next practice.

Program Owned Items:

Girls: Uniform, Long Sleeve

05/24/2019

Boys: Shirt, Cheer Zip-Up

Items Purchased for Cheerleaders:

Girls: 1 Bow, socks, briefs, bag (bag is for new cheerleaders only)

Boys: Socks, bag (bag is for new cheerleaders only)

THINGS THE CHEERLEADERS WILL LEARN THIS SEASON:

The cheerleaders will learn sideline cheers that we use to cheer on our football players during the games, Coaches will be handing out a piece of paper with a list of the cheers so they can practice them on their free time.

They will also learn a half time cheer that they will be performing during half time at the games. That will also be our competition cheer. We may add on to the cheer as competition gets closer.

They will learn difficult jumps, building stunts, and chants that we will use during the games and competition.

The cheerleaders will also learn a competition dance and cheer this will be performed at the cheer competition.

If you have any questions at all, please do not hesitate to call or text Shannon or Cloee or any of your coaches