

Cedar Grove Recreation Competition Cheerleading Guidelines and Rules 2019-2020

Hello! Welcome to the Cedar Grove Recreation Competition Cheerleading Program!!!!

Membership to the Cedar Grove Recreation Competition Cheerleading Program should be considered a priority. Excessive absences, tardiness or disruptive behavior during practice, games or events will result in disciplinary action as determined by the coach.

- * **All practices and competitions are mandatory.**
- * Tumbling lessons are recommended and encouraged, and are separate from practice time.
- * **Always arrive on time.** You should always be 10 minutes early. When you arrive, you should be ready to cheer. Lateness will result in extra conditioning.
- * **No cell phones during practices.** If necessary, I will collect them at the start of each practice and return them at the end.
- * **All cheerleaders will participate in putting out/rolling up mats.** Cheerleaders will not be permitted to leave practice until all mats are put away.
- * Attitudes should be upbeat and positive. Cheerleaders will be respectful to the coaches, teammates, choreographers, tumbling coaches, and anyone else we interact with.
- * No bullying, harassing, or hazing, it may result in removal from the squad.
- * No Jewelry is to be worn at practice or during competitions.
- * No fooling around, or misbehaving at practices or during competitions.
- * At competitions, cheerleaders will remain in full uniform (sneakers included) until awards. Unless other instruction is given.
- * You are responsible for your uniform. If any piece is lost, damaged, or destroyed, you are responsible for replacing it.
- * If a child is out sick or cannot make it to practice for some reason, a coach must be notified in advance **before 3pm** on the day of practice that will be missed.
- * Fundraising is not optional. All teammates will contribute to all decided fundraisers.
- * We do not tolerate fighting between teammates. Keep it for outside of practice.
- * This is a season long commitment. (August until March)

Competition schedule will be out in September. Please address any issues with it before October 31st, 2018.

Please cut off this bottom portion and sign and return to the recreation office prior to the first practice. Cheerleaders will not be permitted to practice without returning this.

Cheerleader's signature: _____

Parent's signature: _____

Date: ____/____/____