

Cheerleading Expectations

Athletes are expected to be at practice each day **on time** and **ready to practice**.

Practice is 3:30pm-5:00pm.

- This includes being dressed, shoes on, hair up, full water bottles so we can get started at 3:30pm.

Practice is **Mandatory**, if you miss most of the practices during the week or practice the day before the game, you will not be allowed to participate at the game/halftime show. (Medically excused is ok)

Must maintain at least a 70 in each of their classes. Academic Check in sheets will be distributed a few times throughout the season, they will be handed out on a Monday and must be turned in that Thursday.

Athletes are seen as leaders not only on the field, but also at school. This means athletes should abide by school conduct, including but not limited to; classroom behavior, attendance policies, chemical health, and bullying. This also includes the language that athletes use at practice and on the field.

Athletes are expected to be to school on time, the warning bell goes off at 7:35am; late bell is at 7:40am. If an athlete arrives after 8am (without a doctor's note for excusal) they are not eligible to practice that day. Athletes also must arrive at each class on time, if they receive more than 5 tardies to class they will not be allowed to practice, if an athlete Cuts a class, they will not be allowed to practice, thus letting down the team.

Away Games: athletes must arrive at the SSA no later than 30 minutes before the scheduled departure time, are expected to serve as role models for our school and community, they will be polite and respectful (no loud music, no swearing and dressed appropriately-per coach request) The team attire will be announced the day before the game, if an athlete does not wear the appropriate outfit, it is up to the discretion of the coach as to whether or not they participate in the Away/Home Game. We are a team and we travel as a team.

We are SO excited for this season!!

Julie Meader & Morgan Beausoleil