

Vineyard Varsity Cheer Expectations 2024

Welcome to Vineyard Varsity Cheerleading 2024!

For our cheer program to be successful, please review and become familiar with the cheer expectations for the 2024 season.

Practices

All practices will be held Monday through Friday from 5 pm to 7pm unless otherwise noted.

Practice is essential and the expectations are that athletes will be ready to go and ready to practice.

What does being “ready” for practice mean? This means cheerleaders are ready to practice with their hair up, earrings removed (studs are okay), sneakers on, and pom poms available. Please also make sure your athlete has plenty of water as it can get warm moving around!

Practices are MANDATORY. We need everyone there learning cheers, stunts, and performances. If you are ill or have a medical appointment these are excused absences.

Academics

You are all STUDENT athletes. Emphasis on STUDENT. You must have at least a 70% in all your classes to be eligible to cheer. Coaches must review all student athlete’s eligibility and we are required to make sure you have a 70% in your courses to allow you to cheer. Let’s make sure we all follow this requirement to not lose any athletes. Don’t forget you have a free period available to you for you to get extra help if needed. Please use this time to get caught up.

Attendance

If you do not make it to school, you are ineligible to practice. If you arrive to school after 8 am (without a valid excuse), you are not eligible to practice. You also must arrive to class on time. If you are late to class five times, you will not be eligible to practice.

IF YOU CUT A CLASS, YOU MAY NOT PRACTICE. Please do not let your team down by cutting class. We need every member of this team, and cutting class leaves your team without you.

Games

Please arrive at the Steamship at least 20-minutes early for all away games. We will discuss what time we will be there for all home games. Please remember you are representing Martha’s Vineyard and the cheerleading team. Please present yourself as a role model and extension of MVRHS.

As a cheerleader and student athlete, please remember you are representing your school, community, and MVRHS. This means abiding by all school rules and policies whether you are in school, at the field, on the bus, or in the community, you represent all of us. Please make sure to remember this, especially when cheering and on the Steamship. Bullying, being disrespectful, and foul language will not be tolerated. We are a team, and we will always respect one another. If there is an issue that arises and needs to be discussed, I will pull those involved in for open dialogue and conversation for these issues to be rectified. There will be no exception to complete adherence to all drug and alcohol policies for all members of the cheerleading squad.

I look forward to a fantastic cheer season and can’t wait to hit the football field.

Let’s Go Vineyard!

Coach Tiffany