

SVL Cheerleading Rules

General Rules:

- NO STUNTS, this includes anything that involves climbing on another cheerleader where the feet leave the ground.
- Practice is every Tuesday and Thursday from 6:30 – 8pm at McArthur Park. We stretch as one large group and then break into our individual squads. We devote the last 30 minutes of Thursday for group practice for our Tiger Growl routine.
- Bring water or a clear sport drink to practice—no soft drinks, clear liquids only.
- Wear tennis shoes and comfortable clothing including shorts.
- No cell phones or other electronic devices, sunglasses, gum, candy, extra friends are allowed.
- Contact your coach if you have a question about the weather and if practice will be held. Coaches must contact the commissioner if practice is cancelled.
- Absences from games or practice are discouraged as it disrupts line ups, etc and is unfair to those who do come. We recognize that there are exceptional circumstances that arise and those situations should be discussed directly with the coach prior to the absence. Attendance records will be kept of practice and games.
- If you have a complaint, they must be made in writing through email at the SVL website (www.suwanneevalleyleague.org) and the Cheerleading Commissioner will respond. Remember that our coaches volunteer their time and energy.
- We realize that cheerleading can involve complicated moves and physical exertion in the heat of the day. We will make every effort to work with the girls and accommodate needs to the extent possible. We expect good attitudes and 100% effort.
- Parents are required to assist with fundraisers and concession stand. You will be contacted with a schedule or provide materials to sell.
- Pom poms and uniforms are the property of SVL and will be kept by the coach. Uniforms are returned at the end of the game to the coach.
- We would like to have matching tennis shoes, approximately \$15-\$20. At this point we are looking into a fund raiser or sponsor to ensure that all girls will have shoes.
- Maintaining socks and shoes are the responsibility of the cheerleader/parent and must be kept clean and worn to each game.

We encourage cheerleaders to practice at home, including doing stretches and exercise and reviewing cheers and chants at home.

There will be one celebration at the end of the season for all of the cheerleaders. We will be providing awards and recognitions (not a trophy). All girls will be recognized and the awards will be consistent.

Game Rules:

Show up at the time designated by the coach. Usually 1 hour before the start of the game.

We warm up and practice before each game so be prepared to begin when you arrive. Have your shoes, socks, and hair accessories on and we will dress as a squad. The coach will have your uniform.

You must cheer in the assigned uniform including, shoes, socks, and hair accessories.

Eat a good meal BEFORE you arrive to allow time for digestion and avoid fatigue or cramps. We do not eat in our uniforms.

We take water breaks but do not eat until after the games are over.

Only clear liquids like water or sports drinks should be consumed on game days before and during the game.

Once we begin warm up and practice the girls stay with the coach until the end of the game including half time, which is when we take a bathroom break.

Parents may be asked to bring and/or an after game snack to be determined.

I consent to these rules and will follow them.

Signed Cheerleader

Signed Parent