

Basketball Cheerleading 2009-2010 Expectations

Attendance:

- Cheerleaders must attend **all** practices and games
 1. Legal excuses for missing a practice or game are college visits, doctor appointments with a doctor's note, and funerals. If you will be missing a practice or game, **YOU must contact ME** to let me know. **If you have a legal excuse but do not contact me prior to the missed practice/game, it will be considered an unexcused absence.**
 2. If you miss 2 practices without a legal excuse, you will not be allowed to play in the next game. If you are going to be sitting out for a game, you still have to attend in full uniform.
 3. After ~~you have been benched for~~ missing 2 practices, you will be **benched** suspended one game for every additional illegal missed practice for the remainder of the season.
 4. If an athlete skips PE class during the school day, it will count as an unexcused absence from practice.
- Attendance at school is required the day of games, or the day before a Saturday game to participate. If you miss practice the day before a game, you will not be allowed to participate in the game.
- Be on time for practice and games, and make sure you are picked up on time
 1. Arrival time for practices and games is noted on your monthly calendar. You are expected to be **COMPLETELY READY TO CHEER** at this time. If you need to change into your uniform or practice clothes, put on your sneakers, apply makeup, do your hair, etc., you **MUST** arrive early. Cheerleaders will be benched for each minute they are late to practices and games.

Captains:

- One season-long captain will be chosen by the Cheerleading Advisor and Athletic Directors. This captain will be responsible for the following:
 1. Leading stretching/strength building/endurance training at the beginning of each practice.
 2. Checking cheerleaders for jewelry at games and practices.
 3. Initiating the phone tree after being contacted by the coach.
 4. Creating/ensuring that cheerleaders are aware of the time-out schedule during games.
 5. Making sure that all cheerleaders are present at the beginning of the 2nd half of the game.

- **In addition to the season-long captain, weekly captains will be assigned throughout the season. (GREAT IDEA)** The captains are responsible for assisting the season-long captain with practices and time-outs during games.

Practice and Game Guidelines:

- No cell phones may be used, seen, or heard during practice or games.
- Cheerleaders are expected to cheer for the 2nd half of the JV game.
- Cheerleaders must STAY TOGETHER during half time. If you need to use the bathroom, get a drink, etc., you must get permission from the coach.
- In order to be counted as attending, you must participate in all facets of the practice and game.
- Warming Up is not optional --- you must participate in order to cheer
- Always focus and **be quiet** during stunting, if you are not in the stunt you must be spotting. Never build a stunt without the coach present.
- Squad members only at practices and games.

Practice and Game Attire:

- Hair must be worn up and away from the face during practice and games. The use of the cheerleading bow is a required part of the uniform, and must be worn to ALL games.
- No jewelry at practice or games.
- No long fingernails and **no nail polish (What is the reason for this?)** at practice or games.