

UPT Cheerleaders – 2016-2017 Academic Year

PRACTICE RULES

Practices are Sunday evenings and Tuesday evenings until games start. Games start in November.

These rules include, but are subject to additions:

1. If five minutes or more late to practice (according to the coach's cell phone), a 25 push-up late drill will be assessed on ALL cheerleaders (for each cheerleader who is late). If late to practice more than two times without coach's permission, cheerleader may be dismissed from squad permanently.
2. If a practice is missed with no prior permission from the coach/advisor, that cheerleader will be written up. After two missed practices without prior permission, the cheerleader will be dismissed from the squad.
3. NEVER stunt, build, jump, or tumble without the coach present.
4. Warming up is NOT optional – you must participate in warm-ups in order to cheer.
5. One person talks at a time. Everyone listens.
6. Dedicate yourself to the squad. Personal conflicts WILL NOT BE TOLERATED.
7. Respect the coach/advisor and your fellow squad members.
8. Only squad members and potential squad members (with coach's permission) permitted at practices.
9. Wear non-restrictive clothing, preferably t-shirts/tanks and shorts (or practice uniform, if provided).
10. Wear cheerleading shoes and socks at all times.
11. Hair MUST be worn away from the face. No large plastic/metal hair accessories.
12. NO JEWELRY AT ALL!!!!!!!
13. Cell phones must be "muted" during practice and placed in your bag. Cheerleaders will be permitted to check for messages during designated breaks.
14. No gum or candy at practice.
15. The coach makes all stunting decisions in regards to who holds what position with the squad (base, back, flyer, spot). These positions will be changed according to what stunt is being performed and which cheerleader has mastered that particular stunt. If a cheerleader is caught arguing or complaining about these decisions, he or she will be removed from the squad immediately. The decisions of the coach/advisor are FINAL.

I, _____, understand and agree to follow the above rules for the UPT Cheerleading Squad for the 2016-2017 academic year.

Signature: _____ Date: _____