

CHEERLEADING GUIDELINES

1. Practice starts at 6pm, so plan to arrive at least 5 min prior to start time. If you are running late please call coach and let them know.
2. Practices are mandatory. You must notify your coach if you will not be at a practice or a game.
3. You must be at the Thursday practice in order to participate in halftime routine of the next game.
4. Your child must be picked up at the field. For safety reason we will not allow cheerleaders to meet their parents at the parking lot.
5. NO gum, jewelry, long nails or nail polish. We are not responsible for watching jewelry that needs to be taken off.
6. New piercing(s) must be covered with band aids or medical tape prior to the start of practice.
7. **Come to practices and games "cheer ready"**: Practices: cheer shorts, sweats, yoga pants and tanks and tee shirts (no loose fitting shirts or jeans). Games: full uniform, hair pulled up and off face, shoes, and socks. Anyone who does not show up prepared will not be able to participate.
8. Have a small "cheer bag" for your daughter to put all the extra pieces of her uniform in and bring it to each game, i.e. jacket, turtleneck, leggings (don't forget a few dollars for concessions).
9. You are expected to arrive to the games early! Each coach will determine the time they need their squad at the field prior to the game. Showing up late (without contacting the coach) could result in sitting out a quarter and possibly half time.
10. Cheerleaders, Coaches and Parents will show respect for one another at all times throughout the season.
11. DO NOT wear uniforms to school unless coaches have given permission to the entire squad to do so.
12. No dogs are allowed on school property. Please follow all FCPS policies regarding no tobacco, drugs or alcohol use on school grounds. (info located on the FCPS School Calendar)
13. No younger siblings are permitted to run around cheerleaders at practices or games for safety reasons.
14. If you ever have any questions or are unsure about anything please ask.

15. Have Fun ☺

Please detach, sign below and return to coach by August 31st, 2008. Thanks!

We have read the LUYAA Fall Cheerleading Guidelines and will adhere to them throughout the season.

Cheerleader: _____ Parent: _____
Date: ___/___/___