

**Cheerleading Expectations**

**WHAT COACHES EXPECT-**

**PRACTICE**

1. All cheerleaders will come to practice ON TIME, wearing proper attire and dressed in the correct practice uniform.
2. Hair is to be tied back neatly with a practice bow.
3. Remove all jewelry.
4. No fake or long fingernails. Please keep nails neat and trimmed.
5. Practices will begin at 3:45pm and end at 6:00pm unless otherwise stated.
6. All cheerleaders are expected to be DRESSED and ON THE MAT BY 3:45pm for warm-ups.
7. If for any reason you are unable to attend practice, you must personally come and see Mrs. Cipperly or Mrs. Pegues. DO NOT SEND WORD THROUGH ANOTHER CHEERLEADER. (Too many unexcused absences could lead to dismissal from the team.)
8. Alert Mrs. Cipperly or Mrs. Pegues immediately of ant injuries, aches, pains, etc.
9. Water will be supplied during break. You may bring sports drink with you if you care to drink something else. (Water bottles will be provided for the season or you may use your own). **NO SODA or ENERGY DRINKS!!!**
10. No food or gum chewing is allowed in the gym.
11. No boyfriends, girlfriends, friends, or parents are allowed at practices.
12. **NO CELL PHONES**, please lock them in your locker, if your parents need to reach you they must call one of the Coaches.
13. No one is to stunt or tumble without a coach being present-**EVER**.
14. Safety is observed every day, every practice.
15. All cheerleaders will help set up and break down the practice mats.
16. Come to practice focused and ready to work and have fun. Leave outside things outside!

**GAME DAYS**

1. All cheerleaders are to wear their **FULL UNIFORM** (all 3 pieces and bow) to school on game days. ***NO EXCEPTIONS!!!*** (NOT dressed during the day, you do not cheer at the game and it will count as an unexcused absence.)
2. Only our warm-up pants or BLACK pants are to be worn under the uniform skirt during school hours.
3. Cheerleaders are to be dressed and ready in the Gym by 5:00pm for a 5:30pm game.
4. No smoking, chewing gum, or bad language while in uniform-**EVER!**
5. No jewelry or long fingernails at games.
6. All cheerleaders are to adhere to the NFHS Cheerleading/Spirit Regulations and Guidelines during the game (See hand out).
7. No eating in the gym.
8. **NO CELL PHONES DURING THE GAME**, please lock them in your locker!

(Continued on Back)

1. Cheerleaders are to personally see Mrs. Cipperly or Mrs. Pegues if you are unable to attend a game. Do not send word through another person. (Too many unexcused absences could lead to dismissal from the team).
2. Cheerleaders are responsible to keep their uniform, bows, sweatshirts, warm-ups, and bags in excellent condition. These items will be returned at the end of the season.
3. Cheerleaders are to remain positive and happy in front of the crowd. Bring any unpleasant issues to the attention of the coaches.
4. Alert your coach if you have any injuries, aches, pains, etc. We now have an athletic trainer.
5. Game days are performances, not practice; you are to be performance ready at all times, (before and during the game!) The crowd is watching at all times!!!

**WHAT YOU CAN EXPECT**

1. You can expect that coaches will treat you fairly and with respect.

2. You can expect that all safety rules and regulations for high school cheerleading will be strictly followed.

3. You can expect to learn new skills at practice.

4. You can expect to meet new friends and have fun at practice and games.

5. You can expect that Mrs. Cipperly and Mrs. Pegues care about you and are always available to help you, on and of the court!

**NON-NEGOTIABLE**

1. You are **ROLE MODELS** for the students in this school. You represent EB Tech at every practice, game, competition, or team function and your behavior reflects on every other person associated with this school. This is a big responsibility. We expect you to behave like ladies and gentlemen!

2. Cheerleaders are expected to maintain good grades at all times. Progress reports will be sent out if grades drop. Tutoring for specific subjects will be arranged if necessary.

3. **Being a TIGER CHEERLEADER is a privilege- not a right**. Bullying, harassment, or any negative behavior or action will result in dismissal from the squad. **This is at the discretion of the coach.**

And Finally……………..We are a **TEAM!** We support and respect each other! WE are happy and positive! We are peppy and spirited!

We spread **TIGER PRIDE** in our school. Everyone wants to be us because we are

the ***BEST CHEERLEADERS IN THE STATE OF NEW JERSEY!!!!!***

Enjoy the privilege of being an EB TECH Tiger Cheerleader.

Cheers!

Mrs. Cipperly & Mrs. Pegues