

2009 PBYAA Cheerleader Rules

Welcome to the Palm Bay Pirates 2009 cheer season. We are excited and looking forward to a great season.

The following is our rules and regulations for this season. Please read them carefully and sign and return to your coach a.s.a.p.

1. Come to all practices, on time ready to cheer.
2. No gum, candy or snacking is allowed during practices.
3. No jewelry or fake nails, finger nails must be cut to fingertip length.
4. Bring plenty of water or Gatorade to practice. No trips to the concession stand will be allowed during practice.
5. Wear proper clothing to practice. This would include stretchy shorts or sweat pants and a comfortable shirt. No spaghetti straps. Shirt must be long enough to cover the belly. Shorts must be an appropriate length. No skate shoes please.
6. Practice the 3 or's: respect for self, respect for others and responsibility for your actions.
7. Disrespect will not be tolerated. This includes rolling eyes, talking back, arguing etc.
8. Once our games start you will be expected to conduct yourselves properly, at all times. This includes cheering and showing spirit during the game and showing good sportsmanship to opposing teams cheerleaders and respect for their coaches.

Consequences for breaking the above rules:

Rules 1 - 5: 1) verbal warning

2) run an extra lap

3) run an extra lap and parent will be notified

Rule 6 -8: 3 Strikes and your out

1) 15 push-ups

2) sit out for half of game and parent notified

3) Your off the team for the remainder of the season

Please note: Once our games start if your not in proper uniform you will not be allowed to cheer.

This includes team hair tie, cheer socks and cheer shoes. No nail polish or jewelry worn during games.

2009 PBYAA cheer parent and coaches responsibilities

Parent Responsibilities.....

1. Have your cheerleader to all practices, on time or notify a coach if this is not possible.
2. Please keep in mind that as coaches we are also parents and have to get our daughters home as soon as practice ends. All cheerleaders need to be picked up promptly at 8pm on practice nights (7pm for Flag)
3. On games days have your cheerleader at the field and with her team at the time and location given. Note: if cheerleader not present for check in her game attendance will not count. When we check in we will not be searching for girls who are allowed to play at the playground, etc.
4. All parents are expected to "do their time" in the concession stand. You will be given a schedule a.s.a.p. Please note your days and times and arrive on time. Having a functional concession stand helps to keep the registration fees as low as possible.
5. You will be given a snack/drink schedule for game days. Please keep this as a reminder of your scheduled time.

Coaches responsibilities.....

1. To make sure of the safety of our team during practice and game times.
2. To make sure our team is properly warmed up to avoid injury during practice and before games.
3. To keep you notified as soon as we know of schedules, fund raisers and other important information.
4. To be respectful to all to all times.
5. To set a good example for our team, including honesty, fairness, respect and punctuality.
6. To teach our team cheer skills to the best of our ability.

Cheerleader signature _____ **Date** _____

Parent signature _____ **Date** _____