

2024-2025 Mohave Cheer Squad Expectations

Being a cheerleader is more than just learning cheers. It takes hard work, dedication and:

- **Organization** - Managing your time to be successful in the classroom and on the team.
- **Physical Fitness** - Maintaining proper health and nutrition for the physical demands of cheerleading.
- **Leadership** - Delegating tasks to accomplish common goals and motivating others.
- **Communication** - Reflecting on both your accomplishments and failures and sharing feelings and ideas with others.
- **Teamwork** - Treating one another respectfully and being able to overcome differences for the good of the squad.

Jewelry No jewelry is to be worn during performances and practices.

Attendance Please remember that Cheer is a time-intensive commitment. All members must be present for every practice in order to learn and have the routines/cheers performance ready.

In order to practice in an event, cheerleaders must meet the requirements for attendance listed in the student and parent district handbook.

Absences will be treated as excused or unexcused. The coach must receive an email/text/phone call from a parent 24 hours prior to the practice/event in order for a prearranged absence to be considered excused.

Please try to make appointments around cheerleading commitments.

Participation in other school related activities during the year is encouraged. However, when conflicts occur, the cheerleader is responsible for communicating with the coach **at least two weeks in advance.**

Any team member interested in extracurricular activities needs to inform the cheer coach(es).

Injuries/Illnesses If frequent illnesses/injuries occur, the coach, parents, and administrators will meet to determine if the cheerleader is healthy enough to participate in cheer practices and events.

Academic Expectation You are first and foremost a student. Being part of the cheer team requires strong time management skills, making the most of your time during the school day and ensuring homework is completed.

To participate in cheer, a student must have a passing grade in all classes with a 2.0 or higher and no F's.

Squad member grades will be checked weekly.

If a member does not meet academic standards, s/he will be notified by the coaching staff.

The coaches will contact members either in person or by email to inform cheerleaders of the eligibility status.

Practices Practices are required and must be attended in order to perform in cheer-related activities during a given week.

Practices will be scheduled in advance. Coaches have the authority to make any necessary changes to the schedule at any time and add additional practices as necessary. In the event of a schedule change, as long as coaches have given two weeks notice, the event is considered mandatory. All participants will be notified of changes via text or email.

Unexcused absences from practices the week of an event (game, pep assembly, etc.) will result in the cheerleader having to sit-out of that event.

Cheerleaders who are injured or under a doctor's care and cannot practice are required to attend all practices and games. Those who are not seriously injured will be required to practice as much as they are physically able.

Practice Requirements

- Be on time! This means in the dance room, dressed and ready to begin practice.
- Come dressed in practice attire (athletic shorts, shirt, tennis shoes. No undergarments are allowed to show, no off-the-shoulder shirts, no midriff skin allowed to show)
- No jewelry.
- No gum.
- Long hair should be tied back into a ponytail.
- Keep fingernails trimmed and short. No fake nails! Polish is ok.
- No phones during practice or games.
- Listen and follow your coach's directions.
- Be respectful of each other. We are a team and must work together.
- A positive and energetic attitude is required so we can make the most of practice time.

Uniforms The school will provide the cheerleader uniform. Each member is held responsible for the care of the uniform. Uniforms should be returned at the end of the season clean and in the condition in which they were received. The member will pay for any damaged uniform, or items belonging to the school that are not returned.

Uniform Requirements

- Members must wear all parts of the uniform unless a change is made by the coach.
- When performing, cheerleaders should be groomed "performance-perfect." Hair should be worn out of the face as specified by the coach.

Games

- Wear the correct uniform to school on game days, no jewelry, and hair up. On cold days, you may wear black leggings underneath your skirt during the school day.
- You must stay and cheer for the entire JV and Varsity games. Ensure you have a ride ready at the end-time listed.
- Members are not allowed to visit with friends or relatives or be on their cell phones when on duty during the game.
- Members found to not have materials ready for games will be asked to sit next to the coaches for that game.
- Your cheer performance includes the time in between chants, during which members are attentive to the game, reacting to exciting plays, and NOT talking.
- **There are NO BATHROOM BREAKS during games.** Bathroom breaks will be available between JV and Varsity games.
- If attending a game at which you are not cheering, you must be in street clothes.
- **Smile! Have fun! Be energetic!** You are there to spread positive energy and spirit to the team and the fans. You make a difference!

Major Violations Any member involved in inappropriate technology usage at any time will result in a conference with the coaches to determine further action. This includes, but not limited to, posting on Twitter, Instagram, Facebook, Snapchat, Tik Tok, etc.

The use of alcohol, tobacco, or any other controlled substance will not be tolerated at any time, on or off school grounds. Violation of this policy will result in disciplinary action **which may include suspension and/or removal from the squad.**

Please contact Coach Vallone with additional questions:
MVallone@susd.org