

Cambridge Junior Cheer Standards & Discipline



PRACTICE and GAME DAY POLICY

If any of the following standards are not followed,
it may result in immediate disciplinary action.

- Cheerleader must be prepared for games/ practices in FULL uniform and CORRECT practice clothes and arrive ready. Prepared means BEFORE arrival.
 - FULL uniform includes hair with bow in HIGH pony tail, shoes, no show socks, correct bloomers with equipment (pom poms, warm ups, etc.)
 - CORRECT practice clothes includes designated practice top/shirt, shoes, hair up in pony tail BEFORE practice begins.
- NO jewelry at practice or games.
- NO nail polish at any games.
- NO cell phones during practices or games.
- NO excessive talking and not listening.
- Unexcused late or absence at a game or practice. Either must have prior approval - contact president via email for approval. Please do not use word of mouth as communication.
- With excused tardy or absence (including camp, practices, or game) cheerleader may be subject to a change in position in the routine.
- If a cheerleader needs to sit out for sideline cheers at a game, she/he will miss participating in halftime routine as well.
- Positive attitude at all times.
- Always be respectful to a coach, teammate, opposing team, and parent volunteers.
- Misbehavior at school, games, or any time whether in uniform or not, or misrepresenting the team.
- NO inappropriate content or negative information on social media.
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Disciplinary System

Step 1. Immediate extra conditioning at practice or game.

Step 2. Sitting out for partial game - Cheerleader will dress in full uniform and sit on track for 1-2 quarters. This will occur after more than 2 attempts have been made to correct issue.

Step 3. Suspension of game(s) - Cheerleader will attend weekly practice(s), dress in full uniform and sit on track for entire game(s) but is not permitted to participate in half time routine or sideline cheers.

Step 4. Removal from team.

PLEASE NOTE

Parents will be informed of any action taken beyond conditioning and will conference with Jr Cheer President and/or coach. Severity of any issue & or the frequency of the violations will also be considered when handling discipline.