



Code of Conduct and Expectations:

- ▲ Maintain a positive attitude and be a team player, respect team members and coaches.
- ▲ Be committed. If you are unable to attend a practice due to illness or emergency, you must notify your coach or a designated board member. This should be done prior to practice time. Word of mouth through another cheerleader is not acceptable.
- ▲ Competition cheerleaders have a HIGHER level of commitment and are expected to fulfill her/his obligation to the competition team or she/he will not be permitted to remain on sideline team. Please ensure you understand expectations before tryouts.
- ▲ Always be on time and ready to begin, dressed in the appropriate practice wear or uniform.
- ▲ You are representing the Cambridge Jr Cheer Program. It is imperative that positive behavior be on display at all times including how you present yourself on social media. Maintain high standards for yourself.
- ▲ Each cheerleader must agree to follow all safety rules for stunting and tumbling.

Requirements:

- ▲ Practices, camps, and games are mandatory. The whole squad suffers when someone is absent. No other practices or activities may conflict with cheerleading practice.
- ▲ You are required to dress appropriately for practice. Practice Wear will consist of the designated practice shirts, shorts, cheer shoes, and hair bow. Hair should be pulled back into a ponytail with a bow for all practices.
- ▲ You must be dressed in required uniform to participate and cheer at games and competitions. The uniform will consist of shell, skirt, bloomers, sports bra, uniliner, hair bow, socks, and required cheer shoes.
- ▲ No jewelry may be worn at any time for practices or games. This includes stud earrings, earrings at the tops of the ear, or belly button rings. Nail polish is not permitted at games.

All updates and information will be posted at
WWW.CAMBRIDGEJRCHEER.COM

I hereby pledge to be a positive cheerleader and a good role model for the Cambridge Jr Cheer Program. I understand all the expectations and requirements, and I am committed to making the program a positive experience for my teammates and myself.

Print Cheerleader Name

Print Parent Name

Date

Cheerleader Signature

Parent Signature