

Cheerleader Name _____

BETHEL PARK JR. CHEERLEADERS
Rules and Responsibilities – Cheerleader Section

CHEERLEADER SECTION – Please initial each section and sign the bottom

Violation of any of these rules will result in 1 demerit. Subsequent violations will result in additional demerits, suspensions and dismissal from the program.

Conduct

Cheerleader
initial each
box

1. Have a coach present, for any acrobatics, stunts or practicing of mounts.
2. Always show good sportsmanship.
3. While at any cheerleading practice, game or function; conduct yourself with dignity.
 - a. Profane or abusive language is prohibited.
 - b. Any form of substance abuse is prohibited.
4. Know all of your cheers, sidelines and dance routines. Inform your coach if you need additional help.
5. Show respect to your coaches, business managers, fellow cheerleaders and all others.
6. Food, gum or drink (other than water or clear sports drinks) is prohibited during practices, games or other cheerleading functions unless specified by your coach.

Uniform:

1. Keep all uniform pieces, including shoes and laces, clean and neat.
2. The skirt and vest is for cheerleading or school spirit activities only.
3. No one outside of the BP Hawkettes organization can wear your uniform.
4. Full uniform and ALL accessories, including jackets, must be in your cheerleading bag and available at all times.

Appearance:

1. Wear appropriate clothing for all practices
2. Sport-type shoes only (no zippers on shoes) with socks
 - a. Sports bra must have a shirt covering over top.
 - b. If any of these items are on your clothing, it cannot be worn for practice: denim, zippers, snaps, buttons or toggle tie pants.
3. No earrings or jewelry for practice, games or events.
4. Clear nail polish and light make up can be worn.
5. Hair must be pulled back, out of face and off of neck (no clips, hairpins, barrettes, beads or ribbons).
6. On Game Day – wear the uniform pieces designated by your coach.

**I, the cheerleader, hereby agree to cheer for any squad I am assigned to. I will cheer in inclement weather. I will participate in all parades and all other activities deemed mandatory.

** I have read and understand the ATTENDANCE POLICY for practices and games and HARRASSMENT/BULLYING POLICY.

CHEERLEADER
SIGNATURE _____

DATE _____

(If you daughter cannot sign her name, she can print it or please sign it for her.)