

CHEERLEADING GUIDELINES

1. You must be at all practices on time and properly dressed. No unexcused absences will be allowed. All practices are closed unless otherwise indicated by the coaches.
2. You must maintain a 2.5 GPA and satisfactory conduct. You are responsible for picking up a grade sheet on Thursday and returning it fully completed to one of the coaches by practice on Monday. Failure to turn in a fully completed grade sheet will make you ineligible to cheer that week. One U in conduct will result in being benched 1 game, N's will result in a conference with the coaches.
3. **BSTMS practices come first.** Any conflicts with practices will be discussed on a case-by-case basis between the **COACHES** and **CHEERLEADER.**
4. If you leave school for any reason during the day of a practice or game day, you must come and tell one of the coaches in person.
5. If you are ill and will miss practice or a game, you must call the school and leave a message for a coach by 10:00 a.m.
6. If you miss practice the day before a game, you will not cheer at that game.
7. If you are not cheering a game, you will be expected to be in uniform and sit with the coaches.
8. You must be in dress code at all times during every school day.
9. No gum, food, or drinks at practices or games. Only during breaks. No jewelry while practicing or cheering.
10. Hair must be pulled up at all practices and games.
11. Warming up before practices and games is necessary and required.
12. Talking during sidelines and being late after half-time will earn you demerits and possible benching.
13. No hairspray or make-up on the bus or at games.

14.You are to maintain the ability level or above that was exhibited at tryouts.

15.Be enthusiastic, remember you lead the crowd.

16.Remember, you are a ROLE MODEL, conduct yourself that way at all times. You represent BSTMS.

17.Sportsmanship is a must at all times. Do not allow your crowd to boo the other teams and when the opposing team is shooting foul shots, just sit in place and watch.

18.The coaches DO NOT FUNDRAISE. The COACHES have final say in all activities and events.



My student and I have read and understand the guidelines and demerit policy and agree to abide by them. I have received a copy of the guidelines and demerits.

Student_____

Date_____

Parent/Guardian_____

Date_____