



LWYA CHEERLEADING DEMERIT POLICY

A. PRACTICES/EVENTS/GAMES:

All practices are mandatory. Cheerleading is a team commitment and cheerleaders are expected to be at every practice, event or game. Practice time is when motions, jumps, chants, cheers, dance routines and stunts are learned and friendships are formed. Remember – birthdays, birthday parties, going to the mall, movies and sleep-overs are NOT excused absences. Other sports conflicts will be dealt with on a case by case basis. Excused absences include illness, death in family, and church/school functions. One family vacation per season is excused. Coaches need to be notified PRIOR to a missed practice or game in order to be excused.

UNEXCUSED ABSENCE FROM PRACTICE - 2 DEMERITS
UNEXCUSED ABSENCE FROM OTHER SQUAD EVENT - 3 DEMERITS
UNEXCUSED ABSENCE FROM GAME - 4 DEMERITS

B. TARDINESS:

Being early is being on time. Practice starts at the start time. Please be there early and ready to begin at the start time. For games, cheerleaders should be on the field, ready to stretch, and begin 30 minutes before the game start. If a cheerleader misses the pre-game practice 30 minutes before the game, they won't be able to participate in the half time routine. This not only affects your child, but the entire squad. Please be courteous and have them there early.

1-5 MINUTES LATE - RUN 2 EXTRA LAPS
6-10 MINUTES LATE - 1 DEMERIT
MORE THAN 10 MINUTES LATE - 2 DEMERITS

C. PARTICIPATION:

It is important that all cheerleaders fully participate in all aspects of the cheer squad. We expect all cheerleaders to practice hard and try their best. Laziness will not be tolerated. Our goal is to look as one and be the best that we can be. We also need cooperation from all to turn in all required information on time.

FAILURE TO PUT FORTH EFFORT DURING PRACTICE/GAME - 1 DEMERIT
FAILURE TO COMPLETE AN ASSIGNED DUTY - 1 DEMERIT
LEAVING EARLY FROM PRACTICE/GAME - 1 DEMERIT

D. DRESS CODE:

Appropriate attire is required from cheerleaders. Practice attire should include t-shirts, cotton or athletic shorts, socks, sneakers and pom poms. Full uniforms are MANDATORY at all games. This includes shell, skirt, bloomers, cheer socks, cheer sneakers, cheer bow and pom poms. Hair must be pulled up in a pony tail at all practices and games. No jewelry of any type may be worn during practices or games. Newly pierced ears must be covered with band-aids or medical

tape. NO make-up or NO nail polish. Please bring warm up jacket, warm up pants, rain jacket and long sleeve crop top in cheer bag to games. Cheerleaders will wear the same uniform pieces at each game to look the same.

HAIR DOWN AT PRACTICE OR GAMES - 1 DEMERIT
NAIL POLISH ON - 1 DEMERIT
JEWELRY (after 1 warning) - 1 DEMERIT
INAPPROPRIATE ATTIRE TO PRACTICE - 1 DEMERIT
NOT IN COMPLETE UNIFORM - 1 DEMERIT

E. CONDUCT/ATTITUDE:

Cheerleaders are expected to exercise good sportsmanship at ALL times. Cheerleaders will be respectful to ALL coaches, cheerleading squad members and opposing football team and cheerleaders. Cheerleaders are expected to have appropriate behavior at all times. Negative attitudes will not be tolerated. No talking with friends, members of squad, or members of the crowd during practices or games. Eating, drinking (except water bottle), or gum chewing is NOT allowed at practices or games (unless otherwise specified).

NEGATIVE ATTITUDE - 1 DEMERIT
UNSAFE HORSEPLAY - 1 DEMERIT
CHEWING GUM - 1 DEMERIT
NOT PAYING ATTENTION DURING PRACTICE/GAME - 1 DEMERIT
USING CELL PHONE DURING PRACTICE/GAME - 2 DEMERITS
BAD REPORT FROM PARENT - 3 DEMERITS
TALKING BACK/BEING DISRESPECTFUL TO COACH - 4 DEMERITS
BEING DISRESPECTFUL TO TEAM MEMBERS - 4 DEMERITS
PROFANITY - 4 DEMERITS
INAPPROPRIATE BEHAVIOR - 4 DEMERITS

Being a cheerleader is an honor and a privilege.
With that honor, comes many responsibilities above regular student responsibilities.

This demerit system was created as a guide for the expectations of LWYA Cheerleaders. It is not intended to be used as a tool against anyone, but instead to protect those who wish to do all they can to keep cheerleading the honorable position it should be.

Accumulation of demerits will result in the following:

6 DEMERITS – Written warning from cheer coach to parents and cheerleader
10 DEMERITS – Parent notification and sit out next game*
15 DEMERITS – Parent meeting and sit out next 2 games*
20 DEMERITS – Parent meeting and removal from cheer squad

If a cheerleader is suspended from participation during a game, they will have to sit with their coach fully dressed in uniform and be supportive of the team.

Regardless of the number of demerits, if a cheerleader is not prepared for the performance, she will NOT cheer. This includes knowing chants, cheers, dances or having the proper uniform. At any time, the cheerleader may be removed from an activity for safety reasons or negative attitude.

Bullying is grounds for immediate dismissal from the squad.