

## Avon Grove Wildcats Cheerleading Policy and Expectations

Thank you for choosing to be apart of our Avon Grove Wildcats Cheerleading family!

First and foremost, we want our cheerleaders to understand that teamwork is the key to the success of their squad. They are asked to be dedicated to promoting spirit, enthusiasm, and a positive winning attitude, and are expected to work together as members of the same team representing the same organization, the Avon Grove Wildcats!

We ask that cheerleaders remember to:

### **1. Do your best!**

- Progress over perfection!
- Try your best to execute each cheer, dance, stunt, jump, and tumbling pass to the best of your ability.

### **2. Be a good sport.**

- If a teammate is struggling to learn a cheer, dance move, jump, or stunt, help them; Never tease or ridicule.
- Cheer for your football team, win or lose!
- Act with kindness toward the opposing team, both football players and cheerleaders.
- Your behavior reflects on you, your team, your coach, Avon Grove Wildcats, and the sport of cheerleading.

### **3. Be respectful.**

- Of people (i.e., of coaches, your teammates, and the team members of the opposing team)
- Of rules
- Of existing policies and procedures

### **4. Support your team!**

- Participate in practices and drills; They are important for skill and team development.
- Work with the coaches to improve your and the team's skills.

Praise and positive reinforcement will inform the interactions of the coaches with the cheerleaders. Whenever possible, coaches will use a positive approach to discipline and practices.

Coaches will:

- Communicate to cheerleaders using positive statements.
- Communicate with cheerleaders on their level.
- Talk with cheerleaders in a calm quiet manner.
- Explain unacceptable behavior to cheerleaders.
- Give attention to cheerleaders for positive behavior.
- Praise and encourage the cheerleaders.
- Reason with and set limits for the cheerleaders.
- Apply rules consistently.
- Model appropriate behavior.
- Provide alternatives and redirect cheerleaders to acceptable activity.
- Give cheerleaders opportunities to make choices and solve problems.
- Help cheerleaders talk out problems and think of solutions.
- Listen to cheerleaders and respect the cheerleader's needs, desires and feelings.

Coaches will not:

- Inflict corporal or physical punishment in any manner upon a cheerleader.
- Use any strategy that hurts, shames, or belittles a cheerleader.
- Use any strategy that threatens, intimidates, or forces a cheerleader.

At times, additional corrective actions may be needed. The following is a list of actions that CAN result in the cheerleader being asked to sit out for a specified amount of time during practices or games:

- General Misconduct
- Being Disruptive
- Inciting and/or engaging in un-sportsman-like conduct
- Use of abusive or profane language directed toward peers, coaches, officials, or anyone else
- Belittling or fighting with other cheerleaders
- Any other activity deemed by coaches to be detrimental to themselves or others

Specific disciplinary procedures are as follows:

- 1) If at any time a cheerleader has either failed to follow a given directive, or discontinue a disruptive behavior, she will be given 2 additional chances to comply with the coach's request. If on the third request, the cheerleader continues to fail to follow the directive, she will be asked to sit out of the remaining practice and/or game.
- 2) If a cheerleader has engaged in abusive, profane language or any physical aggression toward a fellow cheerleader or coach, she will immediately be asked to sit out of practice and/or game.
- 3) If a cheerleader has been asked to sit out of practice due to noncompliance on any 2 occasions in any given practice and/or game, or if there has been any instance of abusive or profane language or physical aggression, the parent and cheerleader will be asked to participate in a meeting following practice with the coaches and cheer director; The meeting will include discussion of current barriers to positive participation in practice, as well as ways to best engage the cheerleader as a valuable member of the team.

Please note that repeated "time outs" due to excessive interruptions and/or misbehavior may impact the cheerleader's role in stunt groups, just as lack of consistency in attendance will. When a cheerleader is missing from a stunt group, it becomes a safety concern for the other members of that group. Therefore, we require an 80% attendance policy for practices and games, and we require notice of a minimum of two hours should you suddenly need to miss a practice or game. Again, you and your cheerleading are choosing to be on a truly team-oriented sport where every cheerleader is crucial - missing multiple practice sessions or games can damage the trust and safety of the members of their stunt group and squad.

We ask that you review this information with your cheerleader and encourage them to ask questions regarding the rules and expectations of a Wildcats cheerleader.

We look forward to a fantastic year of cheering, learning, and growing as a team!

We thank you for allowing us the opportunity to work with your child.

If there are any questions or concerns, please contact your cheer coaches and/or the cheer director.

Go Wildcats!