

*Argonaut Junior Mustang Cheerleader
Guidelines & Expectations*

The purpose of the Argonaut Junior Mustang Cheer Program is to support the Argonaut Junior Mustang Football teams by leading cheers and raising the level of fan support. This program is a physical activity which involves a risk of physical injury so please be aware of this risk.

ACADEMICS:

- 1) Participants in the AJM cheer program will be encouraged to maintain a minimum GPA of a 2.0.
- 2) AJM has an Academic Excellence program any participant with a 3.0 or higher can bring a copy of their most recent report card and they will receive a special award to be worn on their uniform.

PRIMARY SPORT:

While we encourage our participants to be active in other sports/activities, we do not recognize any other sport/activity taking priority over CHEER from August 1st until the final game of the season. ALL Cheer related obligations (practices, games and competitions) will be viewed as priority functions over athletic or social activities.

RESPECT:

- 1) A child must always show respect towards coaches, teaching staff and other members of the squad.
- 2) A child must always show respect for the uniform and the organization she represents.

SPORTSMANSHIP, BEHAVIOR & PROGRAM REPRESENTATION:

- 1) Behavior of the team while at games shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or unruly shall be subject to consequential action at the coach's discretion.
- 2) You must remember that you are a team representing AJM and should always conduct yourself in a proper manner.
- 3) All Cheer Team Members are responsible for the conduct in which they carry themselves. Team members are reminded that as a member of this team, they are highly visible within the community. All actions and behavior are under constant observation.
- 4) Any individual found to be in possession of or using alcohol, tobacco or drugs will be subject to immediate dismissal from the AJM cheer program.
- 5) **No Boyfriends or Friends at practice.** If they come to games no public displays of affection will be allowed.
- 6) No Foul Language.
- 7) Stunting is to be done at practice only. If we hear that stunting is being done at school we will quit stunting period.

PRACTICES:

- 1) Hair must be pulled back and out of the face, and **ALL** jewelry must be **REMOVED**.
- 2) Everyone **MUST** wear proper attire for practices. This means **MATCHING** shirts, shorts, bloomers and cheer shoes.
- 3) Bringing a water bottle is suggested.
- 4) **CELL PHONES ARE NOT ALLOWED TO BE USED DURING PRACTICE or GAMES.**
- 5) All cheerleaders must arrive at the scheduled time and place specified by the coaches.
- 6) Cheerleading is a very athletic and aerobic sport. Cheerleaders must participate in all warm-up exercises, running of laps, conditioning, stunting, etc. Unless previously excused.
- 7) If you are sick please don't come to practice.
- 8) Please be prompt when picking up your child at the end of practice. Please be considerate, coaches are volunteering their time.
- 9) All cheerleaders must stay together as a squad and not wonder off. If you have to go to the restroom or anywhere else we use the buddy system and your coach must know where you are going.
- 10) Constant tardiness will not be tolerated.
- 11) If you are absent from any practice where new material is being taught, it is your responsibility to learn the material on your own time.
- 12) Do not take correction by the coaches at practice personally. Practices are to help and correct mistakes.

ATTENDANCE GUIDELINES:

- 1) All team members must be in attendance at least **1 hour** prior to games. If you do not arrive 1 hour prior to the game you will not be able to participate in the half---time routine.
- 2) All team members are to be ready for practices, games, at the designated time. **No Excuses!** Special practices **could be set at various times during the season.**
- 3) If you are absent from **WEDNESDAY** practice you will be removed from the halftime routine. You are still required to come to the game and cheer.
- 4) If you have more than 5 unexcused absences you will be removed from the halftime routine. Each unexcused absence thereafter will cause you to be removed from future halftime routines. An unexcused absence is showing up to practice unable, unwilling, or unprepared to practice or your parent not calling the coach to let them know you will not be to practice. Being late or coming without the proper uniform considered an unexcused absence. Excused absences are those accompanied by a Doctors note or a phone call from a parent stating why you were sick. Pre-planned vacations that coaches are made aware of at the beginning of the season are excused as well as family weddings, reunions, and funerals.
- 5) If a cheer team member is unable to attend a practice or a game, a parent **MUST** contact the coach **PRIOR** to the event.
- 6) All squads are required by **AJM** to cheer at all games regardless of weather. If the Football Team plays, the Cheerleaders cheer.

- 7) If you are injured and unable to cheer but still wish to attend the game you must wear your uniform.
- 8) Gum, Food, Candy, Gatorade or Soda will not be allowed for games and practices. **Only Water!**
- 9) **You are not allowed on the game field unless you are cheering.**

PERSONAL APPEARANCE GUIDELINES:

- 1) You must maintain a well groomed appearance.
- 2) Make-up must look Natural.
- 3) Hair must be in a HIGH ponytail. If your bangs get in your eyes they must be clipped back.
- 4) No dark nail polish.
- 5) Uniform must be clean and wrinkle free.
- 6) You must always wear your bloomers under your uniform or under your practice shorts.
- 7) No nails longer than your fingertip.

ATTITUDE GUIDELINES:

All team members and parents are considered Ambassadors of Argonaut Junior Mustangs. In order to maintain a strong, positive and supportive program, we expect everyone to set a good example and display a positive attitude. Abusive behavior, lying, stealing, or any other negative behavior by a team member or parent may result in dismissal from the program. Bad attitudes, back talking, rolling of the eyes, and any other form of disrespect to the coaching staff or fellow team members is grounds for dismissal. Negative comments about team members, other programs, or other parents will not be tolerated. Positive attitudes are important when working with a group. The coaching staff reserves the right to discipline, in the event that a team member chooses to display, what the coach sees as, uncooperative, unpleasant, or non-caring attitude. *Attitude problems could result in suspension from the team. Please be aware of this.*

(Please sign the next page and return to your Coach)

Argonaut Junior Mustang Cheerleader Guidelines & Expectations

I have read and understand the above Argonaut Junior Mustang Cheer Team Guidelines and acknowledge the obligations and physical risks that are associated with this cheer program. I realize that if I do not abide by these rules, it could result in disciplinary action or permanent suspension from the team. I also realize that a poor attitude toward the coach, other team member(s) or a poor attitude in general could result in disciplinary action or suspension from the team.

Athlete Signature

DATE

Parent Signature

DATE

