

Rules of a Wilson Viking Cheerleader

1. I will be respectful to all coaches, players and parents of both Wilson and our opposing teams.
2. I will be on time for practice, games & WMFA events.
3. I will come to practice ready to cheer. This includes hair in a pony tail, sneakers on that tie and fit properly, shorts without snaps or zippers, a t-shirt & no jewelry (earrings, necklaces, etc.).
 - a. If I arrive for practice unprepared I understand that I will have to sit out during practice and will not be able to participate.
4. I will come to all game ready to cheer. This includes arrive in full uniform (vest, skirt, bloomers & crop top if weather permits), hair in a high pony tail with your designated cheer bow, your assigned cheering sneakers, no nail polish & no jewelry (earrings, necklaces, etc.).
 - a. If I arrive to a game out of uniform I understand that I will have to sit with the coaches and will not be able to participate in the game.
5. I will try my best at all times and will not discourage myself or others.
6. If I am going to be late I will notify my coach at least 15 minutes before the start of practice, games or events.
 - a. Late Policy for Practices:
 - i. If I arrive more than 15 minutes late to a practice I will have to sit for a minimum of 15 minutes before I am able to participate with my team.
 - ii. If I arrive more than 30 minutes late to practice I will have to sit for the entire practice.
 - iii. If I do not show up to a practice without notifying my coach I will have to sit out of the next practice.
 - iv. If I am not at the practice before a game I will have to sit out the first quarter of the next game and will not be able to participate in the half time routine.
 - b. Late Policy for Games:
 - i. If I arrive more than 15 minutes late to a game I will have to sit out the first quarter and cannot participate in the half time routine.
 - ii. If I arrive more than 30 minutes late to a game I will have to sit out the first half of the game and cannot participate in the half time routine.
 - iii. If I do not show up to a game without notifying my coach I will have to sit out the entire next game and am unable to participate in the half time routine.
7. If I miss more than 3 practices without notification I may be removed from the squad without a refund.
8. My attendance during the football season will determine whether or not I am allowed to participate on the competition squad. All cheerleaders are encouraged to join their competition squad but there is a zero tolerance for unexcused tardiness and missed practices during the competition season.

Cheerleader Prints Name

Cheerleader Signs

Date

Cheerleader's Parent/Guardian Prints Name

Cheerleader's Parent/Guardian Signs

Date

Coach Prints Name

Coach Signs

Date