

**Falls Church High
School (FCHS)
Cheerleading
2019**



Practice Rules

All FCHS practices are CLOSED
(Athletes, Coaches, and Team Managers ONLY)

1. I will be ON TIME to all practices, Warming up is NOT optional; I must warm up in order to participate. If I need to be seen or taped by the trainer, I will do so before practice begins.
2. I will notify the coaches if I am going to be absent from practice. A note from a parent and/or doctor is required in order to be excused from participation.
3. I will bring my own water bottle to every practice.
4. I will only build stunts with a coach present or coach's permission. I will notify my coaches immediately, if I feel there is an unsafe situation or something I am uncomfortable with.
5. I will NOT spot any tumbling whatsoever. **This is a cause for immediate removal from the team.**
6. I will be committed to making the corrections my coach asks; my coach is helping me be my personal best. I will refrain from coaching or correcting my teammates unless instructed by the coach to do so.
7. I will be kind. There is NO room for personal conflicts, and I will not bring them to practice.
8. I will leave my bad day outside. When I am at practice, I will be there mentally, as well as physically.
9. I will keep talking to minimum, when the coaches are talking, I will be listening.
10. I will wear the practice wear of the day along with cheer or gym shoes, and hair pulled back into high ponytail with a bow.
11. I will remove all jewelry including hidden piercings. I will keep my fingernails trimmed (very short, no white showing) so as not to hurt myself, my teammates, or my coaches.
12. I will refrain from chewing gum, eating candy, or drinking soda at practice.
13. I will be sure to have eaten adequately before practice.
14. I will make a commitment to myself to make healthy lifestyle choices, including a balanced diet and exercise
15. I will be sure to avoid poor choices, such as drugs or alcohol. **This is a cause for immediate removal from the team.** As an athlete, I need to be in top physical and mental condition.
16. I will be dedicated and loyal to my squad, my teammates, and my coach.
17. I will speak, text, tweet, and post positively about my squad, teammates, coaches, and the cheer program, as it affects our integrity. Should I have an issue or conflict with any of these parties, I will address the issue within 24 hours.

FCHS Cheerleading Contract Agreement Form

I have read, understood, and discussed with my parents the FCHS Cheerleading Squads Practice rules and by signing this I am agreeing to adhere to them.

Signature of Student Athlete

Date

I have read, understood and discussed with my athlete the above FCHS Cheer Squads participation and practice rules and by signing this I am agreeing to assist my athlete in adhering to the above rules.

Signature of Parent

Date

***Return this page to coach Zee**