

# 5 SIMPLE CHEER RULES

1. PREPAREDNESS

2. WE OVER ME.

3. BEST VERSION OF OURSELVES

4. CHAIN OF COMMAND

5. TEAM

## 5 Rules:

### 1. Preparedness:

1. You are dressed from head to toe ready for practice/ Games/ Competitions
  - a. All pieces of the Uniform,
  - b. Shoes
  - c. Poms
  - d. Megaphone
  - e. Cheer bow
2. Game Day/Competition Day: Mind-set,
3. Show up 10-15 mins before scheduled! have shoes on, jewelry off, hair up,
4. Know the Material- Practice at home! You Miss- you are responsible to get caught up!
5. Any paperwork, money owed, etc...
6. WE are not rolling in causal with Starbucks, Jimmy Johns, etc...

### 2. We over Me:

1. This is a Team sport not an individual sport
2. Sacrificing your own wants for Team
  - a. It's not about you, it's about the Teams needs and doing what's best for your Team.
    1. Example: Not Missing Practice: for work or social events,
    2. Being flexible with your role on the team and where you are needed..
3. Doing something over and over again until we ALL get it right!

### 3. Best Version of Ourselves:

1. **Good Character, Commitment, Confidence, & Pride**
2. You represent Our program/Team, Your School, How you act affects ALL of us!
3. Quality over Quantity
4. No Drama/ Bullying/ Inappropriate Social Media will be tolerated.
5. Respecting Others.
6. Put the work in and out of practice. Be the Best You Can Be- and expect nothing less from yourself and your teammates.

### 4. Chain Of Command:

1. **Team Coach, 2. Coach Patti, 3. Athletic Director, 4.Principal-**
2. Respect your Coaches- it will be given back to you.

### 5. Stay Positive and Have Fun as a TEAM

1. We are family
2. Together Everyone Achieves More