



Welcome to SLYC! We are very proud of our cheerleaders and to maintain a successful program, all cheerleaders must know what is expected of them, whether at camp, practices, games or competitions. You are now part of a TEAM! Your attitude, allegiance and absences impact the whole team. The purpose of cheerleading: to promote team spirit; to encourage good sportsmanship and citizenship; to set an example of leadership, respect, tolerance and self-control.

As an SLYC cheerleader, I promise the following:

- Be respectful to all coaching staff, directors, officials, and opposing teams.
- Never talk when a coach is talking
- No talking during sidelines; I will listen to my captains and understand it is their responsibility to call all cheers.
- Stand quietly during the playing of the National Anthem
- Display sportsmanship as my number one priority at all times.
- Maintain a positive attitude and be 100% cooperative at all times.
- Not use profanity.
- Encourage my teammates in a positive way, regardless of circumstances or ability. No form of bullying will be tolerated by me or towards me.
- Conduct myself in a way that presents a positive image for SLYC and myself at all times.
- Respect and take care of the uniform (top and skirt) supplied to me by SLYC for the season.
- Have good attendance and not have more than three (3) absences for the entire season
- Learn any cheer/skill/routine that I may have missed due to an absence.
- Be picked up on time and arrive on time, per pre-designated arrival times; if I am going to be absent/late, I will notify my head coach at least 30 minutes prior to the designated arrival time; I understand that if I am late for a game, I will be allowed to do sideline cheers but may not participate in the halftime routine (coach's discretion).
- Bring water to all practices, clinics, games and take a break when my coach tells me to.
- Leave my cell phone on silent and put away when at any SLYC event.
- Use the bathroom before arriving at practices and games.
- Not practice stunting at home with my friends, parents, family, etc. or I risk being removed from my squad.
- Not go to the concession stand during half-time and understand that I should eat prior to or after a game; if I am arriving early or staying later, I will change out of my uniform or a jacket/sweatshirt/t-shirt will be worn to cover my uniform.
- Return with a doctor's note clearing me for full participation in cheerleading if I have been excused for a medical reason and I will make every effort to attend and watch practices so it does not count as an absence.
- Show up and cheer, whether it is hot, sunny, rainy or snowing; if it is decided by my family that I will not be attending, I will notify my coach and it will be counted as an absence.
- Not wear my SLYC uniform outside of SLYC events
- Not eat or drink anything other than WATER while wearing my uniform, under any circumstances, whether at home, at the field, at a restaurant, etc.



*Always Remember to:*

- Arrive “practice ready” (practices, clinics and camp) wearing appropriate cheerleader apparel - shorts, t-shirt, socks, sports bra, cheer sneakers, hair in a high ponytail/bangs pulled off my face (preferably with a bow); nails cut short with no polish; no jewelry (including body piercings). Camisoles, capris, denim, and pants are not SLYC practice attire. Loose shorts (soffe shorts, soccer or basketball style shorts need to have Nike-pro style shorts underneath and sports bras must be worn under shirts to maintain modesty during stretching, stunting and tumbling for all ages.
- Arrive “game ready” with all apparel – SLYC uniform top, skirt, white no-show socks, white cheer sneakers, and bow (hair pulled in a high pony, flyaways to be pinned up and hairsprayed, per coaches instructions).
- Wear warm-ups WITH uniform (not in place of it) on cooler days; if I do not have SLYC warmups, I may wear solid black leggings/yoga pants/sweatpants/jacket/sweatshirt or SLYC jacket/sweatshirt. (Coaches, with board approval, will decide if the season tee replaces uniform tops on hot days.)
- Keep my uniform clean by hand washing it regularly.

**I understand that all rules apply to clinics, summer camp, practices, competitions and all football games. I understand that if I fail to abide by this code of ethics, I will be subject to disciplinary action which may result in being removed from my squad. SLYC promises to help you become a good cheerleader in a safe and fun environment. SLYC also promises good coaching techniques that are age appropriate for development and will utilize skill progressions. Your coaching team will provide positive support, care and encouragement.**