



2024 CHEERLEADER EXPECTATIONS

You are expected to fully participate in all practices and games. If you are unable due to an injury, please bring a doctor's note indicating your restrictions and timeframe of injury to give to your adult coach. It is expected that you continue to attend practices and games while injured to observe what the team is learning, per coaches and SLYC Executive board discretion. A note from your doctor will be required to allow participation post injury.

It is expected that you will come to practices wearing appropriate practice attire as outlined in Cheerleaders Code of Ethics. You must attend all practices on time and stay for the entire length of the practice.

On game days you must be with your coach by the designated time. For safety reasons, if you are late to this practice, you may be removed from your position in the halftime routine. Contact your adult coach if you suspect you will be late. Mites, Peewees and Midgets cheerleaders must stay for the entire length of the game.

You must attend football games in full uniform (top, skirt, bow, no-show white socks, and white cheer sneakers). There is a possibility that you will not cheer for your team if you are not in full uniform, this will count as an absence. We cheer in all types of weather (heat, cold, rain, and even snow), have your cheerleader bring his/her weather appropriate apparel.

It is expected that SLYC follows all NHFS safety rules. Hair should be neatly pulled away from the face and flyaways need to be pinned and hair sprayed in place. Long hair should be worn in a ponytail or braid (as directed by the coach with board approval). No jewelry (including piercings), long fingernails, bright nail polish, or hard hair clips.

With so much visible on social media, we expect the athletes, coaches, friends and family members of the SLYC community to present themselves and the sport of cheer in the best light possible. Before you post, ask yourself these three things:

- "Is it Athletic?"
- Is it Age Appropriate?
- What does it Amplify?"

No flyer “body positions”, posing in bed, inappropriate gestures, etc.

All posts and comments MUST amplify sportsman like behavior, bullying is not tolerated.

Athletes content can be viewed by ALL parties. “Private” social media accounts are not actually private.

Inappropriate postings or comments could lead to immediate removal from the program.

It is expected that you will always be respectful to all coaches, cheerleaders, and fans from both Silver Lake and all other towns. Bullying and harassment will not be tolerated by SLYC. We have a Zero Tolerance Policy and any such behavior will result in immediate removal from the cheer program.

All inside practices are closed-door practices. Parents and siblings are not allowed at these practices. Cheerleaders should be dropped off and picked up at the gym door (inside the school) by a parent or guardian. Parents or guardians MUST confirm an adult coach or SLYC board member is present prior to leaving their child at practice.

Food is not allowed on the fields/gym. Please bring a water bottle with you to practices and games.

There may be times that cheerleader photos and/or videos from practice/competitions will be posted on social media or SLYC website. If you wish to opt out of this, please notify the SLYC executive board in writing.

The following guidelines will assure that cheerleading for SLYC will be safe & fun for all cheerleaders.