

10 Rules to Making the Year Great!

10. Be on Time and Prepared for Practice

- Practice starts at 5:30pm sharp.
- Wear appropriate attire.
- Bring a water bottle.
- Thinking caps ON.

9. Leave Your Baggage at the Door

- When you enter the gym, you are focused on the cheerleading team.
- Leave outside problems, situations, and moods at the door.

8. Be a Team Player

- Remember that every decision made by the coach is in the best interest of the TEAM.
- Avoid having a “me” mentality.

7. Expect and Demand Excellence

- Hold yourself and your teammates accountable for giving 110% at all times.
- Motivate each other to want to work harder.

6. Respect Your Coaches

- Absolutely no talking during practice. It wastes too much time.
- Never talk back to your coach.
- Be attentive and open to all comments and critiques.

5. Push Your Limits

- Make a goal to improve something every single day.
- You will excel & improve the most when you push yourself further than you think you can go.

4. Display Great Sportsmanship

- All members of the team are expected to represent themselves with the utmost class.
- Be pleasant and courteous to all competitors and athletes.
- Be confident but not arrogant.
- Never talk negatively about another team. Respect that each team worked just as hard to get to the level they are at.

3. Know Your Stuff

- You are expected to know all choreography and counts for each routine and cheer.
- Know your role as a team member. Team members need to encourage each other. Leave discipline up to the coaches.

2. Commit to the Rules

- The expectations and guidelines of the team are thoroughly discussed in the Code of Conduct. Know them. Follow them. Live by them.
- Hold teammates accountable for the rules.
- Remember that you should always be representing the team in a positive manner in every situation.
- All team members are required to meet the athletic GPA requirements for each trimester to be considered in good academic standing.

1. We're All in This Together

- We are all here because of one thing: we love our sport.
- Expect great things of your teammates.
- Take pride in your membership of this team.
- Support each other. Accept one another. Love each other.

We are looking forward to our best year yet. Take a moment now and think about how you want to look back on this year. Let's start living that dream right now.