

Important Information for Parents and Cheerleaders!

THIS FORM MUST BE SIGNED AND RETURNED IN ORDER FOR YOU/YOUR DAUGHTER TO CHEER!

1. Team Rules

- a. Practice and competitions are mandatory. If you are to miss practice due to illness, I need a doctor's note the day you return. I must be notified about appointments 24 hours in advance.
- b. Be a team player and you will be treated like a team player.
- c. Do not lie, gossip, or be disrespectful to the other athletes or your coaches. (Zero drama will be tolerated-in practice or at meets)

2. Away Meets

- a. Every girl must ride the bus to away competitions with the team
- b. Riding home with parents must be approved by Mr. Lindeman or Mr. Guerra ahead of time (this means a signed note)
- c. We do not stop for food on Wednesday nights-please pack food
- d. Make sure you come ready to go...we will not spend hours doing hair and make-up. I want to spend that time concentrating on the meet.

3. Coach-Parent Interaction

- a. Playing time is NOT a debatable issue...period. Playing time will be fair, but not equal.
- b. Please acknowledge the 24 hour rule if you need to speak with me. Also, please follow the chain of command when discussing a problem.

4. Parental Involvement

- a. Wear team apparel to competitions and cheer with us! We always have crowd involvement pieces in our cheers, so please help us out.
- b. Keep daughter focused all year long!
- c. Schedule appointments around practice time. I know we practice every day, however every practice is crucial to our success. Hair and beauty appointments do not count...medical appointments only!
- d. Team dinners-please sign up to either host or help out with a team dinner. I think these are very beneficial to our team unity that I want to build!
- e. Saturday meets-again please see the sign-up sheet for Saturday meets. We will bring the same thing every week!

5. Equipment and Uniforms

- a. Uniforms are very expensive. I do not want to ask you to pay the cost of a ruined or lost uniform, so please take good care of them.

6. Personal Uniform requirements

- a. Cheer shoes-any all white cheerleading shoes-clean and new laces for competitive
- b. Black bodysuit, black tank top, black boy-cut briefs

7. Training rules

- a. Athletic handbook should be read and signed by each girl. If you did it already, you are set for the year.
- b. Don't break training rules...period.

8. Mandatory Practices

- a. Sometimes things come up~if we need to practice longer or a practice time will be changed, I will notify you ASAP.
- b. Leaving early and arriving late must also be approved by me. Every minute of practice is so important, so please do your best to be there.
- c. Eat, sleep, ibuprofen, stretch

9. One Chief

- a. I have coached for many years and I know what I am doing. Please trust my judgement.
- b. I have your back, please have mine! A lot of the girls will come to practice and say, "My mom.." or "My dad.." Please know that I ALWAYS support you as parents and hope that you will support me as the coach. Working together rather than against each other will have the best outcome for your child.

10. Academics and Behaviors

- a. Teachers-Being that I am teacher at Addison, I have constant communication with your child's teachers. I love hearing great things about my girls. Be respectful to all staff because you are representing the entire cheer program.
- b. The academic policy is stated in the handbook. I expect my girls to go above and beyond that policy! Hearing the fact that we are losing girls for eligibility is one of the worst things to hear!

11. Communication

- a. Texting is easiest for me 517-448-0854...otherwise you can email me at swordj@addison.k12.mi.us.
- b. Twitter and Facebook-Unfortunately we live in a social networking generation, so I understand that a lot of you have these accounts. Please DO NOT post anything negative about individuals, the team, the coach, the sport or the school. Positive posts are encouraged!
- c. Please add yourself to our facebook page if you have not already done so. I often times post updates and things to know on this page.

What our team will be about...

- Teamwork
- Giving all you have
- Winning
- Be dedicated, be on time, and BE READY!

Please detach this page, sign and return to Coach Sword to show you have seen and understand the rules and expectations for the 2016-2017 Competitive Cheer program and agree to follow them as such.

Cheerleader's Signature _____

Parent's Signature _____

Coach's Signature _____