

# 2018-2019 Honeoye Falls-Lima Cheerleading Pledge

---

**I understand that if I make one of the cheerleading teams at HF-L that I must abide by the following requirements or I will be asked to leave the team.**

1. I will follow all of the HF-L Athletic Code of Conduct and all school policies.
2. I will work to maintain good academic standing through consistent attendance, completing assignments and seeking help when necessary.
3. I will attend **all** games/practices and cheerleading events. In the event that I have an emergency I will **call** my **COACH** to let her know I will not be attending. I realize if I am absent from school during the day, I am unable to attend practice that night. **If my absences are excessive (3+) my coaches have the right to ask me to leave the team as my being absent consistently hurts the team.**
4. I will be on time for all games/practices.
5. I will come to games/practices prepared & dressed appropriately. (i.e. uniform on for games/hair up, shorts for practices, no jewelry, no baggy clothing, cheer shoes, etc.)
6. I will inform my parent/guardian (and boss if I work) of my cheerleading schedule in advance.
7. I will support my teammates, and fellow cheerleaders. I agree to work as a team player.
8. I will be respectful of my teammates, coaches and school during all practices, games, tournaments and outside school functions.
9. I will work to the best of my ability at all practices, games and tournaments.
10. I will act appropriately at all events and understand that I represent HF-L, the cheerleading program, my community and my family.
11. I will be appropriate and respectful on social media at all times. Posts to social media that are deemed inappropriate, disrespectful or that poorly represent HF-L Athletics/Cheerleading Program, could be cause for my removal from the cheerleading program.
12. All Star cheerleaders and gymnasts will be required to meet individually with the coach **prior to tryouts**. The full extent of schedule conflicts must be made known to the coach at this time. The expectation is that HF-L Cheerleading will take priority.
13. All parents are required to volunteer at both the Heart and Soul Competition AND volunteer slots assigned to HF-L Cheerleading by HF-L Sports Boosters.

## **It is the goal of the coaching staff to:**

- Have the girls well prepared for games & tournaments.
- Encourage them to do their best and work to their full potential.
- **Make decisions for the good of the entire team.**
- Have fun!

.....

My signature indicates that I have read, understand and agree to follow the requirements listed above. I understand that if I violate any of the requirements I will be asked to leave the team either during the season or at the end based on my coaches' discretion.

**Cheerleader's signature** \_\_\_\_\_

My signature indicates that I have read through the commitment form with my daughter. I understand that if my daughter violates any of the requirements she will be asked to leave the team either during the season or at the end based on her coaches' discretion.

**Parent/Guardian's signature** \_\_\_\_\_