



# Gym Rules

- ★ Practice wear MUST be worn according to the team calendar.
- ★ ALL girls should have a sports bra or tank top under their t-shirt.
- ★ Cheerleading shoes must be worn to every practice.
- ★ Absolutely no jewelry. Coaches will not be responsible for jewelry handed to them or left in the gym.
- ★ Nails must be properly cut. No fake nails of any kind.
- ★ No cell phones allowed during practices. All cell phones must be placed in the bin and silenced while in the gym.
- ★ Insubordination in the gym is unacceptable. This includes, but is not limited to, temper tantrums, outbursts, poor attitude, profanity and disrespect for others. Any disrespectful or inappropriate behavior may result in the expulsion from practice and potential dismissal from the program.
- ★ Only athletes and the coaches are allowed on the mat due to insurance regulations. This is also for your safety and the safety of all of our athletes. All practices are closed unless otherwise invited into the practice area.
- ★ It is the parent's and athlete's responsibility to know what is going on with their team at all times. Please check your email & Facebook regularly.
- ★ Personal issues are to be left at the door when you enter the gym.
- ★ Gossiping of any kind is not allowed.
- ★ Gum chewing & eating are NOT allowed in the gym. Drinks must be in a bottle that closes.
- ★ Any athlete dismissed from a team due to behavior or attendance will not receive a refund of any kind.