

Vestavia Hills *Little Rebel*/Cheerleading

Expectation and Guidelines

1) Practice

- a) Arrive on time and plan to stay until practice is over. Pick up must be prompt.
- b) Dress appropriately.
- c) Tumbling and basic pyramids will be allowed during practice, at the discretion of the squad mom.
- d) Appropriate behavior is expected at all times.
- e) Transportation to and from practice is the responsibility of the parent.
- f) Attendance at practice is mandatory. It is very difficult and unfair to the squad to have to go back and teach those who have missed. Obviously there will be occasions when illness or schoolwork will take precedence. In order for the absence to be excused, the squad mother must be notified, in writing, prior to the absence. The squad mother has the authority to approve or disapprove the absence and will do so in writing upon receipt of the request. Penalty: If a cheerleader has 2 or more unexcused absences, the cheerleader will have to sit out the following game.

2) Games

- a) Please make every effort to attend all games. Cheerleaders should arrive at least 30 minutes before game time. If for some reason your child cannot attend, please notify a squad mother as soon as possible.
- b) Cheerleaders must be in complete uniform in order to cheer.
- c) Cheerleaders must wear issued hair accessory.
- d) No dangle earrings, necklaces, bracelets, anklets, or rings may be worn for game (small stud earrings are ok).
- e) No girl will be allowed to go to the restroom during a game without an adult.
- f) Cheerleaders will cheer as long as the football game is in progress. However, under certain weather conditions the squad mother has the discretion to make a determination regarding cheerleading.
- g) Transportation to and from games is the responsibility of the parents.
- h) Tumbling and basic pyramids will be allowed during games, at the discretion of the squad mom.
- i) Carry the following items in your cheer bag at all times: Jacket, turtleneck, leggings, gloves, and raincoat/poncho.
- j) Cheerleading uniform (shell and/or skirt) may only be worn to official Vestavia Hills Youth Little Rebel functions. T-shirts and fleece pullover are allowed.

- k) Attendance at games is mandatory. If for some reason your child cannot attend the game, the squad mother should be notified as far in advance as possible and in writing, in order for the absence to be excused. The squad mother has the authority to approve or disapprove the absence and will do so in writing upon receipt of the request. Penalty: If a cheerleader has 2 or more unexcused absences, the cheerleader will have to sit out the following game.

3) Competition

- a) Participation in the end-of-the-season competition is strongly encouraged.

4) Squad Mothers

- a) We, parents and cheerleaders, are fortunate to have such a special group of volunteers this year to serve in our program. These Squad Mothers make many decisions that will effect their squad such as placement of girls in lines, formations, practice times, etc. Total cooperation and support is not only expected but also required from you and your daughter with the Squad Mother. In order to preserve sanity, please remember the following:
- i) All of the adults involved will not always agree.
 - ii) All girls involved will never want to ALL do the same cheer, or practice at the same time.
 - iii) These girls are here to have fun. We want and intend for them to learn cheers and chants. In addition, we hope to instill kindness and courtesy toward fellow squad members, respect and discipline in regard to adults, and, most importantly, a feeling of self-worth and increased self-esteem.
 - iv) If you have a problem or concern, please do not discuss or complain about it to other parents or to your child. Contact your Squad Mother directly and she will do everything she can to alleviate the problem. She cannot correct the problem if she is unaware of it.
 - v) "Girls will be girls" and we certainly understand this.
 - vi) However, if squad mothers have to stop practice or interrupt cheering during a game for one or two girls, then it is not fair to the rest of the squad. If the Squad Mother(s) attempts to correct your child's behavior repeatedly and has been unable to do so, you will be asked as a parent to step in. Your child could be asked to sit out for one or more quarters of the football game.

5) Assistant Squad Mother(s)

- a) Our Squad Mothers will be coordinating the following and will need your assistance.
- b) One or two Moms per game to take any girls to restroom 15 minutes prior to the game.

- c) One parent per game to take the roster to the press box, and introduce the girls over the P.A. system and control the music for the performance at half time.
- d) Assist Squad Mother with all other duties.

I HAVE READ AND UNDERSTAND THE ABOVE RULES AND GUIDELINES. THESE GUIDELINES AND EXPECTATIONS HAVE BEEN APPROVED BY THE VESTAVIA YOUTH LITTLE REBELS CHEERLEADING BOARD. THESE GUIDELINES ARE MADE IN THE INTEREST OF THE GIRLS, CHEERLEADING SQUADS, AND WHOLE LITTLE REBEL CHEERLEADING PROGRAM. I AGREE TO COMPLY WITH THESE GUIDELINES AND ACCEPT THE DECISIONS MADE BY THE VESTAVIA YOUTH LITTLE REBEL CHEERLEADING BORAD.

PARENT SIGNATURE: _____

DATE: _____

