

FBHS Cheerleading Commitment Contract

Cheerleading is an honor and a responsibility. It is both an individual and a team activity. Cheerleaders work together to control the crowd and spirit of our school. A cheerleader must set a good example for others to follow- at all times. Cheerleading is a commitment, but it should be fun. With this in mind, listed are some basic rules to follow so that we may have a safe, enjoyable, and spirited season.

Cheerleaders must attend ALL practices, events, games, and competitions in the proper attire and uniform. A uniform consist of tennis shoes, white socks, practice shorts, practice shirt, blousier, sports bra, skirt, shell, and bow. Cheerleaders in season **MUST** keep nails short (below fingertips) with **NO** POLISH or **COLOR** of any kind. Cheerleaders must be have hair pulled up completely off the shoulders in a ponytail **BEFORE** the start of a practice, event, game, or competition. Cheerleaders **WILL NOT** wear any form of jewelry during practice, events, games, or competitions. These are GHSA rules and regulations and when broken our program is subject to be fined.

As a FBHS Cheerleader, you are placed in a leadership position. As a leader, you are to present yourself in a positive manner at all times. Please understand that if you participate in social media, you are responsible for anything you post. This includes, but is not limited to photos you post, statuses or tweets you post or retweet, groups you join, pictures others post of you, and statuses or tweets others post to your page. It is important to exercise care while using social media and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. This contract will be used to ensure a positive representation of the student-athlete, the FBHS Cheerleading program, Flowery Branch High School, and Hall County Public Schools.

Practice will not be productive unless we have each and every member of the squad in attendance. When you miss something, you let both your coach and your team down. You are expected to be prompt and to attend all practices for the entire practice session for they are **MANDATORY**. Death in the family and sickness with a doctors' excuses are viable reasons to miss practice.

1st offense- Cheerleader will be given a verbal warning

2nd offense- Cheerleader will be benched from the next scheduled event (ex. Pep rally, game, or competition that follows right after second offense occurs.)

3rd offense- Dismissal from the team

Parent Signature _____

Cheerleader Signature _____

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