**Expectations/Rules**

1. **What is the time commitment?**
	* School Cheerleading comes second ONLY to academics! Vacation, trips, etc. come after cheerleading. Any absence due to these other obligations will be considered unexcused. Leaving early from a game or practice will also be unexcused. Excused absences due to sickness or school sponsored events will need a note/email to explain your absence.
	* We will practice on Fridays from 4-6pm. All practices during the regular season are mandatory unless otherwise announced.
	* You can only miss 2 practices (excused or unexcused), after 2 you will sit out a game.
	* We will also have mandatory practice days in the summer, End of July TBA.
2. **Requirements:**
	* You will need to have your cheer shirt, black shorts (with spandex underneath) and cheer shoes on at every designated practice.
	* On game days, you are required to wear your team shirt (picked by the captain) with jeans to school. (No Leggings)
	* You will need to have your hair up prior to the start of practice/games and ALL jewelry should be removed. (PLEASE DO NOT GET YOUR EARS PIERCED, it will result in either not cheering or taking them out.)
	* Please do not have your fingernails painted, if there is polish on, you will sit out a quarter.
	* Uniforms - If you forget any item that goes with your uniform, you will sit out the whole game unless a parent brings it to you.
	* Halftimes of the games - You must be back by the time that the Coach or Captain tells you or you will sit out however long it took you to come back.
	* You should work on your strength and ability outside of practice and the games to get better.
3. **Communication**
	* If you have any concerns about anything during the season, please pull me aside before or after practice/games, call me or email me.
	* Communication goes both ways, so I will do my part to let you know about updates or changes as soon as I know it and if I have a concern about you as a student-athlete or your performance and behavior, I will address it accordingly.
4. **Expectations**
	* Practice will begin promptly at 4 pm. You are expected to come in and begin stretching prior to the beginning of practice unless the Coach or captain instruct otherwise.
	* You are expected to maintain at least a B average in every class. If you are suspended from school, that will result in being dismissed from the team. If your grade drops below a B in any class, you are expected to notify the coach and set up a plan with your teacher to pull your grade up.
	* If we are notified about any behavior issues during school, we will provide a behavioral contract.
	* As a Northern Guilford Middle School cheerleader, you are expected to be an active role model during school hours and after school hours.
5. **Social Media/Cell Phone**
	* During practice and games, cell phones should be placed on silent in your book bag or cheer bag.

IMPORTANT: You should not post anything explicit or inappropriate on your social media pages or anyone else’s page. May result in suspension or dismissal from the team. Examples may include inappropriate language, inappropriate pictures, and suggestive themes like crude humor, violence, and explicit/mature content.

**2019-2020 Cheer Budget**

You can order the following items on [www.omnicheer.com](http://www.omnicheer.com)

* Chasse Cropped Bodysuit (Item # - BR400) - $12.95 each (one white, one black)
* Chasse Glitter “White” Bow (Item # - AC343) - $5.50
* NFinity Evolution Cheer Shoe (Item # - S1733) - $89.99
* Any black spandex to wear under skirt (ex: Nike Pros)
* We will be ordering 3 shirts for the girls as well, but it will be through another vendor that I will order from this summer. The shirts will be $25 total. Please turn in a check to Mrs Bowie by June 11th. Please make checks out to NGMS.
* \*\*Hoodies will be ordered by October. Hoodies will be $20 each. Order date TBA.

**Camp Dates**

Camp will be held in the NGMS main gym July TBA. Girls will need to have a bag lunch for these days.