



UNITY Thunder Cheer Program Program Guidelines and Rules

SCHOOL AND GRADES

School is a PRIORITY and schoolwork should come first. Homework should be done before practices. If you start to have problems with your child's grades and, as a result, start missing practices regularly, a coach/parent meeting will be conducted to discuss the best alternative for the child and the squad. We are requesting to see progress reports and report cards at the end of each marking period. Failing grades may result in your cheerleader sitting out of games or not participating in the program.

WEATHER

Our Program follows the Prince Georges County School closing policy. When the school system closes early or is closed for the day due to inclement weather, there will be no practice. On game day, the Director of Cheer will make the decision whether squads will cheer or not at games.

GAMES

Games are held on Saturdays. We travel throughout Prince Georges, Montgomery County, DC and Northern Virginia.

You will be responsible for transporting your child to and from game. A game schedule will be provided as soon as they are available. Games usually start the second week of September. **Girls must meet ½ hour before game time unless otherwise stated by the coach.** If your cheerleader is late she may have to sit out for the first quarter or half-time.

Other very important rules that will make it a more enjoyable season and must be adhered to:

- ❖ All participants must display a positive attitude.
- ❖ Everyone is expected to be courteous and respectful at all times. Your conduct is reflected on the club, your coaches, and parents.
- ❖ Gum chewing is not allowed at practices, games or any other activities.
- ❖ All cheerleaders must have a clean and neat appearance. Hair should be in a ponytail/pigtails. Uniforms must be clean and presentable. Shoes should be white. Shoes should only be worn to practice, games and any other cheer activities. If a cheerleader is not in full uniform for games, she will not be able to cheer.
- ❖ Once cold weather approaches, all squads will wear their Unity warm up suits, white head wraps and white gloves at the games, except at half time. The only exception is Squad 1 – the cheerleaders for Squad 1 need to have black or Gray sweat pants.
- ❖ **All Practices are CLOSED to parents, siblings, friends and others. Eliminating distractions during practice is essential to provide a safer and more productive session. We do understand everyone's need to be informed as to their child's progress. Please discuss an opportune time for you to visit your child's practice. Squad 1 Parents – you will be given an opportunity at the end of practice to come in and watch practice for the last 15 minutes.**
- ❖ All girls must be on time to practice. This limits disruption and the need for coaches to take time away from the other girls. If a cheerleader is late to more than three practices she will be asked to sit out of the next upcoming game.
- ❖ If more than three practices are missed, there is a possibility that the cheerleader will not be able to participate in the competition at the end of the season or be considered for the extended competition season.
- ❖ Girls must be at the practice before a game in order to perform at half time.

- ❖ A Guardian or other responsible adult **MUST** walk their girl into and out of practice. Please make sure one of your coaches sees you before you leave your child for practice. Please be considerate and be on time to pick up your child. A 10 minute grace period is allowed for pick up after practice. If you are more than 10 minutes late, you will be required to pay \$1.00 per minute. This money is due at the time you pick up your child.
- ❖ If anyone other than a parent is pickup or dropping of a child, the coach must have a list of all authorized persons and be given notice that someone else is picking the child up.
- ❖ All girls are required to wear the appropriate practice uniform to practice. Shorts, T-shirts that cover the midriff, tennis shoes with ankle support, and sweat pants (not lycra or velour) are allowed. There should be shorts under sweatpants to allow for stunts. **NO JEANS OR JEAN SHORTS.**
- ❖ **NO JEWELRY.** If jewelry is worn you will be asked to remove it. The coaches are not responsible for any lost or stolen items so please leave your jewelry at home.
- ❖ **TENNIS SHOES MUST BE WORN. NO SANDALS OR DRESS SHOES.**
- ❖ Water bottles should be brought to each practice.
- ❖ **NO GUM or NAIL POLISH**
- ❖ **NO CELL PHONES, IPODS, MP 3 players**

COMPETITIONS

Our Youths, Juniors and Seniors will be competing in 1-3 competitions at the end of this season. There are different requirement for each age group. Your coach will hand out details at your first practice. Evaluations will be conducted and young ladies will be invited to continue on for competition. Evaluations are based not only on skill level but also enthusiasm, willingness to learn, progress in school and parent involvement in program activities.

Parents are responsible for fundraising to help offset the cost and paying the additional amounts at the deadlines if they want their children to participate in activities that require travel and overnight stay.

**please note additional practices will be required

FUNDRAISING

Fundraising **IS NOT** optional. It is an important part of the program and assists us to build the program and purchase new uniforms in the future.

Parent Signature

Date

Cheerleader Signature

Date