

PRYAA Cheerleading Code of Conduct

1. We expect **EVERYONE** from the coaches, cheerleaders, and parents to represent Peachtree Ridge with good sportsmanship. Kind comments only: Do not bring personal conflicts to practices or games. Attitude must be positive and upbeat! You must always be willing to work and cooperate at both practices and games. No moaning, complaining or whining. Please be willing to do what is necessary.
2. Every cheerleader **Should** have a water bottle at any PRYAA function. Please do not put soda, sports drinks or sugar drinks in your bottles, they attract bees and no one wants to get stung.
3. No Jewelry is allowed while cheering. This is a GFL rule. If jewelry is worn to practice or games, the GFL requires the coach to ask the cheerleader to sit out. **Do not go get ears pierced during the season.** This includes stud earrings, shoe charms, body jewelry, and hair wraps. We will enforce this rule during practice and games. The coaching staff cannot be responsible for holding any jewelry.
4. Attendance at practice is mandatory for each cheerleader. Practice time is when new cheers, chants, dance routine, jumps, stunts, and friendships are formed. Information is also passed out during practice time. If you must miss practice, please contact someone on the coaching staff and let us know you will not be there. If attendance becomes a problem, for example missing 3 or more practices without a reason, the cheerleader may be asked to sit out a quarter of the next game or miss half-time.
5. Unacceptable behavior will not be tolerated. Unacceptable behavior is disrespectful and/or disruptive towards another child, adult, coach, or team mom. We will give the cheerleader three warnings (pull a pom pom), and inform the parent of the situation. After the third warning, disciplinary actions will take place. The child may be asked to sit out of the current activity. If the behavior continues, the child will sit out one quarter of the next game.
6. Uphold safety rules at all times. No stunting or tumbling without a coach present. You must have permission and the proper training for stunting and tumbling. You can get hurt building the simplest of stunts.
7. Please wear proper practice attire: T-shirts and cheerleading shorts. Wear sizes that allow you to move comfortably and freely, but NO baggy clothing should be worn for stunting. Shorts should be at an acceptable length, showing only leg from behind. On "Pep Rally Days" cheerleaders should wear camp clothes. Always wear a T-shirt over a sports bra.
8. Please wear athletic tennis shoes at all times. No fashionable platform or backless tennis shoes.
9. Hair should be worn away from face. Hair beads are NOT allowed.

10. For stunting safety, nails must be at athletic length. No fake nails and no nail polish.
11. Please call your coach or team mom if you are going to miss an event or be late. **THIS IS MANDATORY!** Each role is important. Dance routines and stunts have to be rearranged if cheerleaders are missing. This takes planning ahead.
12. Cheerleading is a physical sport that requires cheerleaders to eat proper meals and to drink plenty of water prior to practice and games. Please don't skip breakfast prior to a game, this may cause you to become weak and/or faint...Especially during the hotter months.
13. No Gum or Food allowed at practice or during games. You must remain with your squad and your coach at all times. A parent or guardian must inform the coach or team mom directly that you are leaving.
14. This applies to all events...games, practices, pep rallies, bathroom trips, and parties. Do Not leave your squad or coach without parent or guardian. This is for your safety. If you are going home with someone other than your parent/guardian, your parent/guardian must notify the coach/team mom in writing prior to the event. Parent/guardian should arrive at least 15 minutes prior to scheduled end of squad event. Warming up is a **MUST!** You must participate in warm-up in order to cheer, dance, or stunt.
15. No improper Language; No Vulgarly: No "shut-up". No Fighting. Be dedicated. Have a working knowledge of all cheers, chants, dances, halftime routines etc. This means practicing at home.
16. Listen to your coaches/team moms. Accept constructive criticism.
17. Act age appropriate at pep rallies and other events involving the football players. No inappropriate behavior is allowed.
18. Remember that your coaches/team moms have volunteered to work with you and your squad. Show respect for them. If a problem or concern arises, work with the adults instead of discussing it with your squad mates.

Most Importantly...HAVE FUN