

LEAGUE COMPETITION SCHEDULE and PRACTICE/COMPETITION EXPECTATIONS

LEAGUE COMPETITION SCHEDULE:

Competition schedule has been provided. Typically, Twinkling, Rising and Shooting stars compete in a morning session and Shining and Super competes in an afternoon session. Our Shimmering Stars team will exhibition only and times for their performances will vary based on the event. Start times for sessions vary depending on the venue. We receive the confirmed schedule/performance schedule typically only days before the event or the day before. Please plan your family schedules accordingly and prepare to be flexible with start/end times on competition days. Notify your coach at the beginning of the season if you have a conflict on any competition dates. Every cheerleader is required to attend each competition. The absence of one cheerleader may result in the team withdrawing from the event for safety purposes.

LEAGUE PRACTICE/COMPETITION RULES:

Cheerleading practices are unique in that every person on a team has a role, there are no second strings or alternate players. If someone is missing, it often prevents 4-5 other cheerleaders from being able to practice skills and can often prevent an entire team from practicing fully. Practices during competition season are mandatory and take precedence over other activities the cheerleader is involved in. If there are school sponsored events that conflict with cheerleading (band/chorus concerts, or other school related activities), please contact your coach ASAP so they can attempt to reschedule practice. Please make every attempt to have your cheerleader attend every practice and if your cheerleader is unable to attend a practice, notify your coach via email ASAP. Coaches will follow up on all absences. Coaches may distribute their own Team Guidelines at the beginning of the season in addition to the guidelines below:

1. Be Kind and Respectful to Coaches and Teammates

Please talk with your child about being respectful to their coach and other volunteers. Disrespect may result in dismissal from the team. Any and all abilities and experience levels are welcome.

2. Wear Appropriate Clothing

Athletic clothing that fits close to the body. Baggy clothing can be unsafe. Athletic and/or cheerleading sneakers. No sneakers = No Participation. Hair pulled back off face. Nails cut short. No jewelry - **Piercings must be removed for all practices and competitions.** Please wait until the season ends to get any new piercings as they will HAVE to be removed or your child cannot participate in practices or competitions. Hair elastics on wrists qualify as jewelry.

3. Attend All Practices/Competitions

Be on time. Notify your coach prior to an absence. Attendance will be recorded by coaches daily.

- 3 missed practices may affect a cheerleader's role in stunts/formations.
- 5 missed practices may result in removal from stunts/formations.
- 5+ missed practices, may result in removal from the routine.

4. Follow All Coaches Directions

This is a safety issue. Each team will have their own rules surrounding following directions. Talk to your coach regarding how they will be dealing with problematic behaviors.