

Cheer Rules / Guidelines

Practice

- Show up on time and ready to cheer
- Practice attire must consist of shorts/leggings, tank top/T-shirt, athletic sneakers, hair in a ponytail
- No flip-flops, no jewelry
- Please bring a labeled water bottle, no snacks during practice
- Safety is our number one concern- No tumbling without coach's direction
- Unless you are an authorized coach, you are not allowed on the field during practice. Parents can wait in the bleachers/ picnic table area
- For the younger grades, please sign your child in and out at tumbling practice @ CC CHAMPS (grades 1-4), at Mahwah fields, girls will ONLY be released to their parent unless otherwise told
- If you know that you are going to miss practice, please notify your coach so we can plan accordingly
- We will try to keep a consistent practice schedule throughout the season but that too is subject to change based on field and coach's availability

Games

- Please arrive 30 minutes in advance of the game scheduled time
- Please come dressed and be sure your child has eaten/used restrooms in advance of the game – uniform, socks (ordered w/ uniform) and all white athletic shoes (can we purchased at payless for less than \$20)
- Hair should be in a high ponytail with bow (to be provided by program)
- #1 priority of coaches is to keep your child safe so please remind your children not to Tumble unless directed by the coach
- Only coaches are permitted on field and children must stay on field until they break for halftime (they typically get 15 min break after halftime routine /cheer)
- If practices are missed, you may not be able to cheer in the halftime routine **
- Football game schedules are determined by the league / football directors and are subject to change. we will notify the teams as soon as we know of changes. Each cheer quad will cheer at 6-8 games depending on grade and the games are split between home @ CSP field and away (ex of away teams.. Ramsey, Wyckoff, Montville)

**for girls who also dance/ cheer competitively or have conflicting schedules, please talk to your coach