



## LFHS Competition Cheer Rules & Guidelines

Competition is an exciting time but requires great commitment. As with other sports, cheer will follow rules and guidelines, such as benching, using alternates, etc. to maintain a solid competitive team. This is a short and intense season that takes a lot of practice and hard work in order to be successful.

### ***Attendance & Tardiness***

1. All cheerleading activities are from this point on are ***mandatory***. We are on a tight schedule due to many indoor activities and upcoming competitions. Cheerleaders are expected to be on time always for games, practices, and competitions. In case of emergency or illness, the athlete must contact the coach by email on the day of the emergency BEFORE the scheduled practice, performance, meeting or game. If not notified prior to the scheduled event, then the absence will remain unexcused. ***For safety reasons, if an athlete is absent for more than one practice an alternate will replace her.*** Even this is stressful for the team but I am trying to be fair with the late schedule. Imagine if every single team member missed one practice.

Varsity absences e-mail Coach Pavic ([Lpavic@lfschools.net](mailto:Lpavic@lfschools.net))

2. In the event of a suspension or injury, the cheerleader will still be required to attend all games, practices and functions. A suspended or injured cheerleader is expected to sit with the coach in the stands, not with friends.

3. There will be NO overlapping in sports, other co-curricular activities, doctor's office visits, social events or jobs. If these cannot be worked around cheerleading responsibilities then the cheerleader will be required to make a choice. Please discuss all extenuating circumstances with the coach.

4. A calendar is constantly updated on the school cheer website page. The calendar will list the practices, game times and bus times. Practices typically run 3-4 days a week plus. Cheerleaders are expected to attend all practices

I have read the following LFHS 2011-12 Competition Cheer Rules and Guidelines and agree to abide.

Cheerleader Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

\*\*Please mark "X" if you are ***available*** these days over winter break:

|                    |                   |                    |                 |                     |                   |                 |
|--------------------|-------------------|--------------------|-----------------|---------------------|-------------------|-----------------|
|                    |                   |                    |                 |                     | Friday<br>Dec. 16 | Sat. Dec.<br>17 |
|                    |                   |                    |                 |                     |                   |                 |
| Sunday<br>Dec. 18  | Monday<br>Dec. 19 | Tuesday<br>Dec. 20 | Wed. Dec.<br>21 | Thursday<br>Dec. 22 | Friday<br>Dec. 23 |                 |
|                    |                   |                    |                 |                     |                   |                 |
|                    | Monday<br>Dec. 26 | Tuesday<br>Dec. 27 | Wed. Dec.<br>28 | Thursday<br>Dec. 29 | Friday<br>Dec. 30 | Sat. Dec.<br>31 |
|                    |                   |                    |                 |                     |                   |                 |
| Sunday<br>Jan. 1st |                   |                    |                 |                     |                   |                 |
|                    |                   |                    |                 |                     |                   |                 |