

# 2010 VARSITY GUIDELINES

Varsity Cheerleaders are expected to set high standards for the Maple Valley Junior Football and Cheer Organization. To achieve these ends the Varsity Cheerleader will:

- Attend all scheduled practices and games unless prior permission to be absent has been authorized by your coach. School activities and illnesses are excused. Please do not schedule any family vacations during championship practice season. Missing practices and games may result in changing stunt groups, your stunt position or perhaps your participation!
- Participate in Championships is Mandatory for Varsity.
- Cooperate with each other and follow the instructions of your Coaches, Captains and Team Mom
- Be ready at all practices with hair back (including bangs), correct practice wear (including correct shoes), no gum, no jewelry, short nails, **GOOD ATTITUDE** and **ON TIME!!**
- Be an active listener and accept constructive criticism.
- Remain in cheering area during games and be back in game formation at the end of half time.
- The Captains will be calling the cheers during the games.
- Due to our **NEW** Varsity uniforms there will be no eating except for crackers and water during your break. You may change after your game to eat. (Your parents will also appreciate this when it is time to return your uniform at the end of the season).
- There will be **NO** cell phone use during practice for calling or texting. Your breaks are for restroom, water and assisting another cheerleader.
- Profanity and poor conduct while representing the Raider Program will not be tolerated. Please also be sure your MySpace or Face book is appropriate.

---

**CHEERLEADER SIGNATURE**

**DATE**

---

**PARENT SIGNATURE**

**DATE**