



2020-2021

Saugus High School Cheerleading Handbook

Saugus Cheerleading Program Handbook

CONTACT INFORMATION:

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PART I – PROGRAM OVERVIEW

Philosophy

Being the most visible and recognizable representative of a school, cheer teams are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and team cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body, which is the core of developing effective school spirit, student involvement, and overall development of the team's reputation.

The Saugus High School Cheer program is also a competitive program, and serves as a sideline support team for the football and basketball programs. Each team shall strive to boost school spirit, promote good sportsmanship, develop good positive crowd involvement, and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program. The Saugus High School Cheerleaders will appear and perform at designated school events, competitions, shows, and charity events/fundraisers.

Eligibility

Per CIF rules members must maintain a 2.0 GPA in order to remain on the team, a 2.5 GPA or higher is recommended. Grades will be checked at random. However, printed academic reports from Infinite Campus will be required to be printed and turned in at the end of each progress report periods and end of each quarter. If a student has an "F" (whether his/her GPA is above a 2.0 or not), he/she will be benched until the grade is brought up. If a student is ineligible for (4) consecutive weeks during the season or receives a quarter/semester grade "F", he/she will be placed on academic probation and can be removed from the team.

Any student who falls below a 2.0 at the end of a grading period will be benched from ALL performances until the next grading period.

Costs

In order for our outstanding program to continue to offer the highest level of skill development, athletic training, and competitive prominence, we rely on the generous financial support of parents. ***The amount of contributions we receive determines the scope of our program.*** We establish our yearly calendar of events and competitions to match the amount of funding that is generated by our fundraising and contribution efforts. Please note: Fees are NOT required, and no student will be precluded from participation based on whether or not he/she contributes.

This year's goal of contributions should allow us to offer the full program, which may include, but not limited to, sideline props, transportation, competition registrations and costs, coaching/choreography fees, banquet, etc. Since the components of this program are based on secured revenue, we will not be able to maintain all aspects for the current year unless contributions are received. If you plan to donate to our program but not according to the suggested contribution schedule, please notify the booster club president and/or booster club treasurer right away of your alternate plans.

If we do not receive enough contributions, we will have to cut portions of our program. All financial information is kept in strict confidence and is known only to the booster club president and cheer booster club treasurer.

Team Definitions of the Saugus Cheerleading Program

- SIDELINE Teams (Crowd-leaders)
 1. Freshman (9th grade), JV (10th grade), and Varsity (11th and 12th grade).
 2. These teams are formed based on GRADE LEVEL.
 3. Sideline Teams are crowd leading teams, individuals who are not a part of competition teams may be referred to as crowd leaders only. These team members may be asked to perform Novice or Intermediate stunting, possibly NO STUNTING, depending on **Coaches determination** of ability to perform those skills with safety as priority. Tumbling will be permitted. Their ultimate responsibility is to be a CROWD-LEADER.

- COMPETITION Teams
 1. JV and Varsity (9th -12th graders)
 2. These teams are formed based on SKILL LEVEL & POSITIONAL NEEDS.
 3. Teams will be selected from Sideline team cheerleaders, by coaches.

General Team Rules

Remember – you are school representatives at all times. You represent not only yourself, but also those who support the program.

1. Phones are expected to be turned off and put away BEFORE arrival and for the duration of cheer practices, games, and cheer performances at any cheer related event. Phones WILL be taken if seen out.
2. Hair must be pulled back away from face BEFORE arrival.
3. Chewing gum is prohibited.
4. Nails must not extend past the fingertips. If nails extend past fingertips, the cheerleaders will be asked to cut them by the next practice/game and the cheerleaders will be asked to sit out of practice or event. NO ACRYLICS allowed at any time. If acrylics are on, cheerleader will lose points and will be asked to sit out of practice or event until removed. Even athletes out on injury must follow this rule.
5. Team athletic shoes must be clean/white at all times, and must be worn to every cheer practice, game, or event.
6. Body Piercing and Hair Color: Body piercings are not allowed; if you already have a piercing, all jewelry, including clear spacers, has to be removed prior to each practice, game, performance or competition. Natural hair color.
7. Social Media WILL be monitored. Misuse will be reported to administration.
8. Parents must email advisor regarding absences, at least 24 hours in advance. Absences will be reported to the attendance office.
9. Advisor and coaches determine the size and divisions of the teams.
10. Advisor and coaches may designate alternates.
11. Advisor and coaches will NOT enter into any discussion with parents regarding coaches decisions about selections for any teams.
12. Cheerleaders are required to make up all running, conditioning, and any other participation missed. Please note that a one mile run is completed prior to every practice.
13. **All practices, games, and events are MANDATORY. All outside activities, work schedules, doctor appointments, haircuts, homework and etc. must be planned around cheer schedule. Failure to attend practice, games, or events, and/or two or more tardies, will result in benching, lower grades and possible removal from the team.**

Conduct

1. Members of each team are responsible for knowing all the cheers, expectations and requirements.
2. Attitude, attendance, dedication and enthusiasm are just as important as physical skills. You should have school spirit and get involved at SHS. Be friendly, cheerful, and always observe the rules of good sportsmanship.
3. If you are involved in other activities, they MUST COME SECOND to cheer. This includes not leaving practice early or coming late due to an outside activity. You may have a job as long as it does not conflict with cheer practices, events, or games. If at any point absences or tardies are repeated, removal from team or other consequences will be considered. This will be decided by the coach and advisor.
4. All members must be good citizens. Any student suspended or expelled from school can (at the coaches' and administration's discretion) be dropped from the team. Foul language, bullying, smoking, use of alcohol, excessive public displays of affection, fighting, poor sportsmanship or disrespectful behavior are unacceptable and subject to team and school disciplinary action.
5. Use of alcohol, drugs, "vaping" or tobacco will not be tolerated. A student may be automatically dismissed for confirmed use of such substances. Students suspected of substance abuse can be suspended until investigation of the matter is cleared/confirmed by administration.
6. Open communication needs to be maintained with the Advisor. If you have any problems or concerns, you need to communicate them to the Advisor first. It is detrimental to the whole team if you complain to other members and/or parents instead of voicing your concerns with the Advisor. If another member is unhappy or starts complaining to you, encourage them to talk directly to the Advisor.
7. The team will vote for Captains and/or Co-Captains toward the beginning of the season, competition captains will be appointed, and all will remain in that position for the duration of the school year. All cheerleaders chosen will have specific responsibilities and duties, and if they are unable to fulfill these duties to the level expected by the coaches, **they can and will be replaced mid-season.** In addition, should a captain become ineligible or display a poor attitude/behavior, his/her position will be immediately terminated.
8. As each athlete represents the team as a whole both on and off campus, the surfacing of any inappropriate, incriminating, or explicit photographs of any member of the team **is grounds for termination** based on a case-by-case basis. This includes but is not limited to drinking alcohol, partaking in other illegal substances, or posing with full or partial nudity. This clause also applies to any written comments on social networking sites or in other public domains. Social networking sites can and will be monitored.
9. Understand that when a cheerleader is selected this year, he/she will still have to tryout again next year and his/her position on the team is NOT guaranteed. Improvement, attitude, attendance, coach-ability, and skill level all play a part in whether or not she returns.

Attendance and “Grading Policy”

Because of the nature of our sport, it is very important to have all cheerleaders at all practices at all times, or the practices become ineffective for the entire team.

1. Missing a practice for any reason could result in being taken out of your spot in a routine or group, taken out of cheering for a game, being taken out of a routine completely, being made an alternate, or removal from the team. This decision will be at the coaches' discretion.
2. ALL PRACTICES, GAMES, AND EVENTS ARE MANDATORY
3. Depending on team, If two or more stunt groups are missing from a team at any given practice, the team may forgo practicing the current routines or game prep and work on gaining athletic endurance and strength individually.
4. William S. Hart District policy requires that students **MUST** attend all classes **on the day** of games or performances. Please see the advisor for extenuating circumstances.
5. Cheer Program policy requires that students **MUST** attend a game-prep practice **before** game day to fully participate or the member will be benched for that game, or any consequence the coach decides.
6. If a student misses choreography or practice, he/she may not be given a spot in that specific routine that he/she missed.
7. Any cheerleader on academic ineligibility WILL attend all practices and games as usual, but may not dress or perform at any event until cleared by the advisor. However, the individual will continue to work out with the team at practices.
8. Missed practice/event notification: If a practice or event must be missed FOR ANY REASON, the parent must contact the advisor through email. This notification should be done well ahead of the scheduled practice or event, at least 24 hours in advance. Absences will be notified to the attendance office. If notification is not made, the cheerleader will be asked to sit out of the next game or event. Remember, if you aren't at practice, it hurts the entire squad – routines may have to be rearranged, stunts changed, and girls switched around in the routine.
9. A cheerleader MUST be driven to all out of town events by their own parent or cleared driver, Each individual's parent (or a cleared driver) must provide transportation to events in which school transportation is not available. Students are NOT allowed to drive themselves to “out-of-valley” events.
10. Commitment to the team is taken in to consideration the following year in Coach evaluations.
11. One mile will be completed for every absence from practices and/or events.
12. An unexcused absence will result in benching from that weeks game or event.
13. Tardies will result in a half a mile run, two or more tardies will result in benching from games.
14. 2 points will be removed from grade for jewelry found in, dress code violations, acrylics, use of phone at practice or events, or any other form of breaking the handbook rules.
15. Dress code violations, on game days, will result in benching from the game.

Consequences/Dismissal

1. If at ANY time a SHS Cheerleader acts inappropriately, is disrespectful to a Coach, fails to obey handbook rules, or causes harm to another student, the coaches/advisor reserves all rights to choose the appropriate consequences.
2. Consequences may include: parent conference, benching (sitting out at games, and/or practices), grade reduction, practice removal, suspension, and dismissal from teams are all actions that could be deemed necessary.
3. A cheerleader may be released without warning for any action which the Coach, Advisor, or Administration feels is intolerable.

Injury and Illness

1. If a cheerleader is ill and unable to attend practice, the parent of the cheerleader should contact the advisor and let her know that the cheerleader will be absent that day, and the cheerleader may be asked to sit out of the next game or event.
2. If a cheerleader is absent, he/she may be either removed from a routine or have his/her spot moved. This is not done to punish the cheerleader; it is a safety issue for all team members. If you are absent, we cannot stop practice. We may have to shuffle things around.
3. Understand the difference between being hurt and/or injured. If a coach is given a doctor's note with a medical restriction, the cheerleader will be out of practice until he/she receives a full medical clearance or the date on the note expires. If the coach observes that an injury may still be in effect or reoccurring, the coaches have the option to make an immediate call to pull an athlete from practice or competition.
4. Any medical restriction will place a cheerleader out of all participation in practice and games until full medical clearance.

Risk

1. Cheerleading can incorporate acrobatic, tumbling, stunt, and precision movements that are very difficult. Moderate to severe injuries including concussions, paralysis, and even death can occur in any activity involving motion and increased height or force.
2. Please be aware that each individual can maximize his/her own safety and the safety of others by following our Saugus Cheerleading rules, putting out his/her full effort every day at practice, and being involved in an outside tumbling class.
3. Staying focused and living a healthy lifestyle such as eating a well-balanced diet, drinking plenty of water, staying physically fit, and getting plenty of rest also aids in injury prevention.

Health

Cheerleading is a rigorous activity, which requires its participants to be in top physical and mental shape.

1. Cheerleading is a performance-oriented class; full participation is required.
2. Students with serious health problems that are aggravated by exercise and/or which limit full participation for a substantial amount of time should consider the dedication required for our program. These students could be asked to become alternates should their illnesses hinder their performance. This policy has been enacted in order to protect both the potentially ill member as well as other team members from injury.
3. Ongoing injuries limiting participation will be assessed on an as-needed basis. Being placed as an alternate, depending on team placement, may be a possibility depending on the severity and limitations of the injury.
4. Medical clearance is required for all levels of injuries in order to resume full participation.
5. Each team member will be required to have a physical examination at their own expense prior to the start of practice.
6. Full medical clearance is needed to cheer at games or participate in practice in occurrence of an injury. If a doctor's note is not given at any time, the cheerleader will be benched from games or practice until fully cleared.

Parent Responsibilities

1. Maintain your role as a supportive parent but do not stir up "drama". Please consider the entire situation, not just your daughter's position, before jumping to conclusions. Coach Candace is always available to discuss an issue but that does not guarantee any specific changes or requests. The best decision for the team will always prevail.
2. Maintain open communication with the advisor and coaches at all times.
3. Attend parent meetings and participate in fundraising.
4. Always remember that your perspective of practice, routines, etc. may not always be the same as the coaches. You may address your concerns that you may have, but will not make changes to routines, positions or placements of an individual cheerleader based on parent complaints.
5. Line of communication starts with the Advisor FIRST.

PART II- PHASE ONE of TEAM SELECTIONS, TRYOUT GUIDELINES, AND REGULATIONS

*The following skills and expectations are a part of the tryout process and will determine placement. Skill level, stunt positions, attitude/behavior, sharp/clean motions, and tryout scores will be taken into consideration when selecting teams.

*Details of video submission will be reviewed and discussed during the virtual tryout meeting.

Video Submission should include:

- **On a piece of paper write down, in BOLD black print: Full name, tryout number, height, stunting position, grade level, Crowd Leader Only or Crowd Leader/Comp.**
- **Standing and running tumbling** - (must have been performed this year and should be videos that have previously been recorded at a practice or competition where the proper safety protocol was taken. Do not record videos just for tryouts. If you do not have video please state the skills you have on the video submission)
- **Jumps**- single toe touch, double toe touch, right and left hurdlers
- **Stunting positions**- please include stunting video if you have it and highlight yourself (must have been performed in the last year should be videos that have previously been recorded at a practice or competition where the proper safety protocol was taken. Do not record videos just for tryouts)
- **3 Cheers** - will be released on google classroom
- **Please show standing flexibility if hoping to be placed as a top “flyer” position. This includes both right and left leg heel stretches and a scale.**

* **Tryout material will start to be released in Google Classroom on April 27th. Classroom code will be emailed out to applicants on April 21st.**

* **Tryout videos and grades must be submitted in Google Classroom. Juniors and Seniors submissions will be due by 5pm on May 1st. Freshman and Sophomores will be due by 9 am May 2nd.**

**Video Submissions will be considered for phase one (first cuts) of tryouts.*

**If needed, second cuts, or final cuts, will be made by the coaches at the first practice, date TBD.*

**Competition teams will be formed from Sideline Teams at a later date.*

Tryout Attire

Please follow the guidelines below for dressing during tryouts; otherwise it will be taken into consideration during your tryout performance.

Tryout attire: It is recommended to wear a Saugus color shirt with shorts. The shirt must be tucked in to shorts. Cheer shoes or (tennis-type shoes) must be worn. Hair should be slicked back in to a low pony. No Saugus Cheer uniforms or official Saugus spirit wear, may be worn by any applicant.

Tryout Dates, Times, and Info

- Tryouts are on Friday, May 1st by 5pm for Juniors and Seniors. Tryouts for Freshman and Sophomores will be Saturday, May 2nd by 9 am. Late submissions will not be accepted.
- Video submissions are to be submitted through Google Classroom to Head Coach/ Advisor, Code to classroom will be released after Parent Meeting.
- Grades and proof of attending Saugus must be submitted through Google Classroom also, this must be submitted along with all other application requirements by April 27th.

Clinic and Tryout Rules

- Judging will be done by the cheerleading coaches.
 - Video submissions will be viewed only by the coaches, possible additional judge, tabulator, and administration
 - Video submissions will be scored and judged. Then first cuts will be made.
 - All necessary paperwork must be completed (by April 27th) before the video submissions are submitted (grades, proof of attending Saugus in the fall, application forms, tryout agreement letter, handbook agreement, emergency form, etc.). If paperwork is not submitted **you may not tryout.**
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- **All students trying out will need to attach proof of attending Saugus in the fall if not coming from Arroyo Seco (copy of approved inter-district transfer, etc.) to the tryout packet.**

Cheerleading Selections

Freshman Sideline Team (Crowd-leaders) :

- 9th grade only

JV Sideline Team (Crowd-leaders) :

- 10th grade only

Varsity Sideline Team (Crowd-leaders) :

- 11th and 12th grade only

JV Competition Team:

- Will be made up of “sideline” cheerleaders only
- JV Competition team may include 9th through 12th graders

Varsity Competition Team:

- Will be made up of “sideline” cheerleaders only
- May include 9th through 12th graders, cheerleaders with the most elite all around skills to be placed on Varsity
- Members of this team who are not on Varsity Sideline team will be required to attend home Varsity Football and Basketball games for Competition prep and performances.

**Skills, stunt positions, attitude/behavior, and tryout scores will be taken into consideration when choosing teams.*

Tryout Results

- Sideline teams and **Crowd-leader** lists will be posted on www.saugushighschoolcheer.com by midnight on 5/2.
- Unsuccessful candidates are encouraged to work on skills, attend tumbling and cheerleading classes, and to try out again the following year.

Uniform Fittings

- **TBD**

Mandatory Parent Meeting

A separate meeting for all 2020-21 Saugus Cheer parents will be held following tryouts.

The parent meeting will be a time for us to review required paperwork and tend to the beginning of the year booster club needs and elect positions. **It is recommended to make the first contribution at this time!!**

- **Date/Time/Location:** TBD

Team Physicals

All members are responsible to provide their own physical and complete all paperwork before the first practice !

PART III - CHEERLEADER GUIDELINES AND EXPECTATIONS

Time Commitment

Please be aware that dedication from each team member is necessary in order to have a successful season! The team cannot function properly without every member present at every practice, game, and event .

Spring Practices (May)

- **Mondays and Thursdays 5-8 pm**
- **If cleared to meet in person. If not cleared, we will meet over Zoom and “practice”.**

Summer Commitment if cleared (June through August)

- Comp Team Athletes- All Mondays through Thursdays 5-8pm
- Crowd-leaders will be expected to meet once a week for game prep practices with sideline teams.
- Competition Choreography TBD
- School Practice schedule starts in August if cleared to come back.
- Football games take place on Thursdays and Fridays
- Fall Practice for Crowd-leaders(non competition members):
 - Mondays between 5-7pm
 - Tuesdays between 5-7pm
- Fall Practice for Sideline Teams (Competitors and non competitors):
 - Wednesdays 3-5pm game prep
- Fall Practice for Competition Teams:
 - Mondays between 5-9pm
 - Tuesdays between 5-9pm
 - Possible Wednesdays, and Thursdays nights depending on the week.

***Because of the many athletic teams that use the gym, these are the practice times. Athletes are expected to be here at these assigned times just like any other athletes on a sports team.**

1. ***Winter Practice schedule changes to Mondays, Wednesdays, and Thursdays due to Basketball games on Tuesdays and Fridays. Practice time is usually 6:30-9pm.**
2. If the district allows Summer camp, all team members are expected to attend Saugus Summer Cheer Camp and be available for all summer practices before camp.
3. **For each practice missed over summer, the cheerleader may be precluded from Camp training sessions as well as from crowd-leading and/or stunting in timeouts at one or more football games when school starts due to insufficient practice.**
4. **Football and Basketball Season:** During these seasons, in addition to weekly game(s), practice hours/day will be at the Advisor’s discretion. Schedules may change (especially for playoff games and weather conditions).
5. Typically, we practice Monday ,Tuesday and possible Thursday nights in the Fall with Wednesday afternoon game-prep practices. In the Spring we generally practice Monday and Wednesday, and Thursday nights with many “potential” Saturday practices depending on competition routines. These practice days are NOT set in stone and must be determined around other sports’ practices at the start of every semester.
6. We ask that Saturdays prior to competitions are left open in case of a called practice.
7. All practices, games and events are Mandatory.

8. **Playoff games: Football-** Mandatory Varsity Sideline teams must be present at ALL playoff games. Mandatory for JV and Freshman Sideline teams to be present at home playoff games. Playoff games can run through beginning of December and are usually called last minute. Possible game on Thanksgiving weekend.
9. **Basketball-** Mandatory Varsity Sideline teams must be present at ALL playoff games. Mandatory for JV and Freshman Sideline teams to be present at home playoff games. Playoff games can run through middle of March, and includes possible game on Presidents Day weekend.
10. **Off Season Sports:** Attendance to these events will be determined by the Advisor, but are still part of the student's grade.
11. **Fundraising/Community Events:** There are highly recommended events to help contribute everything we hope to include in our program monetarily. Dates will be scheduled and noted on the practice calendars, through emails, and on the website.
12. **Competitions:** These will be determined at the beginning of the season. Dates/places will be given in advance.
13. **Outside Commitments:** Being a part of the Saugus High School Cheerleading program takes a great deal of commitment, and there are certain sacrifices that come with this commitment. **Outside commitments can not conflict with any student's cheerleading duties and attendance.** Please consult the website and the practice calendars BEFORE making personal appointments.
14. **Missed practices will result in removal from timeouts, certain positions on teams, and/or the team.**
15. **As you may or may not be aware, the Hart District in accordance with State mandates has made significant changes to physical education requirements. We mention this because it's imperative that all sideline and competition cheerleaders are able to practice/participate at the listed times to fulfill these requirements. Moving into the second semester, it is likely that all 9th and 10th grade sideline (Crowd-Leaders, non competitors) cheerleaders will be placed into a general 9th and 10th grade physical education class. We will keep you informed about this possible change as we move forward. All athletes who make either sideline or competition cheer are expected to be at practice at the assigned times.**

Tumbling

1. With the strenuous demands in our routines, we strongly encourage everyone who is participating to get involved in an extracurricular gymnastics class not only to develop their gymnastic skills, but also to increase general strength.
2. No matter the level of tumbling the cheerleader has at tryouts, he/she is always encouraged to improve his/her skills throughout the year!!
3. If at any time during the year, a cheerleader does not have the tumbling he/she had at tryouts or is required for his/her team or it is at an unacceptable level, he/she will be removed from games, assigned extra conditioning, be removed from team routines until he/she is able to perform the required tumbling, removed from the competition routine, or is moved from Varsity to JV comp teams.
4. Tumbling shown at tryouts WILL be required to be performed on turf, track, and mats at all games and practices.

Safety

Practices may be held during 7th period, after school, during the weekday evenings, and/or Saturdays. For safety reasons, the Coaches will designate practice areas. Mats or a grassy area/turf may be used for mastering stunting and tumbling techniques.

1. All stunts must be practiced under the supervision of the Coaches. Safety guidelines set forth by "AACCA" should be followed.
2. Students are not allowed to schedule practices. Only the coaches can schedule practices. Saugus High School, the Advisor, and/or Coaches will not assume liability for injuries resulting from student-scheduled practices.
3. Taking part in a stunt without the cheer staff's approval or presence is prohibited. If students stunts outside of practice, he/she is violating policy and therefore releases the coaches, advisors, administrators, school, and district from any responsibility of injuries, etc.

Games

Tardies may result in sitting out!!

Family and friends are encouraged to attend the games but must avoid interrupting performances. If an emergency occurs, please make contact with coaches rather than interrupting cheerleaders during games.

1. For games, students are to arrive 1-2 hours prior to the start of a game, unless told otherwise. Once you arrive, you should be ready to begin stretching with the captains/coaches.
2. Students should be in full uniform with hair/makeup done, jewelry out, and phone away before entering the stadium/gym.
3. There may be occasions when the team is split to cover numerous events scheduled on the same day.
4. Varsity Competition members will be required to attend home Varsity Football and Basketball games for competition prep practice and performances.

Competition

1. Competition season could run from late fall through March. Competitions may be scheduled for a Thursday, Friday, or Saturday. In some instances, competitions may be a 2-3 day event.
2. If needed, extra practices may be held at a local gym, or on Wednesday nights and Saturdays at Saugus High School
3. Leave Saturdays prior to competitions open. These practices are MANDATORY.
4. Should a student miss a competition for any reason, he/she may be taken out of the routine for the rest of the season.
5. Coaches (with the advice and consent of the advisor) will determine the number of members that will be competing on any competition team.
6. **A cheerleader can be switched to either comp team at any time due to skill loss/gain, stunt position, injuries, or for the consideration of whats best for the teams as a whole, etc.**
7. Some students may be designated as alternates. Alternates will be required to maintain their skills, attend all practices, games and competitions.

Uniform Guidelines

1. **Practice Days:** sports/supportive bra, cheer shoes, socks, briefs, no jewelry, phones away and assigned practice attire.
2. **Game Days (at school):** Full uniform. entails an assigned hairstyle and bow, cheer shoes, white no show socks, and spankies. Warm up jackets may be worn with the uniform, but if warm-up pants are worn, they must be worn with the jacket (i.e. no warm-up pants with uniform tops only at ANY TIME!).
3. If dress code is violated on game day, cheerleader will be benched from game, but still required to attend.
4. **Games:** Full uniform. poms, liners, game shoes, white no show socks, bow, and warm-ups always need to be brought.
5. **Rally Days:** Full uniform unless otherwise notified.