

## Expectations of Cheer Passion Cheerleaders

We want a successful team- which not only means a team that wins, but also means a team of girls that are successful in LIFE! We want cheerleaders that display all of the qualities that make them a stand-out young lady in society. Cheerleaders that are good leaders (it in our athletic NAME ☺), good listeners, are kind, compassionate, caring, dedicated and motivated. We feel that all cheerleaders must display a *POSITIVE* attitude always- at practice, competition and in life. They should leave all negativity at the door and always remember to keep things positive. Negativity and disrespect can be the demise of the team and gym. Negative attitudes and disrespect are UNACCEPTABLE and WILL NOT be tolerated by any cheerleader. We expect a dedicated work ethic in all of athletes.

Last week in practice during circle, the girls came up with a long list of things that we should expect of them and what they should expect of each other. These are the things THEY came up with:

- Be kind
- Give 110%
- Be helpful
- Be respectful
- Listen to the coach
- Don't talk when coaches are talking
- Always be on time
- Always have a spot
- Keep hands to yourself
- Don't tattle
- Be accountable for your own actions- not those of others
- Come to practice prepared and ready to work (energy, shoes, hair, etc.)
- Don't have an attitude (that means your tone, body language, eye rolling, words and actions)
- Never give up
- Don't let anyone ever hit the floor
- Don't say "I can't"
- No bullying
- Do it with PASSION!

The girls then came up with a list on consequences for not following the rules or living up to the expectations of the team. It is up to the coach to assign consequences for actions. The list they created is below.

- push ups
- wall sits
- sitting out
- planks
- extra conditioning
- no treat at the end of practice
- sit in the lobby away from the team
- notifying parents of actions

We felt it was important that all families are aware of the efforts the cheerleaders and coaches have put into our "expectations and consequences" posters and that ALL cheerleaders are expected to represent Cheer Passion in a way that would make us and you proud! Please express to your cheerleader how important it is to follow the rules and expectations set in front of them.

**"High achievement always takes place in the framework of high expectation."**

**-Charles Kettering**