

## STANDARDS FOR FBMS CHEERLEADERS

You are part of the FBMS Pirate Cheerleading Program. We know you will maintain the quality and caliber of this program in everything you do. Conduct yourself in a first class manner everywhere you go. Your teammates are your family, do nothing to let them down. Commit totally to being a person that everyone you know will be proud to say you are part of the PIRATE Cheer Team.



FBMS Cheer Standards....

1. Be polite and respectful to anyone whether it's in a restaurant or in the halls or classrooms of school.
2. When teachers and coaches are talking, show them proper respect. Sit up straight and look them straight in the eye and listen.
3. Accept the responsibility of your actions and behavior.  
Excuses are just that...excuses for not doing what you should.
4. Be the best that you can possibly be, and then in the truest sense of the word, you will be a winner.
5. Be a winner in the classroom as well as a cheerleader.
6. Believe in conditioning, commitment, teamwork, high standards, and believe in yourself and your teammates.
7. Every cheerleader must think in terms of team success instead of individual glory.  
Always put your team first!
8. Strive for perfection every minute and every hour when performing as a PIRATE cheerleader; whether at practice, on the game field, in the classroom or in the competition arena.
9. Be mentally, physically and emotionally ready to handle your cheer responsibilities.
10. Be honored to be a FBMS Pirate Cheerleader and wear the name proudly in all that you do!

The cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To achieve these ends, the cheerleaders will

- Sign and abide by the provisions of the Athletic Code
- Pass in all classes
- Attend all scheduled practices and games
- Be in good standing with all financial obligations
- Maintain reasonable standards of appearance and conduct when engaging in activities representing Fernandina Beach Middle School
- Cooperate with each other and follow the instructions of the Cheer Coach
- Any violation of these rules or conduct deemed improper and unsuitable for a cheerleader will result in one or more of the following consequences, administered at the discretion of the Cheer Coach: verbal warning, parent conference, written reprimand, temporary exclusion for specific number of days, or exclusion from cheerleading squad. Coach's decision is final.

### **POINTS TO REMEMBER**

- Be ready at all practices with hair pulled back in a ponytail, proper shoes, no gum, good attitude and BE ON TIME.
- No jewelry at games or practice.
- Nails should be cut to a safe length. Safety is our first priority.

- ATTITUDE must be positive and upbeat! You must always be willing to work and cooperate at both practices and games. Do not bring your problems with you to practices and games. The key word in your position is CHEER leader. Be willing to do what is necessary... no moaning, complaining, or whining.
- There will be NO use of a cell phone during practices or games unless approved by the Cheer Coach.
- Be an active listener and accept constructive criticism.
- Set an example of good behavior at all times in uniform and out.

## **ABSENCES**

One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent. Absences should always be avoided when possible. Missing a scheduled practice will result in non-participation of next scheduled event or even competition. Attendance at a practice, event or competition without proper shoes, uniform, hair, will be considered an absence. Remember, you made a commitment to be a part of this team and people are counting on you.

## **EXCUSED ABSENCES**

Absences must be excused by a note from a doctor if you had an appointment or a call or note from your parent if you are sick.

## **GAME EXPECTATION**

- Arrive at the game at the given time by the Coach. You do not have a grace period. If you arrive after that time, you will sit out the first half beside the coach and will not cheer.
- Have COMPLETE Uniform, neat & clean, at all games (Including Game Bow) If you do not have proper uniform, you will be unable to cheer. You will sit out the game beside the coach.
- NO Jewelry.
- Fingernails must be sports length. Nail polish, if worn, must be clear or natural color.
- Hair must be pulled back away from the face and secured in a ponytail. Bangs must not cover the eyes.
- Follow the COACH's instructions during games.
- Do not socialize with players or crowd during the game.
- Follow the captains and do not tell them what chants you want or do not want to do.
- No chewing gum or eating at games.
- Perform stunts only that have been perfected. All stunts need to have the proper amount of spotters.
- Abide by all school, district and league rules.
- Show COURTESY to ALL visiting teams and hosting teams (no exceptions).
- Respect the integrity and judgment of all sports officials.

## **ACKNOWLEDGEMENT**

All Fernandina Beach Middle School Cheerleading must read and sign these rules and policies, and cooperate fully with the other members of the cheerleading team and the Coach.

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*Wendy*