

# **COACHES' EXPECTATIONS**

Participating in Brazos Valley Mustang Cheer means a commitment to excellence – on the field and off. We will strive to be the very best squad that we can be, and with that comes the expectation to be the best we can be individually. We will only have that opportunity through hard work and preparation. More importantly, however, our goal will be to show the love of Christ through our words and actions. As a member of the Brazos Valley Mustang Cheer, you will be expected to represent your team, your family, and the Brazos Valley Mustangs in a manner that reflects the values of a Christian life.

## **PRACTICE**

Attendance at practices is required. Your commitment to being at practices is part of our commitment to excellence. Realistically, there may be circumstances beyond your control that could cause you to miss a practice. If that happens, the head coach should be notified prior to that practice and as soon as possible. Please be aware that because we are committed to being the best team we can be, missed practice(s) may be reflected in demerits.

## **CONDUCT**

Your conduct on and off the field is expected to demonstrate maturity and unity. You are expected to demonstrate kindness and encouragement to your squad.

- \* You must have a coachable attitude. The expectation is that you not talk back or show any signs of disrespect towards your coaches or teammates.
- \* You are expected to be in proper team attire at practices and games. Proper undergarments must be worn at all times. Bra straps will be safety pinned if necessary, as to not show when in uniform at games.
- \* Changing from everyday clothing to cheer apparel will be done in a private area – such as a dressing room or restroom. Changing on the field or out in public view is not allowed.
- \* We have a very limited amount of time each day in which to practice. Please be ready and in proper attire when it is time for practice to begin. Socializing will be done before or after practice, NOT during so we can dedicate our time wisely.

## **GAME CONDUCT**

- \* Be on time to games. As a general rule, you should be at the field one hour prior to game time. Warm-ups will begin 45 minutes before game time, and you are expected to be a part of that.
- \* Demonstrate good sportsmanship at all times. Strong character goes a long way, and will be remembered about you by others long after you have completed your sports activities.
- \* Respect the officials. Never question a call or respond in a disrespectful way.
- \* Respect your opponents. Taunting of opponents will never be allowed.
- \* Keep a positive, never-stop-trying attitude at all times. Even if we are not winning.
- \* Proper uniform is required for games. This includes proper shell and skirt, volley shorts, undergarments, bow, and shoes. Hair will be pulled back away from your face, and small diamond (cz) studs are allowed. No bracelets, necklaces, watches, or other piercings are allowed. Hair dyed in non-natural colors (orange, purple, blue, etc.) is not allowed during the football season.

## ***EQUIPMENT***

At the conclusion of the season, all equipment issued by Brazos Valley Mustangs must be returned.

## ***DISCIPLINE***

The following circumstances may cause your cheering time at the game to be limited or lost. This is not a comprehensive list. Disciplinary measures such as additional physical exercise may be given as a result of the below choices or other unlisted actions. Discipline and consequences will be at the discretion of the coaches, but always keeping the health of the athlete and her best interest as priority.

## ***DEMERIT SYSTEM***

All demerits will be issued by the coach, and will be in effect from the day a new squad is announced until a new squad is elected the following year. Demerits will be issued for improper conduct and may affect the active status of any member of any squad. "Never be lazy in your work, but serve the Lord enthusiastically" Romans 12:11

### **1 Demerit:**

- More than five minutes tardy to any game, practice or other cheer function
- Display of anger to fellow team members, game officials, or opponent during any game or practice
- Eating or chewing gum during practices and games
- Wearing jewelry during games or practices (stud earrings allowed)
- Bra straps showing when in uniform. Failure to wear proper undergarments
- Failure to stand in assigned place or proper stance during game or performance
- Failure to be attentive during any game or practice.
- Failure to return to a game following half time
- Wearing accessories that are not coach approved
- Failure to wear proper uniform when required
- Not projecting a happy, cheerful attitude and appearance while cheering
- Laughing or mimicking mistakes made during any cheer performance
- Failure to wear hair properly when a squad is practicing or performing stunts
- Not cleaning up after yourself while at practice, games or other cheerleading activities
- Failure to fulfill instructions of the coach.
- Leaving a game or cheerleader activity without receiving permission from Coach

### **3 Demerits:**

- Unexcused absence from game, practice, or other cheer function (Absences need to be **approved** with staff before the season begins. 1 excused absence is allowed.)
- Lying to any coach.
- Insubordination or disrespect to coach or fellow team members
- Public display of affection while in cheerleading uniform.
- Any display of undesirable language or gestures.
- Any action or deed that harms the reputation of any cheerleading squad. This includes unsportsmanlike conduct.

Demerits may result in the following actions:

**-1 demerit - Physical exercise**

**-3 demerits - One benching**

**-6 demerits - Suspension**

**-10 demerits - Removal from the squad**

**\*Inappropriate images on social media (including but not limited to sexual poses, nudity, alcohol, etc.) will result in immediate removal from the squad.**

**PARENT AND STUDENT AGREEMENT (PLEASE INITIAL AND/OR SIGN)**

We, \_\_\_\_\_, the parent(s) of \_\_\_\_\_ have read the guidelines and terms set out in the Brazos Valley Mustang Cheer Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above and to encourage our daughter to do the same.

I, \_\_\_\_\_ (student signature), have read the guidelines and terms set out in the Brazos Valley Mustang Cheer Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above.

We, \_\_\_\_\_, the parent(s) of \_\_\_\_\_ are committed to getting our daughter to practices and games for the 2020 Brazos Valley Mustang Cheer Season. We are committed to participating and being involved in the 2020 Brazos Valley Mustang Cheer Season. We are committed to helping our daughter strive for excellence.

I, \_\_\_\_\_ (student signature), am committed to cheering for the 2020 Brazos Valley Mustang Cheer Season. I am committed to doing my best to be at all practices and games on time. I am also committed to strive for excellence in all areas of my life, including cheer.