

LOWER LOUDOUN BOYS FOOTBALL CHEERLEADER'S RESPONSIBILITIES

1. Highest level of sportsmanship and conduct is expected at all times.
2. Must read and turn in rules signed by you to the Cheerleading Coach.
3. Be at all practices and games-on time and in proper uniform.
4. Participate in all fundraisers and turn in money promptly and participate in field clean up as needed. Please pay Cheer Coach for cheer items promptly.
5. Wear full-designated uniforms as specified by the Cheerleading Coach.
6. While wearing your uniform you may not eat anything other than those snacks/drinks approved by the Board **(this means absolutely NO PIZZA, NACHOS, USE OF CATSUP or MUSTARD, OR CHOCOLATE OF ANY KIND!).**
7. Your uniform is to be worn at your games only! Any cheerleader found in uniform at any other time will be subject to disciplinary action by the Board. If you are staying at the field after your game, you must change out of your uniform. The same goes for prior to your game, you must not be at the field in your uniform unless you are meeting your squad one (1) hour before.
8. You cannot wear jeans or shorts at games. Shoes must be laced and tied on the top of the shoes. No necklaces, bracelets, or earrings may be worn at practice or games.
9. Sweat pants can be worn on the sidelines only. You must be in regular uniform when you go out to the center of the field and perform at half time (C league girls may wear them in extreme weather).
10. You will not be allowed to leave the field or stands during games (except to use the restroom). **NO SNACK BAR!!!**
11. Inform the Cheerleading Coach if you will miss a practice or game. It will be your responsibility to obtain any information on the next scheduled activity.
12. You must arrange with your parents or a responsible adult for transportation to and from all practices and games.
13. No gum chewing at practice or games.
14. No food or drinks on the field at any time.
15. Lower Loudoun Boys Football will not tolerate smoking, drinking alcohol or the use of drugs, foul language, unsportsmanlike or unladylike conduct, or smart mouthing while at Bill Allen Field or any other league activity.
16. If you are suspended from school, you are suspended from practice and games.

Failure to abide by the above rules and guidelines will result in suspension (benching – which means that you attend all practices and come to games in full uniform and sit with the Cheerleading Coach). If you have any questions, please contact the Cheerleading Coordinator, Janice Craigie at (703) 969-5818.

Cheerleader's Signature

Date