



Cheer Season Expectations of Youth Cheer and HS Cheer Coaches:

- Attend all practices, games, summer day camp *unless otherwise communicated
 - If an emergency arrives, contact the Cheer VP via email syfacheer@gmail.com and text 425-445-2991
 - If you have a known conflict now for the season, please email asap. Season is August to Mid-Nov.
 - Arrive on time, and prepared, to all practices and games
 - No gum, food, drink in mouth while cheering
 - No jewelry (studs for newly pierced ears is acceptable)
 - Nails need to be trimmed to a safe standard for stunting
 - Be Practice Ready! After our first 5 minutes of practice, outside cheer conversation is off until a break!
 - Phones need to be put away and will not be allowed during practice
 - Have timely transportation to practices and games, arrive on time and ready to go
 - Work to your potential always and come with a positive attitude and positive towards others always
 - Learn all the material and practice on your own time. Practice any video material that is provided.
 - Behave and act appropriately (in and out of uniform). We are a Cheer Family!
 - Contribute positively to teamwork and always have sportsmanship like conduct to others.
 - Work as a member of your team and be helpful.
 - Be involved with your cheer Mentor/Buddy
 - We will work on Tumbling, Stunts and Jumps! Be ready and follow safety expectations.
 - Respect your Cheer VP, Cheer Director, Volunteers, HS Skyline Cheerleaders, and peers always
 - Be responsible for your uniform and arrive at all games with the correct uniform pieces.
 - Game Look: Uniform, Hair in pony with bow, bring bag, water, raincoat, poms, hoodie, and leggings
 - MOST Important: Have fun, grow friendships, develop skills and let's Rock This Season!
- *All activity during Spartans SYFA Cheer is not subject to liability, responsibility, or legal responsibility for physical or mental injuries of any kind and all activity is the participants full responsibility. All participants are required to have insurance for health and medical coverage and all responsibility will be the participants.

Go Spartans!
SYFA Cheer VP

Hailey Chamberlain