Eastlake Wolves Junior Cheer Commitment Pledge

The following rules of conduct apply to each cheerleader during the season.

WE ARE A TEAM. We support each other and are kind to each other at ALL times.

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NO DRAMA. Should problems arise, speak with your coach or ELJC Director. We will work through it.

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NO PUTDOWNS OR NEGATIVITY, CHEER IS A POSITIVE AND FUN ENVIRONMENT.

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Only cheerleaders and coaches are allowed on the field/track.
Cheerleaders should arrive promptly to practices and 30 minutes before each game.

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Cheerleaders should come to each practice ad game prepared to cheer with all items required by coaches. For games: Full uniform, poms, water bottle, snack, warm ups. All items must be kept in your cheer bag at all times.

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YOU MUST LABEL YOUR POMS and maintain your POMS at each game and practice. Do not leave a game or practice with another teammates POMS. POM checkoffs after each game/practice are required prior to leaving.

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Games: If you do not have all uniform items including POMS, socks, warm up jacket, etc. you will not cheer for that game. No Exceptions.

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Only the cheerleader may wear any part of her uniform. It is not to be used as a costume. You may and are encouraged to wear your uniform to school Fridays before games.

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Poms are placed on the ground in front of the cheerleaders when not in use. Do not throw or kick poms.

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Cheerleaders should smile ☺ have a cheerful attitude and maintain good eye contact with the crowd.

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When not cheering, each cheerleader should stand at their place with hands behind their back in diamond position. When facing the game, watch the game. You will be pulled of the field for excessive talking.☺

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In the event of a player injury (either team), cheerleaders will respectively take a knee.

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No gum chewing or eating during a practice or a game. Eat only at ½ time.

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Bathroom breaks should be taken before or after practice and at game ½ times only.

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We cheer regardless of weather. If the football is being played, we are cheering.

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You may cheer if you wish with other squads per Coaches approval.
If you cannot be at your game, you are required to update the team app and contact your coach as soon as possible.

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BE LOUD, PROUD and HAVE FUN!

We, the undersigned understand that if there is a problem with behavior that cannot be resolved, it is possible for the cheerleader to be removed from the team and no refund will be given.

Parent Name & Signature

Cheerleader Signature