

Being a Shepherd Cheerleader Commitment Contract

1. **Practices:** Dressed and ready by 3:45 so that we can grab mats and walk to practice location by 4pm. NO PHONES UNTIL AFTER WE BREAK AT THE END OF PRACTICE.
2. **Wednesdays 2:35-3:45** - I will or the captains will be assigning you jobs - no one gets to do homework until everything is finished for decorations. NO EXCEPTIONS! We are a team, so we do this as a team.
3. **Bags:** After changing make sure all of your things are nicely organized in the classroom and put on a chair so that the janitor can clean while we are at practice. If you don't want him to move your things don't have them on the tables OR on the floor.
4. **Dances and cheers:** These are your responsibility to learn before your season starts! Use the Youtube tutorials and ask veteran teammates for help. We will go over them and work on them BUT if you are struggling you need to take the time at home to practice them so that YOU are game ready - not being game ready sets the whole team behind
 - a. If you don't know your dances and cheers you can't dance and cheer at games
 - b. If you don't know your dances/cheers it makes everyone else have to learn new ripples because you being gone offsets the formation
 - c. We dance/cheer at every game - these need to be ready for game day
 - i. **You knew when you made the team you needed to be learning the dances and cheers on your own time.**
5. **Workouts** -they make you stronger - try to do your best and push yourself to get better but don't go so far that you are dizzy/going to throw up/injure yourself - don't complain! We will workout at least every other day if not more.
6. **YOU MUST TELL ME ABOUT ALL INJURIES!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**
7. **Stunting is a privilege**
 - a. **Have good attitudes**
 - i. We need to be kind to everyone and watch what we say and how we say it - remember a lot of stuff we say is based on perception - you may think it was funny or teasing or not mean - but the other person may not perceive it that way
 1. Get to know each other so you know how you can joke around with each other without hurting each others feelings
 - b. **Accept constructive criticism and feedback gracefully**
 1. IT IS NOT PERSONAL
 2. Feedback is to HELP YOU GET BETTER!! - you should want as much feedback as possible and be willing to take the feedback and use it to get better
 3. Just because you mess up doesn't mean you suck - you just take the feedback and correct the mistake
 4. No one is mad at you when you make mistakes
 5. IT IS ABOUT SAFETY
 6. GIVE FEEDBACK NICELY!!!!
 - c. **STOP TALKING**
 - i. Stop talking when I am talking - pay attention!
 - ii. When we stunt we tend to talk too much about other things and get side-tracked - so we need to stunt, talk about what we need to to make it better, and do it again
 1. Too much time is being wasted
 - iii. We will do push-ups if we can't get focused
 - d. **Pay attention and spot each other**
 - i. If you aren't directly in a stunt as a base, flyer, or back spot you are still important because you need to be there, arms ready to catch people!
 - e. **If we don't catch people then we run!**

- i. Not catching means a head hits the ground or someone hits so hard that they are injured
- ii. If feet hit or we hit the ground slowly and controlled that is different.
- iii. HOWEVER no one should ever hit the ground if everyone is spotting correctly.

8. We are a team - we do everything at practice together

- a. We stretch together - no more side groups and mini circles or stretching on your own
- b. If one person is falling behind we all need to help them get better - help them at practice with patience and kindness - help them outside of practice if you have free time
- c. We will ALL listen during positives and positives have to be about practice/game activities specific to our team - positives don't start with negative words - try to start rephrasing positively
- d. If you are not listening during someone's positive you are devaluing what they have to say and you are making them feel like you don't think they are important enough to listen to - be respectful
- e. Be nice and friendly to each other out of cheer/practices/games
 - i. Realize you all have different things you are interested in and support each other in those different things - accept our differences and realize those differences are what make us a strong team - use each others strengths and differences as an advantage
- f. Always think about what you say before you say it
- g. Any team issues/drama come to me and I will help mediate and help you with whatever you need!
- h. **BUILD EACH OTHER UP DON'T BRING EACH OTHER DOWN!**

9. YOU ARE A CHEERLEADER

- a. **Your job is to lead the crowd in cheers** - everyone needs to contribute to doing this - it is not just the captains job - we all need to cheer for our team, start chants, pay attention, stop talking so much on the sidelines, be ready for time outs and quarters right away - your captains shouldn't have to tell you when a time out is happening because you should be watching the game.
- b. **Games are long BUT are supposed to be fun** - we shouldn't complain about having to cheer for our teams - that is what we are supposed to do - if you are complaining please double check your goals for being a cheerleader.
 - i. Games are our time to show off what we have - our pep, our spirit, our cool stunts, our awesome dances, and how hard we have been working - people are watching you - so be professional and do your job to the best of your abilities
 - 1. This should be exciting for you and FUN!
- c. **Tournaments are a privilege** - decide now if you want to go - I will not take anyone to a tournament who doesn't want to be there
 - i. These are supposed to be FUN and a good time to spend time with your team, get out of school, show off your talents to other schools, and enjoy the school spirit and camaraderie of a town and team supporting each other and trying to get to the next level.
 - ii. We perform a halftime routine - it is the best place to showcase our talent besides going to a competition
 - 1. We will start working on this right away so we are prepared for tournament time
 - 2. If you don't want to go to tournaments you will not be in the halftime performance
- d. **YOU WANT YOUR TEAM TO WIN!**
 - i. Never ever should I hear that you hope we lose or that you said you hope we lose!

10. HAVE FUN!!!!!!!!!!!!!! Being a cheerleader is fun and should always be fun - remain positive. You get to cheer on your friends with your friends and be the center of all things SHS spirit - we are THE LEADERS in this school!

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All of the above expectations are being added in addition to your constitution, demerit contract, and other cheer forms you have signed. As a Shepherd Cheerleader you must uphold these values and actions. This page serves as your commitment to do all of these things and more as a Shepherd Cheerleader. By signing this page you are committing to doing these things at all times and knowing that you must deal with the consequences.

If you sign this page you are committing to being a Shepherd Cheerleader under the above expectations, values, and circumstances and understand the consequences for not upholding these values.

If you do not agree with these expectations and values and feel that you cannot commit to being a Shepherd Cheerleader under these circumstances then please do not sign this and therefore you will not be on the team.

Cheerleader signature _____

Date _____