

SciCoh Cheerleading

Practice & Game Day Policy

All coaches and athletes agree to abide by all rules and regulations set forth by the SciCoh Football & Cheer Board of Directors (including but not limited to Practice and Game Day Policy, Attendance Policy, Expectations, and Code of Conduct), OCYCA Rules and Regulations, and NFHS Spirit Rules. All safety rules and regulations set by these documents and USA Cheer must be followed at all times. Failure to comply will result in disciplinary action as decided upon by the Board of Directors.

Practice Rules

- Attendance is mandatory at all practices. Excessive absences and tardiness to practice and/or games will be subject to discipline in accordance with the SciCoh Cheerleading attendance policy.
- Unless otherwise noted SciCoh Cheer practices are closed practices and not open to spectators.
- Arrive dressed and ready to go on time with a packed duffel bag of necessary gear (poms, layers for weather, spare hair supplies, water bottle, etc.). Bug Spray and sunscreen should be applied BEFORE coming to practice as needed.
- NO WATER = NO PRACTICE
- Use the restroom before coming to practice. Practice time is valuable, and while no one will be denied a break, we do try to take advantage of every moment we have to work together.
- Drop off and pick up ON TIME. No child will be left alone to wait for a ride, but please be respectful of our coaches' time.
- Mite and Peewee levels (grades 2-6) will NOT be allowed to leave the pickup area without a parent/guardian parking and walking over to pick up their child.
- Cell phones and smart watches are to remain set aside in a safe place/stored in your duffel bag. Cheerleaders are not to be taking photos or videos while they are participating in a game or practice, -on the field or on the sidelines.

Dress Code

- Hair must be up securely in a high ponytail. No long bangs or loose hair which may obstruct vision.
- Wide strap tank tops or t-shirts only, with a sports bra if necessary. No spaghetti strap tank tops.
- Athletic shorts WITHOUT pockets only, with spandex shorts/briefs under if shorts are loose fitting. No jeans, jean shorts or jean skirts/skorts.
- Cheer/Athletic sneakers - no bare feet, flip flops, sandals, platform, Converse, Vans, or slip on sneakers.

- **For safety reasons, NO JEWELRY OF ANY KIND, NO LONG FINGERNAILS, AND NO NAIL POLISH. NO EXCEPTIONS.**
- If you will be out for the day and coming straight to practice, please plan accordingly and pack for practice. Do not rely on coaches or teammates to have extra items you may need. Being unprepared or out of dress code will result in a cheerleader sitting out and observing practice.

Game Day Procedures

- Attendance is mandatory at all games. Excessive absences or tardiness games will be subject to discipline in accordance with the SciCoh Cheerleading attendance policy.
- Arrival 1 hour prior to kick off for 45 minute practice time.
- Coaches are to always acknowledge the visiting team when at home, ask about halftime music/needs. Treat other teams as guests in our home!
- Cheerleaders are to be dropped off and picked up at "Home Base" spot. "Home Base" at SHS is always the gazebo beside the snack bar, and will be pre-determined and communicated by coaches prior to away games.
- Cheer's on field spots are to be set no later than 5 minutes prior to game time. Bathroom trips must be taken PRIOR to this time.
- One head coach, one assistant coach, and junior coaches as needed are permitted on the track during game time. No coaches or cheerleaders should ever be on the field during game play.
- Adults/fans/siblings are prohibited from being on the sidelines, or on the field during a game or practice unless they are acting as a coach or game day volunteer performing an assigned task. They must watch from behind the fence and/or in the stands.
- Cheer is to be lined up for the cheer tunnel on the field 2 minutes prior to the game's start time.
- Cheerleaders are expected to stay on field for the after game huddle with football if requested. They are also expected to walk in the "good game" line.
- Cheer will collect duffel bags/belongings and move in a single file line back to "home base", and will be dismissed to parents only from that area.
- Leave with what you came with: all gear, clothing, water bottles, personal items, trash, etc. both on field or at practice and competitions.

Dress Code

- Hair must be up securely in a high ponytail with a game day bow (unless otherwise directed by the head coach). No long bangs or loose hair which may obstruct vision.
- SciCoh issued uniform top and skirt, plus any necessary sports bras that are not visible under the top.

- Cheer/Athletic sneakers with white ankle socks.
- **For safety reasons, NO JEWELRY OF ANY KIND, NO LONG FINGERNAILS, AND NO NAIL POLISH. NO EXCEPTIONS.**
- Duffel bags must come stocked to every game with poms, water bottle, black leggings, warm ups, SciCoh t-shirt, and any needed extra hair supplies, sunscreen and bug spray.

Weather

If a practice or game must be canceled due to weather, every effort will be made to contact the parent/guardian on record as soon as possible. Please check emails, texts, and voicemails before heading to outdoor practice or games on days with questionable weather conditions. If heavy rain and/or thunder and lightning occur during an outdoor practice, please come to the field immediately to pick up your child.

