

Titan Doll Rules

1. Practices: Practices will be 3 days a week.

6:15pm-8:15pm.

We will start stretching at 6:15.

2. Practice clothes Expectations:

*practice clothes are to be worn at every practice.

* Dolls should wear cloth cheer shorts, shirt/tank, sports bra, hair should be in a ponytail and secured away from their eyes/ face.

*TENNIS SHOES ONLY. NO GAME DAY SHOES. NO FLIP FLOPS.

*No Jewelry allowed. Girls with freshly pierced ears, please see Whitney so we can work around this- its parent's liability.

*Girls are responsible for wearing sunscreen/ bug spray as needed

3. Practice Guidelines:

* Stretching starts promptly at 630. Girls should arrive Early.

*Listen to coaches and be prepared for practice. There is a specific timed schedule that must be followed for routines to be taught, memorized and perfected.

*No excessive talking. It disrupts practice which in turn causes several other issues. I.e. Girls not focusing, losing out on practice time, unable to focus on coach's instructions.

* Girls must bring WATER BOTTLES. NO SODAS PLEASE.

*No gum, candy, and food of any kind is permitted during practice.

*The girls will be dismissed as a team. Please inform one of the cheer coaches if your child must leave early.

*Missing more than one practice a week will result in not performing on Saturday.

*Penalty for two tardies and/ or leaving practice early will be treated as one absence.

*NOTIFICATION OF TARDY OR ABSENCE IS MANDATORY. IF MEMBER IS GOING TO BE ABSENT OR LATE FOR PRACTICE THE CHEER DIRECTOR MUST BE NOTIFIED VIA TEAM APP. (OR WHATEVER WE USE) NOT EMAIL.

4. GAME PROCEDURES AND POLICIES:

* No child can be without a parent/ guardian at the game.

* Girls can ONLY sit in designated area and parents are not allowed to sit with them at any time. Please be respectful to this.

*feeding the girls during the game is NOT permitted. Snacks and drinks are enjoyed as a team. A snack and a bottle of water are required to be provided for your child to have during the game.

*Gils should arrive at game 30 minutes prior to start time.

*Missing 2 games, unless communicated to director, will result in removal of her position on the team with NO refund. EXCUSED ABSENCES does not apply.

*Excessive absences qualify for removal from the team per the directors' discretion with no refund.

*Any Doll that is not eligible to perform at a Saturday game must still show up in full attire. The Doll may not be performing in the halftime performance but is still required to cheer during game.

*No continued talking on the track or field. Too much talking disrupts the entire team in a negative fashion. Girls may talk while under the tent.

*No cell phones

*CHEER YOUR HEARTS OUT!!!! WERE HERE TO NOT ONLY PUMP UP OUR TITANS BUT PUMP UP THE CROWD!!!

5. DEMERITS: Will be given to Dolls with the following behavior.

* 1 demerit= unexcused game and or mandatory activity

*1 demerit= disrespect towards director, coach, team mom or other dolls

*1 demerit= not staying on task during practice

*1 demerit= unexcused absence

*1 demerit= fail to notify of absence/tardy before practice

* 1 demerit= wrong uniform or designated practice attire (including hair)

*1 demerit= Conduct unbecoming of a Titan Doll.

*IF A DOLL ACCUMULATES 5 DEMERTS, THEY WILL BE SUSPENDED FROM ONE GAME/EVENT. THE DOLL WILL NOT BE ABLE TO CHEER OR DANCE.

*Parents will be given a slip after practice notifying them of the demerit. They must sign and return the form to the Director the following practice.

*Running, pushups, jumping jacks are used as a form of discipline during practice.