## **Texas Titans Dolls Cheerleader Creed**

We expect every **Doll** to give 100% effort at all practices, games, and competition.

Your coaches, teammates, parents, and fans are counting on you to represent us!!

We must take practice seriously and be responsible to your team. There are no excuses.

## As a Doll, I will ALWAYS:

- ...Push myself as hard as possible at practices to get the most out of every practice
- ...Show up on time and ready to cheer
- ...Pack my bag with everything I need for practice, a game, or competition
- ...Use the restroom before reporting to practice or a game
- ...Have my Titans Dolls practice or game day uniform on and my hair up in a pony tail
- ...Have mosquito spray applied prior to the start time of practice or games
- ...Be an enthusiastic member of the team
- ...Be focused on practice or the game (leave electronics at home)
- ...Help out a teammate if she is struggling
- ...Project a positive image of the Dolls, whether in uniform or street clothes
- ...Be a positive example to all others
- ...Listen carefully to what my coach says and follow instructions with no questions asked
- ...Respect the decisions of my coaches, knowing that every position is important
- ...Have Fun and SMILE!!

## As a Doll, I will Never:

- ...Be a negative influence on my teammates
- ...Turn my back on a teammate
- ...Belittle the efforts of a teammate
- ...Try a stunt or new skill without my coach present
- ...Harm the reputation of the Dolls

Now you know what it takes to be a **Doll!!** Please follow the rules at all times. We are a team that must work together. Let's make it fun! You will remember this experience and your friendships for a lifetime!!

## Welcome to the DOLLS!!!

I have read and understand my responsibilities as a Titans Doll. I agree to do my best throughout the year in order to help my team be successful!!

Cheerleader Signature	Date
Parent Signature	Date