

**FOLLOW LIKE & CONNECT**  
**@SNSLIVECHEER**

**KEYS TO A SUCCESSFUL SEASON**

Squad Duties

- I. To be committed to personal and team excellence in being role models for others and our community.
- II. Be loyal, honest, and respectful to coaches, academic counselors, staff, parents, peers, and yourself.
- III. 100% effort at all times. Push yourself and teammates to continually improve yourself and the program. Be the best STUDENT-ATHLETE YOU CAN BE!
- IV. Demonstrate excellent sportsmanship within our program, in our community, and while attending events / performances.
- V. Remain in good academic standing at all times. GPA requirement is 2.3 GPA. Student-athletes are required to submit their progress reports and cards each quarter/semester for review, upon parents consent.
- VI. Arrive to practice, events, and performances on time. ***Arriving early is on time, AND arriving on time is late.***
- VII. When student-athletes arrive to practice, events, and performances they are to come READY meaning, practice clothes, uniforms, warm-ups with hair/make-up done.

Practices & Performances

- I. Practices will be held at Johnson C. Smith University. Drop off is in front of the gym lobby, once 5 min has gone by we will proceed with practice. Parents are to ensure cheerleader is gets to the proper place for practice. We will either be inside the gymnasium, in the health plex, or on the track during the late summer, early fall months. Cheer practice will always end back in the lobby of the gymnasium. *Note: Once practice begins coaches at times may not get the opportunity to answer their cell phones due to instructing cheerleaders.*
- II. Every month we will have a LONG TERM GOAL for our program to reach. Coaches will determine the short-term goals that the team will focus on each week.
- III. Appropriate practice attire is mandatory at every practice:
  - Short (finger tip) or tights. T-Shirt, sports bar, and athletic shoes.
  - No jewelry or Gum is allowed in practice
  - No Cell phones, all phones must be on silent.
  - When performing: \*Please eat before performances\*
  - Approved hairstyles: No color, braids, even cuts bobs short or long (no asymmetrical cuts or hairstyles).
  - No acrylic nails. Polish is acceptable.
  - Make-up: Natural make-up only.
- IV. Cheerleaders will PERFORM AT THE HIGHEST LEVEL! WE ARE ENTERTAINERS!
  - The SNS Live Cheerleading program will not entertain unfavorable spectator or opposing team reactions at ANY TIME! \*Parents are expected to abide by the same\*
  - The SNS Live Cheerleading program will EXECUTE every performance with SKILL & CLASS!
- V. Practices will consist of 3-4 Times a week: \*Please eat before practice\*
  - Athletic conditioning, strength training, and cardio.

- Stretching
- Skill practice: ALL TECHNIQUE MOTIONS & JUMPS! STOMPS, SHAKES, MATERIAL CONSTANTLY!!!
- Performance: WE WILL DRILL PERFORMANCE...CONSTANTLY.
- We welcome cheerleaders who are already participating in cheer at their current school and/or dance programs. However, cheerleaders who will dually participate as an SNS LIVE member and high/middle school cheerleader must at least attend 6-7 practices a month.

VI. Cheerleaders will also be able to view material through our parent portal. This allows all of our cheerleaders to continue to practice and learn cheer routines virtually.

VII. As stated previously we will film practices & performances. This film will be used for our program and coaches to conduct film day practices.

### **Social Media Policy, Production, & Images**

I. We will not tolerate, IN OR OUT OF UNIFORM, ANY displayed derogatory images or messages from any SNS Live member. (This includes language, gestures, and / or pictures).

II. We will not tolerate SNS Cheerleaders to make comments or gestures to any opposing teams at any time. This is grounds for dismissal.

III. Should student-athlete violate this policy only one warning will be given with the instruction to remove the image or message.

IV. Should the student-athlete repeat the offense further precautions will be taken including dismissal.

V. We will record, take photographs, etc. of our cheerleading practices & performances. These images will be utilized for marketing, promotion, and film days.

### **Attire / Appearance**

I. Uniforms include: Warm up jacket and pants, shell, skirt, liner, briefs, white slouch socks, shoes, and poms.

II. *Uniforms will be purchased by the SNS Live program. Uniforms will be distributed for performances / events and then collected after. There is an option for a student-athlete to purchase their uniform. There will be a rental fee associated with the uniforms.*

III. *Team Essentials such as; warm up, bag, socks, sports bra, & briefs is to be purchased by student-athlete.*

### **Travel, Practices & Transportation**

I. The SNS Live cheerleading program will travel to perform at community events and colleges.

II. We expect for cheerleaders to have transportation to get to your destination on time, which includes, practice, events, and performances.

III. Parents are to also cover their own cost to events. We will provide rates to parents ahead of time to make arrangements.

IV. The SNS Live program will cover meals for events more than 1 hour & ½ away.

V. Parents will be given information on meeting times, locations, etc.

### Conduct

- I. SNS Live Cheerleaders will promote a positive image. The actions and conduct of cheerleaders directly reflects upon the image of you as an individual and the program.
- II. We ask that each SNS Live Cheerleaders accept the responsibility for positive participation in all events:
  - The following conduct should be modeled by all cheerleaders. SNS Live cheerleaders must demonstrate good sportsmanship, cooperation, responsibility, dependability, respect, leadership, and poise.
  - SNS Live Cheerleaders are not allowed to display public affection to non-family members during performances, practices, events in UNIFORM that includes, handholding, kissing, and touching. (This is not directed towards parents).
  - Language that is undesirable or conduct is not prohibited in or out of uniform.
  - Behavior that is uncooperative will not be tolerated towards any coach, staff, or members of the SNS Live program.

### Dismissal / Removal from SNS Live Cheerleading Program

- III. Should a cheerleader not be able to perform. They are to attend the performance in their warm up.
- IV. The SNS Live Directors and Coaches have the right to remove or sit a cheerleader out for any disciplinary reason. (1) Recurring negative attitude or cooperation, (2) excessive tardiness and / or absences from practices, events, or performances. (#)
- V. Should a student athlete be dismissed from the SNS Live Cheerleading Program, the following protocol must be followed:
  - There is no refund on tuition or items purchased.
  - Return uniform rental in 24 hours.
- VI. Cheerleaders who have been dismissed from the previous season may tryout again the following year by submitting a letter of why and a parent / coach meeting.

## Attendance and Absence Policy

- I. Attendance to practices, events, & performances is mandatory.
- II. All tardies and absences will be recorded.
- III. If a cheerleader is to arrive late or miss an event, they are required to give a 24-hour, at the latest so coaches know who not to expect, notice by phone and email correspondence.  
\*Unless, parent has already communicated to coach that cheerleader will be late due to distance and/or normal work schedule.
- IV. After three-five consecutive absences/tardies a meeting with the coach, cheerleader, and parent will take place to understand why the absences / tardies and come to a solution.

### Excused Absences:

1. Consideration to those will be given should a cheerleader fall ill or a family emergency (death in the family).
2. Consideration will be given to parents work schedule.
3. Doctors appointments - Cheerleaders must present a doctor's note.
4. We need to know if a cheerleader attended school for the day. If a cheerleader did not they will not participate in the days event or practice.

### Unexcused Tardies & Absences:

1. Missed practice will result in cheerleader sitting out for next practice and performance.
2. Missed performance will result in automatic sitting for next practice and performance.  
***\*At anytime the Director or Coaches can increase the sitting out of additional practices and performances\****

## Tuition

- I. Tuition is \$85.00 per month full-time & \$65.00 per month part-time and is due on the 1st of every month, parents will utilize the parent portal on [www.u-fit365.com](http://www.u-fit365.com) website to pay tuition.
- II. Tuition for SNS Live cheerleaders that participate in high/middle school cheer will pay a pro-rated rate. SNS Live cheerleaders that participate dually in our program must attend 4-5 practices a month.
- III. Tuition is non-refundable with the exception of illness, moving out of state, or other viable reason discussed with directors.
- IV. Start up fees are separate from monthly tuition. Fees include: Practice, Performance Gear, & Essential accessories package.
- V. A rental fee (\$10 for uniform) will be added to tuition during event and competition months. The rental fee will allow us to continue to purchase additional uniforms, alterations (to fix), proper cleaning, and maintenance.
- VI. A re-enrollment fee will be charged each year participant decides to re-enroll. Will occur each May of every year.

### **Fundraisers**

- I. The SNS Live program will conduct various fundraisers throughout the season.
- II. A percentage of the fundraisers will go towards SNS Live travel for events, materials/equipment and towards cheerleader balances.

### **Scheduling**

- Calendar Scheduling will be given one month in advance

### **Parents**

- For parent meetings & traveling performances a group message will be formed FOR EMERGENCY PURPOSES ONLY; you do not have to participate. It will be the responsibility of parent to check portal.

Parents will utilize our parent portal located on our u-fit365.com website to manage your cheerleaders account & stay up to date with important information. Parent portal will be available July 1.

Parent portal will allow you to: THIS IS UPDATED EACH SUNDAY OF THE WEEK.

- Pay tuition
- Submit paperwork
- Update cheerleader sizes
- View practice calendar
- Events (planning arrangements to events)

We ask parents to:

- That confidentiality between coach, parent, and athlete is respected at all times.
- To support the SNS Live Cheerleading program at events & performances.
- To schedule a meeting with head coach in regards to any concerns cheerleading skills, performances, policies & procedures, or squad conflicts please contact the coach to request a meeting. Our goal from meeting with our parents is about a positive outcome.
- It is important that parents do not approach the coach at practices or events. Attention needs to be on the student-athletes and the mission of what we are accomplishing.