



NORTHBORO-SOUTHBORO YOUTH FOOTBALL AND CHEER ASSOCIATION

Cheer General Information

1. Practice is important for building skills, strength, endurance, teamwork and team safety. Practice runs 2 to 2 1/2 hours, unless otherwise noted by the coach.
2. Notification is required if you will be absent from practice. Your cheering time in the next event could be effected without a legitimate excuse for the absence.
3. Prompt arrival is required for practices, games and competitions. Time is allowed at the beginning of practices, games and competitions for proper warm-up to prevent injury.
4. NSYFCA is not responsible for transportation of cheerleaders to practices, games, or competitions.
5. Coaches are not responsible for persons who are not team members of NSYFCA. Please do not bring your friends or siblings to practices, games or competitions unless supervised by an adult.
6. Cheerleaders are required to tie back hair that is shoulder length or longer for practice, games and competitions. Cheerleaders are not allowed to wear jewelry, make-up, nail polish or bandanas, during practices, games and competitions and fingernails should not be visible above the finger when viewed from the palm side of the hand. These are safety violations.
7. Shorts, T-shirts, sneakers and socks are required for practice. Your coach will instruct you on proper practice attire.
8. Uniforms must be kept in a clean manner for games and competitions.
9. Chewing gum during practices, games or competitions is not allowed. Coaches suggest eating light before each event and always bring sufficient water. No glass bottles or soda will be allowed. Each team member is responsible for his/her own trash.
10. If you are allergic to bee stings, or have asthma or any other medical condition requiring medication, please bring your medication to practice, games and competitions and leave it with your coach. Extra medication, if available, may be kept in the team medical box.
11. SCHOOL IS A PRIORITY. Please do your homework before practice.

Cheerleader's Name (Please Print)

Cheerleader's Signature

Date