

NM JETS SQUAD RULES*

1. IF YOU CAN'T COMMIT THEN QUIT.

Reliability is essential to teamwork. Be at training unless absent from school with a good reason. If your absence is unavoidable a note or phone call from parents is required **in advance**. **Arrive on time**. Training time is costly and precious!

2. HAVE FUN! TRY THINGS! SUPPORT EACH OTHER! SMILE!

Smiling is good for the immune system :)

3. LEAVE YOUR 'BAGGAGE' OUTSIDE.

Forget your problems and troubles.

4. WEAR SUITABLE CLOTHES.

Trainers/t-shirt/shorts. This helps to prevent odours and gives a healthy team spirit.

5. NO PHONES.

Phones are to be put away on arrival; they can be checked at the beginning and end of each session. Charge and top up your own phone beforehand; do not expect staff to lend you theirs!

6. FOLLOW SAFETY INSTRUCTIONS.

Cheerleading is a dangerous sport if done carelessly. Some simple safety pointers are:

- **Focus** (don't chat)
- **Do not chew gum** (this is dangerous as it can harden in your throat and cause you to choke)
- **Don't wear jewellery** (it can scratch others or be torn out if it gets caught).

(These are international cheer rules; points are lost in completions for failure to observe them.)

7. RESPECT EVERYONE.

(Adult support, coaches and squad members.)

8. LISTEN WHEN ASKED.

You are here because you choose to be! Cooperate with your team. Be positive and a friend to other squad members. Speak respectfully. Be understanding and supportive to all squad members at all times. Arguing and rudeness wastes time and causes unhappiness. Be patient as routine instructions sometimes need lots of practice to follow. Girls are good at different things so there is a role for everyone in cheerleading. Help each other. Share the cheerleading spirit!

9. AVOID DETENTIONS.

Organise your work and don't get late detentions. Ask for help with homework in advance (we can advise) and behave sensibly in lessons. Don't let it interfere with cheer and lead to it losing your position in the squad!

If you stick to these rules you will have fun and feel good!

*If rules are not followed we will warn you and if there are problems then a serious discussion about being part of the squad will follow.