Game Day

- Cheerleaders must arrive **1 hour prior** to the game, *unless* otherwise instructed by their coach.
- Cheerleaders must arrive in complete uniform:
    - Shell, skirt, spanx, liner (liners will not be worn on hot days, the coach will let you know)
    - High, neat ponytail with game day bow, no fly aways
    - Cheer shoes and socks (Shout Out and Oxiclean works great to keep them clean and bright)
    - Cheer bag with poms and cheer book
    - Absolutely no jewelry, this is for the girls' safety.
    - Athletic nails, short, filed, and without polish.
- Attendance is important. Just one absence could cancel the routine the girls have worked so hard on.
- For safety reasons, girls must be checked in and out by a coach. If parents/guardians are unable to stay for the game, please make sure you arrive 15 minutes early prior to the game end.
    - Cheerleaders will be dismissed immediately after snacks are passed out to parents/guardians.
- Please make sure cheerleaders drink plenty of water the day before and have plenty of water at the game. Hydration is so important!
    - Make sure they have sunblock on, there isn't much shade.
- Also, please make sure the cheerleader has had something to eat before the game so she will be at her best. The games can be long, and we want them to be comfortable.

- We know how important getting pictures is and we want you to have those memories. We ask that you please don't yell out to the girls to take a picture, they could miss a cheer call. Please do not call your cheerleader away from the cheerline to go to the fence.
- **HAVE FUN!** Participate in the cheers with the girls! Enjoy the game!