

Viking Poms Expectations & Responsibilities

Please read carefully, SIGN, & return to Mrs. Buvala

Important Policies:

- Our team is a commitment! You must attend ALL practices and home basketball games. You must let the coach know if you will be absent (even if you're home sick from school - send an e-mail please!)
 - Students who have unexcused absences from practice or games will lose privileges:
 - 1 UNEXCUSED = Sit out the next game for your grade level.
 - 2 UNEXCUSED = Sit out the entire next game.
 - 3 UNEXCUSED = Removal from team
- You must have a ride from all practices at 4:00. You must have a ride from all home games at 5:30.
 - I understand things come up, but not having a ride home keeps the coach from getting home to her family too!
 - 1 LATE RIDE = Warning
 - 2nd LATE RIDE = Suspended from game
 - 3rd LATE RIDE = Possible removal from team
- No cell phones during practice or games. This will be a 3 strikes and you're out rule. If you need to make a call to parents/call about a ride, please ask first! Viking or coach will not be responsible for lost phones/electronics left out on bleachers so be safe and leave it in your gym locker/backpack!
- Maintain Academic (No D's) and COSL eligibility (No 1's) - Each time you are ineligible you will miss a whole week of a very short season. If you are ineligible three time you will be removed from the team.
- No gum, food, or drinks (other than water!) allowed
- Report to the gym/or practice area promptly after school at 2:30! We need to be in and out of locker room quickly!
- You are expected to continue to practice routines at home!
- No gossiping of any form of verbal or physical confrontation in or out of practice will be tolerated. This includes social media... you are a representative of our school - and if you are not taking that seriously you will face consequences and may be asked to leave the team.

Dress Code:

- Athletic wear is a necessity for poms. You need to be able to stretch and jump at practice. (This means athletic shorts or leggings, NO JEANS. I will make you sit out!)
- MUST WEAR ATHLETIC SHOES. You will not cheer in slides or boots
- No jewelry (studs in the ears are the only exception). Jewelry can break or get caught on teammates during stunts!
- Hair should be pulled back into a ponytail or half up/half down so that it is out of your face.
- You are responsible for bringing a lot of items to every game! (Check List!)
- Most importantly be POSITIVE, ENTHUSIASTIC, and READY to try new things!

Keep the first page for your reference! Return this page to Mrs. Buvala!

Student Name Printed: _____

Student Signature: _____

Parent Signature: _____