



# The Cheerleader's Creed

Being on a cheer team is a lot more than just showing up to practices, games, and competition. It means being a trusted member of a team with responsibilities to your squad members and coaches. Before you or your buddy try out for the cheerleading squad, post this page in your locker or on your mirror at home to remember what you promise when you join a team.

## I will always...

- ...show up on time and ready to cheer
- ...listen carefully to what my coach says
- ...be an enthusiastic member of the team
- ...pack my bag with everything I need for practice, a game, or a competition
- ...turn the ringer on my cell phone off so that my focus is on the practice or the game
- ...be a steady friend to everyone on my team
- ...stay in the shape I need to be to perform safely and correctly
- ...pack an extra pair of briefs, extra elastics for my hair, and be generous to friends who didn't
- ...project a positive image of my team, whether in uniform or street clothes
- ...be a positive example to all other students

## I will never

- ...try a stunt or new skill without my coach or a trained instructor
- ...teach a stunt or a tumbling skill to another member of the team
- ...push anyone to try something they are not comfortable doing
- ...belittle the efforts of anyone on my team
- ...be a negative influence on my teammates
- ...be petty or turn my back on a teammate
- ...participate in hazing or mean-spirited initiation activities
- ...harm the reputation my team has worked hard for
- ...forget that it's a privilege to cheer for my school squad or all star team
- ...contribute to negative cheerleading stereotypes

*Now that you and your buddy know what it takes to be a cheerleader, start following these rules now. When you join the cheerleading team, you will be ready to shine as a great representative of your squad!*

