

# Severna Park Green Hornets Cheerleading

## 2007-2008 Season

### Rules & Regulations

- Always wear appropriate clothing, such as: cotton shorts without metallic buttons or zippers that come to mid thigh, t-shirt that fits and covers from the shoulders to the waist, tennis shoes that tie, socks and undergarments as necessary. Athletes should be covered from chest to mid thigh. No spaghetti straps, pajama pants, skirts or denim.
- Hair pulled back off the face, with a fastener that does not have any external points (i.e. metal, large plastic balls, etc.)
- Always bring a drink, water, Gatorade, Powerade, etc.
- The following are not permitted: jewelry, except starter studs, one in each ear, belly/tongue rings, body glitter or excessive make-up.
- Improper language or derogatory comments are not permitted at any time.
- MySpace: The athlete is not permitted to display herself in Hornet gear of any kind via the internet. Inappropriate display in video or photo format is also prohibited. Web pages will be monitored by the staff.
- Staff: Each squad has a Team Mom and at least 2 coaches. These Volunteers have been entrusted to run your squad. Please allow them to do so.
- Bring all questions, concerns and complaints to your Team Mom, then to Michele Michael. Please remember my entire staff is volunteers. As issues arise and emotions flare, please treat the staff as you would hope we would treat you. It is best to make contact through email. Practice time is for the girls. We want to answer all questions and concerns, yet do not want to take away from the girls' experience.
- Practice and Game time is our time. Please arrive on time, ready to work and make your Team Mom aware of all absences and tardiness possible. We prefer 24 hours notice.
- If you miss practices, you may miss the opportunity to be in the routine that was created.
- Please be aware that I try very hard to give at least one week notice on any practice, game or event time or place change. Unfortunately, I am at the mercy of when I receive the information. Please be patient and understanding of how many are involved in this program.

Cheerleader \_\_\_\_\_ Squad \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_

Michele Michael  
Commissioner

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