



## Ladue Cheerleading Additional Expectations

The following are expectations for all cheerleaders at Ladue and are to be followed in order to keep in good standing with the program.

- Appearance-
  - ❖ captains will determine uniform and bow choice for each game/event
  - ❖ hair must be in full pony tail with bow
  - ❖ cheer shoes must be worn with white no show socks only
  - ❖ proper bra must be worn with all uniforms, no straps are to show, no exceptions
  - ❖ cheer uniform items may not be worn by anyone but the cheerleader themselves, please do not loan out items to friends who are not on cheerleading
  - ❖ absolutely no jewelry is to be worn for practices or games, this includes nose, belly and other cartilage piercings
  
- Games-
  - ❖ For game updates check, Arbiter.com through the Ladue athletic site. This is the new site the athletic department is using.
  - ❖ For all games you are expected to arrive in full uniform and ready to cheer. Please bring your poms, as well as any other items specified by captains to every game.
  - ❖ Make sure to pack a water bottle and/or snacks if needed.
  - ❖ Busses to games will leave approximately 1-1.5 hours before game time. All cheerleaders must ride the bus to and from games. If you miss the bus, you will be counted absent for the game and will have to sit out the next game.
  - ❖ If you feel ill during the game or ask to rest or sit out, it is the coach's discretion if they will allow you to return to the game or have you sit out for the remainder of the game.
  - ❖ **What it means to sit out a game-** if you are to sit out a game you will, wear uniform to school with the team, arrive to game with team in full uniform, sit with coach for the entire game, you cannot sit with friends or relatives or use your cell phone at any time, not following these expectations can lead to sitting out for additional games.