



Hereford Rec Cheerleading

Parent Expectations & Commitment Agreement

Dear Cheer Parents/Guardians,

Welcome to another exciting season with Hereford Rec Cheer! We're thrilled to have your athlete as part of our team and look forward to a season full of growth, teamwork, and spirit. In order to ensure a successful experience for all athletes, please review and sign for the expectations below.



17 Team Commitment & Attendance Expectations

Cheerleading is a team sport, and every athlete matters! **Attendance is crucial**—not just for individual progress, but for the safety and success of the entire team. The following applies to all events after the fall start of BCPS.



Practices & Games

- **Attendance is mandatory** at all scheduled practices, games, and events unless excused in advance by a coach. Excuses will not be given freely. They are reserved for documented illness.
- Games are rain or shine unless canceled due to unsafe weather (e.g., lightning).
- Cold weather attire may include a pair of black leggings or a form of Hereford sponsored weather attire. Options will be available in beginning of season, order early in anticipation. We will in to be in UNIFORM.
- Consistent absences, lateness or improper attire will impact performance roles for safety reasons.



Competitions

- Plan for an all day event. We will not have a schedule until the week of and we are often there for several hours.
- You will be expected to arrive at least 2 hours prior to performance and expected to stay until after awards.

Uniforms

- Appropriate attire, including but not limited to the uniform per the uniform guidelines including hair pulled back, trimmed natural nails, no jewelry, no midriff showing at all times.



Timeliness

- Arrive **on time** (we meet 30 minutes before games start and 2 hours before competition)

performance time), **dressed, and ready to go!** Jewelry should be removed and hair done all prior to arrival. Late arrivals disrupt warm-ups and team flow.



Phones & Devices

- No phones or electronics during practices or games. Devices must remain in bags unless for emergencies.



Learning Cheers at Home

- Athletes are expected to memorize cheers at home.
- Practice time is focused on formations, stunts, and competition readiness—not cheer review.
- A cheer list and videos will be provided to help with home practice. Please support your athlete in reviewing them!



Parent Responsibilities & Communication



Stay Connected

- Notify coaches as early as possible if your child will be absent.
- Stay up to date through team messages via Crossbar. Please check regularly.



Be Supportive

- Get your child to practices/games on time and ready to cheer.
- Encourage a positive attitude, good sportsmanship, and respect for coaching decisions.
- Volunteer- each cheerleader is required to have one volunteer position filled through the season. Details on the website.



Season Duration

The season runs from August 4th to Nov 17th Attendance is expected at all games, practices, and end-of-season events.



Parent/Guardian Commitment Acknowledgment

I have read and understand the expectations for the Hereford Rec: Cheer season. I agree to support my child's full participation, help them learn cheers at home, ensure timely attendance, and uphold team guidelines.

Athlete's Name: _____

Parent/Guardian Name (printed): _____

Parent/Guardian Signature: _____

Date: _____