

LSW CHEERLEADER POINT SYSTEM

Every cheerleader will start with a total of 5 points per season.

If you loose all of your points you will be benched for one week's worth of activates. (Sunday through Sunday)

- If you are benched, you are still expected to attend all of the week's activities, in full uniform and sitting with your team.
- Also, you are still responsible for your signs and banners that week.

Ways to loose points

- 2 points - unexcused absence to game or event
- 1 point - tardy or leaving early to/from game or practice.
- 2 points - out of uniform.
- 1 point - signs and banners not done for the week.
- 1 point – missed practice.
- Arriving late to practice can be run off. One lap per minute late. Laps have to run the day that you arrive late.
- Arriving to practice with out tennis shoes and or cheer shoes on results in running 5 laps the following practice.