

# Welcome to the Squad!

Hello and welcome to the 2025 Six Mile Cheer Program, go Six Mile Lions!

Payment breakdown:

\$35 registration fee due at time of registration to hold a spot on the squad.

**\$150 uniform fees due after registration:**

*This can be broken up into 2 payments of \$75. The first payment is due by May 1st and the remaining full balance is due by June 1st. Your cheerleader will not receive their uniform until paid in full.*

**Refundable fees:** \$75 is refundable if uniforms are returned with no stains, tears or alterations, with an attached dry cleaning receipt. Uniform must be returned **ON THE RETURN DATES** given at the end of the season (we will not issue refunds for late returned uniforms)

*\*please pay promptly and reach out with any questions or concerns to Kandi\**

**Google Doc below must be completed by ALL REGISTRANTS:**

**All-Star Cheer interest please complete the following Google Doc:**

**<https://forms.gle/53xXLf718jGPAv719>**

**Important dates and information:**

Practices:

Will be a combination of TWO DAYS A WEEK between Monday, Tuesday and Thursday, this will be squad specific and your coach will relay/decide that schedule. There will be occasional three day weeks when we have Saturday events/games. ALL practices will be held at Ponderosa unless notified ahead of time and approved through Kandi for an offsite practice (primarily due to weather).

\*JULY 14th will be our first practice(team meeting). Girls will get their pom poms at this practice. They will meet their coaches/squad and Kandi will hold a parent/cheerleader meeting to answer any questions and go over the season standards\*

Cheer Camp:

Friday, July 17th 5:30pm -7:30pm

Saturday, July 18th 9am – 11:30am

(11-11:30 we will be performing for the parents).

\*Attendance is HUGE as your cheerleader will learn the upcoming seasons halftime dance and new cheer\*

\*Games are set to start roughly 8/16\*

Practice Dress code:

- fitted Tank top or T- shirt.  
(Any loose shirt MUST be tucked in)
  - Athletic shorts with an inner lining or a spandex biker short.
  - cheer shoes(Academy has a great option at a great price)
  - hair needs to be pulled up in a high ponytail, or a tight braid.
  - NO JEWELRY! Please remove any earrings, necklaces, bracelets, ect. BEFORE practice! This is for safety purposes.
  - NO LONG NAILS. This is for safety purposes
- \*Your cheerleader needs to bring a water bottle and her pom poms to every practice\*

#### Game Dress Code:

Bow to Toe ready upon arrival! Your cheerleader should be bow to toe (including poms) ready in a clean uniform upon arriving to the field. Don't forget your smile 😊.

We will be using the Telegram app for our team communication. Please use the link your coach sends out to join the chat!

#### Telegram etiquette:

Communications should be within reasonable hours 7am-9pm. The communications should be limited to cheerleading, sharing pictures from the games/events, carpooling needs etc. This chat is primarily to be used for information. If your cheerleader will not be at a game or practice please relay that information as early as possible so the coaches can adjust their game/practice plan. Please keep personal one on one conversations between parents in a one off conversation to keep the chat clean. Ask any questions you may have here as other parents may have them also. Any issues/concerns/complaints should be directed to your coach/Kandi through telegram in a one off conversation. Please give your coach the opportunity to address any concerns first as they are your primary point of contact. If your coach is unable to help find a resolution your next step would be to reach out in the following order (chain of command) to help with your particular scenario: Coach, Kandi Merck, Coy Adkins, Beau Proffitt, Mayor James.

#### Respect:

We know the squad may not all be friends off the field but while on the sideline we expect them to treat each other with respect and kindness. Leave any outside issues off the field. We are a team! If an issue arises during a game between cheerleaders it will be addressed AFTER the game or at the FOLLOWING practice, not on the sideline.

#### Sideline Rules:

Your cheerleader is to remain on the sideline at ALL times in formation unless the speaker with their coach and are excused either to a parent or using the buddy system with an adult for bathroom breaks etc. THIS IS FOR SAFETY REASONS as we are offsite for games; we need to ensure your kiddo is safe at all times. Please do not encourage or allow your cheerleader to excuse themselves from the sideline without following this rule.

#### Attendance:

Life happens and absences are understandable. Please keep in mind if your cheerleader is consistently absent they will not be included in stunts as the entire stunt group depends on ALL players. A few absences will not exclude your player, but consistent attendance is vital in developing your player and the squad as a whole.

#### Water/Food:

Food is not allowed on the sideline. Please ensure you send your cheerleader with AMPLE water especially in the beginning of the season, it is HOT!

#### Cheer Bags:

If your cheerleader does not have a Six Mile Cheer bag we will do our best to sponsor these again! In your cheerleaders bag please make sure their jackets are in them (we will do our best to sponsor these as well for those who do not have a jacket).

Pom Poms: HIGHLY RECOMMEND pom pom tags with your cheerleaders name! There are many options to label your cheerleaders poms but this is HUGE! ALL POMS SHOULD BE LABELED at minimum with sharpie in the handle!

#### Parents:

Please treat your coaches with respect as they are volunteers pouring into your kiddo.

#### Uniforms:

**Expect to need TEMPORARY alterations made prior to the first game. Uniform turn in deadline will be STRICTLY enforced this season. We will provide 2 uniform turn in dates. To receive your deposit back you MUST turn in a stain free, unaltered, dry cleaned (receipt attached), on time! In the past we have met after the turn in dates and will not do this moving forward. Once the last game is played plan to drop your uniform to any dry cleaner ASAP. Clemson Dry Cleaners will clean them for FREE.... CHECK YOUR UNIFORM PRIOR TO LEAVING THE DRY CLEANER to ensure they cleaned them and removed any minor spots etc.! Your cheerleader KEEPS bloomers, poms, and bow!**

Please reach out if there are any questions or concerns. Looking forward to seeing everyone on the 15th!

-Kandi Merck  
864-684-9488