

# Cheer Extreme Allstars

## CEA BEST

Everyone always wants to look their CEA BEST!!

Here's how to do it...

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### TEAL BEST

**Rule #1:** You are either 100% IN your uniform or 100% OUT of your uniform.

This mean all pieces of the uniform are on correctly, with all snaps and hooks fastened. Hair in appropriate competition style (defined by coach) with competition bow. NO SHOW white socks, white cheer shoes fastened securely. *NO JEWELRY OR NAIL POLISH! NO unnatural hair colors!*

### How should I look walking in the building?

All athletes in uniform should be competition ready with hair and make up done.

### Time to go to Warm Ups, what now?

Fresh hair & make up

NO JEWELRY, Hair ties in or on your ears, wrist, around your neck or on your shoes, etc!

NO jackets or pants worn to warm ups

NO backpacks brought to warm ups

Shoes SECURELY fastened-losing a shoe during a performance is unacceptable!

### I'm done competing, now what?

Return to being either ALL IN uniform or ALL OUT (In street clothes).

### How should I look for AWARDS

In FULL competition uniform. NO jackets, pants, non-cheer shoes etc. NO bags, or phones on awards stage.

## **CEA etiquette and conduct:**

We ALL represent Cheer Extreme every time we enter a building or event wearing a CEA logo. This carries the responsibility of representing all of our families, athletes and coaches that have helped build our name and all that it encompasses.

We are proud of having extremely educated athletes and parents that appreciate our sport done well. Therefore, we have a specific expectation of our parents and athletes etiquette and conduct.

- ❖ Cheer for ALL Cheer Extreme teams! They NEED YOU!
- ❖ Cheer for all jobs done well, even if not a CEA team.
- ❖ NEVER speak negatively of another program! (They work hard too!)
- ❖ We MUST respect the rules of Priority Viewing/Seating areas at competitions.
- ❖ Please designate only 1 parent to video teams during performance. Everyone else should be cheering!
- ❖ ALWAYS cheer when our Team names are called during awards!
- ❖ Let coaches COACH!
- ❖ NEVER address an OFFICIAL! (We must be good sports win or not!)
- ❖ ATHLETES **NEVER** show PDA in a Cheer Extreme uniform!! **EVER**
- ❖ Carry yourself with CLASS at all times
- ❖ Focus on CEA
- ❖ When things don't go our way, we go back to the gym and WORK.

***Teal, black and white, NOW and FOREVER.....***