

Ferris Cheerleaders Guys Performance Guidelines & Checklist



Uniform

- Clean Uniform
- WHITE** Crew Socks – No Logos or Colors!
- Varsity Cheer Shoes
- School Uniform – if jeans, you may wear your choice of shoe. When it is a Skirt/Top or Warmups, cheer shoes **MUST** be worn.

If any piece of the uniform is missing for an appearance, the cheerleader will sit out until the issue is resolved.

No

- Metal – Jewelry (all piercings)**
- New Piercings
- Gum – no choking! ☹️
- Eating while cheering (short snack break between games is fine)

If piercings cannot be removed the cheerleader will sit out until the issue is resolved.

Do Bring

- Water bottle
- Chapstick
- Contact Solution
- Snack
- Emergency kit