

Peak Force General Rules 2026-2027

Practices:

_____ Cheerleading is a sport where every athlete has an important place/position choreographed for them. As each athlete performs their role, it comes together as a whole TEAM performance.

_____ Hair MUST be pulled up, off face and off the shoulders.

_____ No Jewelry of any kind is allowed to be worn for practices and or competitions. This includes friendship woven bracelets. Peak Force is not responsible for any jewelry lost/stolen at practices and competitions.

_____ Nails: No Nail polish for any competitions.

_____ Nails are to be kept short. No Fake Nails are allowed. This includes acrylic nails.

_____ Phones - are not allowed during practice.

_____ If an athlete needs to leave practice early, the team's coach needs to know in advance. Leaving practice early for dance or other commitments will not be allowed.

_____ Tardy/Absent: "Repeated lateness is a behavior choice". Continued tardiness after 2 occurrences, will result in a phone call to discuss. Absences happen when an athlete is very sick, injured, family emergency and or a pre-scheduled event that is discussed prior to absence. After 3 absences a phone call to discuss the situation will occur.

_____ All Athletes are required to wear either a t-shirt or tank top, shorts, skorts for practice. NO leotards, dresses, jeans, baggy pants, etc... will be allowed. This is for the safety of all athletes.

_____ Athletes need to be responsible for bringing socks, sneakers and a water bottle to practice. If an athlete attends with no sneakers or proper clothing, then that athlete cannot participate in most of the cheer practice. It becomes a major safety issue.

_____ If a team is practicing after school, please make sure your athlete has a snack packed.

_____ NO ONE is allowed to watch practices. Athletes are not allowed to bring a guest in to watch practice. This includes parents arriving early. It is stated in the contract with the school and insurance carriers.

_____ Practice pick-up: Please arrive no earlier than 5 minutes before practice ends. It is your responsibility to come inside and escort your child.

_____ If someone other than the parent is picking up an athlete, then the coach needs to know before practice starts. Please do not message the coach during practice. They will not answer.

_____ All athletes must participate in Fundraisers.

_____ Make sure you look at the Peak Force website and/or Team Reach App often. This is the main mode of communication. If you have any questions or concerns at any time, please private message your team coach.

Competitions:

_____ ALL competitions are mandatory for athletes to attend.

_____ Season goes from October until March.

_____ Competition Uniform is NOT ALLOWED to be worn outside of a competition. It is not for school spirit day, Halloween or any other occasion.

_____ Black No-See socks are needed to be worn with sneakers.

_____ Approx. 7 days before each competition, details or arrival time, meet place and competition time will be given. We have to wait for these details from the Host school.

_____ All Athletes will be together as a team during the competition.

_____ There is always an admission fee for spectators. Please make sure you bring CASH!!! It is normally \$8.00 for adults and \$5.00 for children. Some have kids 5 and under FREE.

_____ All Athletes must stay for the Recreational Cheer portion of the competition. At the end of the session, there will be awards. Team photos will be taken after awards.

_____ Please know when you are going for competitions. We will give you the full address to the host school. Make sure you arrive at the proper arrival time. Being late throws us and the competition off schedule.