

**PINE-RICHLAND ATHLETICS**  
**Cheerleading Policies & Guidelines Packet**  
**2020-2021**

This document is designed to explain the policies and guidelines of Pine-Richland School District's Cheerleading Program. It is critical for PR cheerleaders and parents/guardians to review, understand, and be in agreement with the policies outlined in this packet. The 2020-2021 cheerleaders are required to adhere to these policies as described. After reviewing the document, please sign the attached contract and return to your respective coach.

**MISSION**

Pine-Richland Cheerleaders act as ambassadors of Pine-Richland School District by bringing PR Pride to athletic, community, and competitive events. The teams aim to develop qualities of teamwork, commitment, and respect to serve its members in their present and future endeavors.

**PROGRAM COACHES**

Nicole Berezo - Program Coordinator & Varsity Sideline - [nberezo@pinerichland.org](mailto:nberezo@pinerichland.org)

Travis Troya - Competition - PR email account coming soon

Stephanie Kamenicky - Varsity Sideline Assistant - [slkamenicky@gmail.com](mailto:slkamenicky@gmail.com)

Tricia Jones - Middle School Sideline - [btlj@consolidated.net](mailto:btlj@consolidated.net) or [pjones@pinerichland.org](mailto:pjones@pinerichland.org)

Dana Thomas - Tumbling - [dana199@live.com](mailto:dana199@live.com)

## **ELIGIBILITY REQUIREMENTS**

- Sideline
  - Varsity Sideline Team consists of students in grades 9 through 12 who attended their respective try-out.
  - Junior Varsity Sideline Team consists of students in grades 9 and 12 who attended their respective try-out.
  - Middle School Sideline Team consists of students in grades 7 and 8 who attended their respective try-out.
- Competition
  - Varsity Competition Team consists of students in grades 9 through 12 who attended their respective try-out.
  - Middle School Competition Team consists of students in grades 7 and 8 who attended their respective try-out.

## **ACADEMIC ELIGIBILITY REQUIREMENTS**

*Above all else, PR Cheerleaders are students.*

### **Varsity Sideline, Junior Varsity Sideline, & Varsity Competition Teams**

- According to the PRHS Student Handbook (<https://www.pinerichland.org/Page/7975>)
  - Grades are checked weekly on student athletes to ensure they are eligible to participate. Students who are currently failing two or more classes are not permitted to participate in practice or athletic competitions for one week.
  - Missing twenty or more school days in the second semester of the one year impacts a student's ability to participate in fall sports the following year.
  - Eligibility in the fourth quarter of one year impacts eligibility for the first quarter of the next.
- If a cheerleader is ineligible, they may not attend practice, tumbling, or performances/appearances.
- If a cheerleader is ineligible for 4 consecutive weeks, they will be dismissed from the team.

## **TIME COMMITMENT**

*Cheerleading is a yearlong sport and requires several hours of participation a week.* The following is a breakdown of the time commitment over the course of the season. This is subject to change based on the coach's discretion.

- If a cheerleader (sideline or comp.) quits cheerleading, they may try-out after 1 additional season (i.e. A cheerleader who quits in Fall 2018 or Spring 2019 may try-out in Spring 2020).
- If a competitive cheerleader chooses to quit the sideline cheerleading team, they are also quitting the competition cheerleading team.

- If a competitive cheerleader chooses to quit the competitive cheerleading team, they are also quitting the sideline team.

*Injuries and other special circumstances will be evaluated by the respective coach and program coordinator.  
Decisions will be made at their discretion.*

### **Varsity Sideline**

- Summer
  - UCA Home Camp (August 17 & 18 @ PRHS)
  - At least 2 conditioning sessions per week
    - Conditioning guide provided (independent)
  - Tumbling once a week (recommended at additional cost)
  - Practice @ PRSD beginning in August
    - Pre-Season Camp
  - Teacher Back to School Kick-Off
- Fall
  - Practice once a week for 1-2 hours
  - Tumbling once a week (recommended at additional cost)
  - Friday Night Varsity Football Games (home & away)
  - Cheer Clinic
  - Appearances during school hours (i.e. pep rallies)
  - Sign painting
- Winter - Mid-March
  - Practice once a week for 1-2 hours
  - Tumbling once a week (recommended at additional cost)
  - Boys Varsity Basketball Games
    - Entire team attends home games
    - Half of the team attends away games (cheerleaders divided into green & white teams)
  - Appearances during school hours (i.e. pep rallies)
  - Sign painting

### **Junior Varsity Sideline**

- Summer
  - UCA Home Camp (August 17 & 18 @ PRHS)
  - At least 2 conditioning sessions per week
    - Conditioning guide provided (independent)
  - Tumbling once a week (recommended at additional cost)
  - Practice @ PRSD beginning in August
- Fall
  - Practice once a week for 1-2 hours
  - Tumbling once a week (recommended at additional cost)

- Junior Varsity Football Games (home)
- Varsity Football Game appearance
- Winter - Mid-March
  - Practice once a week for 1-2 hours
  - Tumbling one time per week (recommended at additional cost)
  - Boys Junior Varsity Basketball Games (home)
  - Potential additional basketball appearances (i.e. 9th grade basketball games)

### **Middle School Sideline**

- Summer
  - UCA Home Camp (August 17 & 18 @ PRHS)
  - Practice @ PRSD beginning in August
  - Tumbling once a week (recommended at additional cost)
- Fall
  - Practice once a week for 1-2 hours
  - Tumbling once a week (recommended at additional cost)
  - Boys Middle School Football Games (home, 1 away game)
- Winter - Mid-March
  - Practice once per week for 1-2 hours
  - Tumbling one time per week (recommended at additional cost)
  - Boys Middle School Basketball Games (home)

### **Varsity Competition**

- Summer
  - Practice once a week
  - Tumbling once a week (recommended at additional cost)
  - Camp (coach's choice)
- Fall - Mid-February
  - Practice three times a week for 2 hours
  - Tumbling once a week (recommended at additional cost)
  - Competitions
    - Local competitions, WPIALs, States, UCA Regional, UCA Nationals

### **GAME SUSPENSION**

***In order to showcase our best talent, cheerleaders are required to be prepared for every performance. Cheerleaders are also expected to be respectful to coaches, teammates, teams, and fans.***

- Coaches can suspend a cheerleader for a partial or full game.
- Reasons for a suspension include, but are not limited to, neglecting the policies and guidelines outlined in this packet. *The coach has the right to suspend a cheerleader for additional reasons not outlined in this packet.*

- When suspended, the cheerleader is required to attend the appearance and/or performance in full uniform and sit with the coach during its duration.

## **ACCOUNTABILITY TESTS**

***Cheerleaders are well-rounded athletes who can stunt, jump, cheer, dance, and tumble. We expect that all cheerleaders can maintain these skills throughout the duration of the season.***

- Coaches can have accountability tests throughout the season to ensure cheerleaders are maintaining their skills.
- Tests could include but are not limited to cheer tests, dance tests, and tumbling tests.
- **TUMBLING**
  - The tumbling skill the cheerleader throws at tryouts is considered their minimum skill.
  - Cheerleaders are required to throw tumbling skills on any surface. This includes and is not limited to the cheer floor, track, basketball court, field, turf, and auditorium.
  - If a cheerleader loses their minimum skill, they are expected to regain it.
  - Although not mandatory, tumbling is highly recommended. It will help cheerleaders keep their skills and improve them.

*Failure to pass accountability tests will result in game suspension.*

## **ATTENDANCE for Sideline Teams**

***Every cheerleader holds a valuable position on the squad. In order to be our best at performances/appearances, every cheerleader must be present at scheduled practices and events.***

- **Emergency Days**
  - Cheerleaders have 2 emergency days to use at their discretion for the duration of the cheer season. Excused absences include college visits, deaths in the family, family weddings, and school related events.
  - In order to use an emergency day, the cheerleader must provide their respective coach a signed note describing their absence.
  - The coach must be provided ample time for the team to make adjustments for their absence.

*Special circumstances will be evaluated by the respective coach.*

*Decisions are made at their discretion.*

- **Unexcused Absences**
  - Unexcused absences include tardiness, failure to attend a practice and/or performance/appearance, not providing enough notice for an absence, and not communicating an absence to the respective coach.

- Work, doctor, dentist, and non-medical appointments (hair, nails) are considered unexcused absences.

*An unexcused absence will result in game suspension.*

- **Excused Absences**

- Cheerleaders will be excused from practice and/or performance/appearance if they are ill.
- In order for their absence to be excused, the cheerleader must provide their respective coach a signed note describing their absence.

## **UNIFORMS**

***Wearing a Pine-Richland uniform is a privilege and should be treated as such.***

- Uniforms are provided by the school and are free of charge to the cheerleader. However, there are additional items that the cheerleader is required to purchase for the uniform to be complete (bows, bodysuit (team-dependent), etc.).
- Any alterations made to the uniform must be communicated to and approved by the cheerleader's respective coach using the alterations approval form (provided to cheerleader by respective coach).
- Uniforms will be given to the cheerleaders at the beginning of the season and returned to their respective coach at the end of the season.
- When returned, uniforms must be cleaned and free of any damage. If a uniform is damaged, the cheerleader is responsible to fix the damage(s).
- If a uniform is not returned, the cheerleader is responsible for replacing the lost item(s).

*Failure to abide by the uniform guidelines will be handled at the coach's discretion.*

## **PERFORMANCE APPEARANCE**

***As representatives of Pine-Richland School District, cheerleaders must look polished in appearance.***

- Cheerleaders are required to arrive in the predetermined uniform and apparel to all appearances/performances.
- Cheerleaders are required to wear their hair and makeup as determined by their respective coach.
- Additional jewelry of any kind is prohibited at appearances and performances.
- Nails must be appropriate in length.
- No food or drink is permitted while performing in uniform.
- No socializing with parents or peers while cheering.

*Failure to abide by performance appearance guidelines will result in game suspension.*

## **ADDITIONAL CHEERLEADER EXPECTATIONS**

- Cheerleaders must abide by PRSD Discipline Code found on PRSD Website (<https://www.pinerichland.org/site/Default.aspx?PageID=7982>). Consequences determined by the school will be enforced on the cheer teams.
- Cheerleaders must maintain a positive online presence on social media accounts. Evidence of a negative presence will be communicated to parents and administration if deemed necessary.

## INJURIES

### *Cheerleader's safety is a top priority.*

- Injuries must be communicated to the respective coach. If a cheerleader is injured and medically able, they must attend all practices, appearances, and performances in the predetermined uniform and apparel. The cheerleader will sit with the coach during these times.
- Cheerleaders must provide a signed note from a doctor documenting injury to each of their coaches as well as the athletic trainers. This can also be uploaded to Healthy Roster.
- Notes should be provided for when the cheerleader gets injured and when they are cleared.

## COMMUNICATION

### *In order to be successful, the coach, cheerleaders, and parents must communicate.*

Coaches have the choice to communicate through team meetings, apps, and/or emails. Please ask your coach for more detailed information.

## GRIEVANCES

### *Grievances about the cheerleading team should be directed to the respective coach. Grievances must be handled as follows...*

- Chain of Command
  1. Cheerleader to Coach
  2. Parent to Coach
  3. Parent to Program Director
  4. Parent to Athletic Director
  5. Parent to Assistant Superintendent
- Email respective coach detailing the grievance **after** 24 hours of its occurrence (exception of emergency situations).
- Within 24 hours of receiving the email, the respective coach will respond to the email.
- We encourage face-to-face meetings at PRSD facilities with the parent filing the grievance and their cheerleader.
- Please do not text or call coaches unless it is an emergency. The coach is not required to answer.

*Sideline coaches discuss sideline grievances, competition coaches discuss competition grievances, encouraged to  
CC program coordinator on communication*

### **COMPETITION TEAM SPECIFIC INFO**

*New coach will determine information to be added to this section.*

### **BOOSTER ORGANIZATION**

*Without dedicated parents who work together for the good of our organization, this program  
would not be a success. Please contact the boosters for booster related needs.*



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NAME OF CHEERLEADER \_\_\_\_\_

CURRENT GRADE \_\_\_\_\_ CURRENT TEAM(S) \_\_\_\_\_

I HAVE READ THE PINE-RICHLAND SCHOOL DISTRICT CHEERLEADING GUIDELINES & POLICIES PACKET AND I FULLY UNDERSTAND THE RESPONSIBILITIES AND PRIVILEGES OF BEING A PR CHEERLEADER. BECAUSE OF THE HIGH VISIBILITY OF OUR PROGRAM, I ACKNOWLEDGE THAT I AM AN AMBASSADOR FOR OUR SCHOOL DISTRICT AND HAVE A DUTY TO ABIDE BY A HIGHER STANDARD OF CHARACTER, VALUES, AND BEHAVIOR.

SIGNATURE OF CHEERLEADER \_\_\_\_\_ DATE \_\_\_\_\_

I ALLOW MY STUDENT-ATHLETE TO PARTICIPATE IN PR CHEERLEADING AND UNDERSTAND THE PROGRAM'S GUIDELINES AND POLICIES OUTLINED IN THE PACKET.

SIGNATURE OF  
PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_