



2022-2023 Keller High School Cheer

Cheerleader Policies and Procedures



General Participation Expectations

Cheerleaders are expected to set a good example. The following characteristics are required and must be displayed at all times:

- Must be honest and truthful
 - Must exhibit good sportsmanship
 - Must exhibit high moral standards
 - Must willingly display positive school spirit
 - Must exhibit a very positive attitude toward the cheerleading program
 - Must be respectful toward fellow cheerleaders, managers, mascots, coach, athletic teams, administrators, and other school groups
1. Cheerleaders are considered leaders of the student body. Certain responsibilities accompany any position of leadership. All KHS Cheerleaders are expected to abide by the following documents:
 - UIL Academic Requirements – no pass, no play
 - KISD Student Handbook
 - KISD Extra-Curricular Code of Conduct
 - KISD High School Cheerleading Constitution
 - KHS Cheer Policies and Procedures
 - KHS Characteristics of a Successful Cheer Program
 2. Cheerleaders are expected to display good sportsmanship and conduct **at all times** including at school, practices, pep rallies, games, performances, appearances, fundraiser events, and all other assigned functions.
 3. Cheerleaders must participate in and give freely of their time for any cheerleading activity deemed appropriate by the coach throughout the year. This includes but is not limited to attendance at all practices, pep rallies, games, performances, appearances, fundraiser events, and all other assigned functions.
 4. Cheerleaders are expected to maintain required school attendance.
 5. Cheerleaders are expected to attend summer practices and any other before/after school, weekend or holiday practices called by the coach.
 6. **Cheerleaders are expected to notify the coach ahead of time of an absence from any cheer event (at least two weeks in advance or absence may not be excused).** The following are excused absences: personal illness (with parent note the first day absent and doctor's note for any day absent after), funeral or death in the family, weddings/major life events, special school activities (with prior notice to the coach), and religious holidays. **All other reasons for being absent or leaving early from a cheerleading event will be unexcused.** All absences must be submitted, by email, to the head coach for approval two weeks in advance or prior to the start of the class period.
 7. Cheerleaders are expected to attend school all day in order to maintain eligibility for participation in an organizational activity with coach discretion.
 8. Cheer camp is mandatory, and all cheerleaders are expected to attend.
 9. Cheerleaders are required to attend all cheerleader fundraising projects/events.

10. Cheerleaders are required to attend and/or cheer at all activities scheduled by the coach. This includes all events on the cheer calendar and any other events deemed necessary that may be called on short notice (playoff games, extra practices, etc.).
11. Cheerleaders are expected to ride the bus to and from all away events, if a bus is provided. Exceptions to this rule will be made on an individual basis and requires **24 hour prior** approval by the head coach.
12. Cheerleaders are expected to complete tasks on time and meet deadlines when required.
13. **Tutorials:** If needed, cheerleaders are expected to attend tutorials at a time **other** than during cheer class or practice.
14. Cheerleaders are expected to maintain a passing grade of 70 in each class. Any cheerleader receiving an individual grade lower than 70% in any of his or her classes is ineligible to cheer and will be placed on probation for three weeks.
15. **Academics comes before extracurricular activities.** However, study groups, tutoring, homework, studying for a test, etc. is not an excuse to miss a practice, game, pep rally, performance, or appearance – plan ahead! At the beginning of each semester, cheerleaders are expected to check for any conflicts with the cheer calendar and provide immediate notice to the coach of any outstanding conflicts.
16. Any inappropriate behavior, including representation on social media, that is disrespectful to the district, school, cheer program, or coaching staff may result in **immediate removal** from the program.

Practice Expectations

1. Cheerleaders are expected to be prepared to start practice under the direction of the coach by the indicated start time. **Practice starts at the beginning of the cheer class period** and ends at the specified time.
2. Cheerleaders are expected to roll out mats and stretch prior to the beginning of practice.
3. If a cheerleader is to be absent from practice, **it is expected that the cheerleader notifies the head coach by email ahead of time of the absence (at least two weeks in advance or absence may not be excused).** See general participation expectations for a list of approved excused absences.
4. Cheerleaders are expected to leave all belongings locked up in the locker room during practice. A water bottle is the only item permitted the DWC during practice. **Absolutely no cell phones allowed.**
5. Cheerleaders are expected to arrive at practice prepared and in full practice uniform. Any cheerleader who fails to appear in FULL and correct practice uniform will be issued a consequence.
 - FULL practice uniform includes correct practice uniform and hairstyle. Cheer shoes must be worn. No outerwear is permitted once practice starts. **NO JEWELRY** (including spacers) is permitted once practice starts or at any time during practice. This is a safety issue! New piercings are not allowed nor are they an excuse to wear jewelry during practices. Band-Aids are not allowed to be used to cover existing piercings.
6. Cheerleaders are expected to complete all parts of workout and conditioning. If unable to participate, a doctors not listing restrictions must be provided.
7. Cheerleaders are expected to follow all rules when in the DWC.
 - No food and drink is allowed on the cheer mat AT ANY TIME or in the locker room and the DWC/locker room must be kept clean and organized at all times.
8. Cheerleaders are expected to remain in the designated practice facility unless given permission to leave.

Pep Rally Expectations

1. Cheerleaders are expected to be prepared to warm-up under the direction of the coach by the indicated start time.
Cheerleaders are expected to stretch prior to the beginning of warm-up.
2. Cheerleaders are expected to get all props (poms, megaphone, signs, etc.) from the managers in the DWC prior to the beginning of warm-up.
3. If a cheerleader is to be absent from pep rally, **it is expected that the cheerleader notifies the coach ahead of time of the absence (at least two weeks in advance or absence may not be excused) by email.** See general participation expectations for a list of approved excused absences.
4. Cheerleaders are expected to arrive prepared and in full uniform (correct uniform will be noted on the weekly agenda). Any cheerleader who fails to appear in FULL and correct performance uniform will be issued a consequence.
 - FULL uniform includes correct shell and skirt (or performance outfit), correct spandex/hot pants, navy sports bra, correct bow, hairstyle, no show white socks (unless other socks are assigned), cheer shoes, and performance make-up, including team lip stick. **NO JEWELRY** (including spacers) at any time while in uniform, during practice or performance. This is a safety issue! New piercings are not allowed nor are they an excuse to wear jewelry during pep rallies or performances. Band-Aids are not allowed to be used to cover existing piercings.
5. Cheerleaders are expected to take any props (poms, megaphone, signs, etc.) back to the managers in the DWC after the conclusion of the pep rally.

General Game Expectations

1. Cheerleaders are expected to be prepared to warm-up under the direction of the coach by the indicated start time.
Cheerleaders are expected to stretch prior to the beginning of warm-up.
2. If a cheerleader is to be absent from a game, **it is expected that the cheerleader notifies the coach ahead of time of the absence (at least two weeks in advance or absence may not be excused) by email.** See general participation expectations for a list of approved excused absences.
3. Cheerleaders are expected to be cheering constantly during games. When not performing a specific cheer, cheerleaders are expected to be **FACING THE FIELD/COURT** and watching the game. Hands are behind the back, feet spread apart. Cheerleaders are not permitted to talk to one another excessively or talk to the crowd.
4. At football games, cheerleaders are expected to tumble/jump/stunt after touchdowns/field goals that are made.
5. At volleyball/basketball games, cheerleaders are expected to tumble, jump and stunt during timeouts/downtime during the game when cheers are not called.
6. Cheerleaders are expected to take bathroom breaks at halftime. Only in the case of an extreme emergency, with coach approval, is a bathroom break allowed between quarters or during play.
7. Water breaks are allowed as needed but should be done as swiftly as possible. Empty water bottles and snack wrappers must be picked up and thrown away in the trash bag. No trash may be left on the field or the court.
8. Detailed documents regarding specific game expectations will be provided to the cheerleaders and parents prior to the season.

Playoff Game Expectations

1. Playoffs is a very exciting and busy season, but also an ever-changing one. For that reason, all cheerleaders are expected to remain flexible with their schedules.
2. Cheerleaders are expected to attend volleyball, football and basketball playoff games throughout the year.
3. For volleyball playoff games, cheerleaders will sign-up to cheer for potential volleyball playoff games.
4. For basketball playoff games, cheerleaders will sign-up to cheer for potential basketball playoff games.
5. For football playoff game, all **Varsity** members will be assigned to cheer, unless a volleyball playoff game and football playoff game overlap. Should this scenario ever occur, the cheerleaders who signed up for the volleyball playoff game will cheer at the volleyball game. All other cheerleaders will cheer at the football game.
6. **ATTENDANCE:** All cheerleaders are expected to be at all assigned playoff games. Travel/vacations are **NOT** considered an excused absence so please plan accordingly. Consequences will be issued for unexcused absences.
7. **IMPORTANT NOTE:** There is always a potential that a playoff game could be **played during official school holidays. Should this scenario ever occur, all cheerleaders scheduled to cheer are expected to be in attendance. As is the case with all playoff games, we never know the exact day or time of a game until about a week prior. That information will be given to you as soon as it becomes available.** Plan trips accordingly.

Competition Expectations

1. Competition is required for **ALL** cheerleaders of the program.
2. When selected for a competition team, as a participant or alternate, mandatory attendance and participation is expected. Conflicts to competition schedules must be resolved by **the 1st day of the school year** communicated directly to the head coach.
3. Competition teams will not necessarily be the same as the school teams.
4. Members selected as alternates are considered true members of a competition team and are held to the same commitments.
5. The coaches will determine the placement on the competition teams based on skills, balanced stunt groups, size guidelines of the competitions, and cheerleader behavior. Changes in placement may occur at any time due to injury, illness, loss of skills, excessive absences, or change in team numbers.
6. **Any athlete of the cheer program that quits the competition team will be removed from the cheer program. Not attending competition practices and/or fulfilling their commitment to the competition team may also result in being removed from the cheer program.**