

Crockett High School



CHEERLEADING HANDBOOK 2021-2022

CHEERLEADING Contract

MISSION- Promote and uphold school spirit, unity and pride.

CHEER PROGRAM RULES AND REGULATIONS

Cheerleaders understand that teamwork and the maintenance of discipline are the key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program rules and Regulations is vital to achieve these goals. All members realize that the manner in which they conduct themselves, in our out of uniform, directly reflects on the entire team, squad, and school.

It is recognized that these rules and regulations are necessary to maintain morale, discipline and effective learning. Consistent enforcement of these rules and regulations is also necessary to ensure the safety and general well-being of each individual spirit leader. Participation in spirit leading is voluntary, not mandatory. It is a privilege not a right and maybe revoked by the school personnel when a spirit leader violates the rules and regulations. The student handbook, athletic handbook and cheerleading contract rules apply to all cheerleaders.

GOALS

- Cheer at Crockett High School sporting events (decided by coach).
- Participate in & support homecoming week.
- Support and perform at pep rallies.
- Provide any services the school may need.

ELIGIBILITY

All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment, and responsibility required and expected.

- Junior Varsity cheer squad may consist of students entering the 9th, 10th, 11th, or 12th grade.
- Varsity cheer squad may consist of students entering the 10th, 11th or 12th grade.
- For Junior Varsity and Varsity cheer squads
 - For each grading period, members must be passing with a 70 average, in all classes.
 - Members must maintain a good citizenship, discipline, attendance, class performance, and teacher recommendations during the time of securing on the squad and for tryouts.
 - All members must have a physical on file with the athletic department.
 - All cheerleaders will follow the UIL no pass/no play guidelines.

- **All PRACTICES, camps and games are MANDATORY**
- If you were a member of the squad during the previous season and you chose to drop out, you will be **INELIGIBLE** to participate during the next season.
- If a cheerleader is ineligible for participation for a total of 12 weeks during the school year, they will be removed from the squad, and will be ineligible to tryout the following year.
- If a cheerleader is ineligible to participate due to failing grades two consecutive six weeks, they will be removed from the squad, and will be ineligible to tryout the following year.
- If a cheerleader is dismissed from the squad for any reason, she will be ineligible for tryouts for one year.

CHEER PROGRAM CODE OF ETHICS:

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Abide by all school, district, and league rules.

CHEER PROGRAM STANDARDS AND REGULATION:

Cheerleaders understand that teamwork and the maintenance of discipline is the key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school. It is recognized that these standards are necessary to maintain squad morale, squad individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary for the safety and general well-being of each individual spirit leader. Participation in spirit leading is voluntary, not mandatory. It is privilege, not a right, and may be revoked by the sponsor and/or principal when a spirit leader violates the rules and regulations.

CONDUCT

- Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Public display of affection (PDA) is not appropriate, especially in uniform, at games or in school setting.
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating. Also they must be respectful to ALL authorities.
- Each case of discipline will be judged individually. The Sponsor, with the assistance of the Principal, if deemed necessary, has the final decision in any discipline situation.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Severity of or repeated offenses may dictate harsher action.
- Inappropriate conduct will result in disciplinary action.

ATTENDANCE/PARTICIPATION REQUIREMENTS

Cheerleading is unlike other sports. We do not substitute members. You being present is very important.

- **Illness or other extreme emergencies are the only valid reason for missing practices or games.**
 - Illness with doctor's note, extreme emergencies, preplanned school functions or family events will be excused.
- Absences due to work schedules are **UNEXCUSED**.
- **After FIVE unexcused absences, a cheerleader will be removed from the squad and will be ineligible to tryout the following year.**
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.
- The cheerleader may not participate in any practice, event, or activity on the same day of an absence (excused or unexcused).
- Unexcused absenteeism will result in disciplinary action.
- **Missing a scheduled practice, if unexcused, the day before a game will result in the individual not performing at the game.**

- Cheerleaders must travel to and return from all school activities by means of school transportation. The only deviation from this policy would be after written notification is given to and approved by the sponsor.
- All cheerleaders will cheer at all times, except at breaks set by the sponsor.
- If the sponsor chooses any other activities or opportunities to perform, the sponsor shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events and as early as possible.

PRACTICES

- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Chewing gum or eating during practices is prohibited.
- No jewelry.
- Safety is our first priority. No excessive horse-playing. Never stunt without the coach present.
- Disciplinary action will be enforced if any of the above rules are broken.
- All practices are closed to the general public. **NO VISITORS ALLOWED!**

GAMES

- All games are mandatory.
- Junior Varsity will **NOT** travel to away games.
- Members are required to arrive at least 30 minutes before the game time.
- **All spirit squad members must know all the cheers and routines for the game. Sitting out is unacceptable.**
- Members are required to dress in full uniform.
- Make-up should be worn in moderation.
- **No jewelry or nail color. Nails need to be athletic length.**
- There is no chewing gum or eating during games.
- Socializing with friends while the game is in progress is not allowed.
- Disciplinary action will be enforced if any of the above rules are broken.

UNIFORMS

- Cheerleader members must have the same uniform and hair bows.
- Hairstyles should follow NCA hair rules (**no jewelry, beads , etc.**)
- Cheerleader member's shoes must be clean.
- Fingernails must be sport length. Nail polish, if worn, must be clear or natural colors.
- No chewing gum during practices, performances or games.
- **NO phones during practices, performances and games.**
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and will not be worn by anyone other than you.
- Cheerleaders must wear their uniforms or team-designed outfit to school on game days.
- Disciplinary action will be enforced if any of the above rules are broken.

PERFORMANCE AND CHEER LINES

Placement for performances and cheer lines will be based on participation, ability, and effort. At the time of performance, if a team member does not have the routine clean enough for the performance, she may be asked to sit out of the performance and receive the associated demerit. This is decided by the cheer sponsor.

TRANSPORTATION

Cheerleaders are not allowed to drive to away games or competitions. They must ride in either school transportation or authorized transportation.

DISCIPLINE POLICY

The following violations will be grounds for immediate dismissal from the cheerleader squad.

- Absolutely no alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances. These substances are detrimental to health and performance, as well as being against the law.
- Disciplinary actions for the use and/or possession of substances off the school grounds, and at non-school activities, will be taken in accordance with substantial proof.
- Also note that random drug testing can occur at anytime during the year. A positive drug test will result in dismissal from squad.
- **Members should be present at all scheduled practices. Other activities must be scheduled around these practices.**
- Missing practices that does not have valid excuse can lead to being removed from a routine position or stunts, due to not being physically available to practice.
- If uniform is not worn on team designated days to school, cheerleader will be benched from performing the next game and be given a demerit.
- **During game suspensions, the squad member will sit in uniform with the Sponsor for the entire game.**

***** **It is virtually impossible to cover everything in the contract that would require disciplinary action; therefore, all rules and regulations concerning cheerleaders and the mascot are subject to Sponsor's discretion.**

Financial Responsibilities

- Cheerleading uniforms, Shoes, Socks, Briefs, Hair bows, team sweats, and camp cloths are all at the expense of the cheerleader.
- Summer Camp/Clinics: The cheerleader is responsible for the cost of attending camp and camp clothing.

TRYOUTS

- Tryouts will be closed to any visitors and will be conducted by the sponsor.
- The student must have a good disciplinary record (no AEP, no ISS assignments), good attendance record and positive attitude.
- Cheerleaders / Mascot will be elected by a combined score as follows:
 - 1) 50% - Judges on their ability to perform.
 - 2) 50% Teacher evaluation on student grades and behavior in the classroom.

SELECTIONS OF CAPTAINS AND CO-CAPTAINS

- Each squad will have a Captain and a Co-Captain (Optional)
- Captain candidates will be selected by the sponsor. Based on attitude, school behavior, 500 word essay, 1 recommendation letter (Not family) and votes of cheer candidates.
- Captain will be selected at a later time.

CHEERLEADER EXPENSES

(Please note this is an estimation of cost and could vary.)

Junior Varsity Squad- \$980.54

Varsity Squad- \$1,117.20

SECOND PAYMENT: APRIL 30TH

LAST PAYMENT: JUNE 1ST

- **All payments MUST be made by the deadlines or the student will be dismissed from the squad.**

DEMERIT LIST

Tardy to Practice	1 Demerit
Tardy to Game	1 Demerits
Improper Dress for Practice	1 Demerits
Improper Dress for Game	2 Demerits
Improper Conduct at Game	2 Demerits
Improper / Rude behavior anytime	2 Demerits
Missing Practice (unexcused)	2 Demerits
Missing an Event (unexcused)	3 Demerits
Any Detention	2 Demerits
Any PDA (Public Display of Affection)	2 Demerits
Unauthorized use of phone during cheer	2 Demerits
Failed Class (each class failed)	2 Demerits
Not Knowing Cheers for/during Game	2 Demerits

15 Demerits = Removal from Cheer Squad

*Absences due to other school activities will not result in demerits.
All school rules must be followed, at all times or disciplinary actions will be taken.*

Student Signature : _____

Parent/Guardian Signature: _____

Date: _____

After you have read the handbook the please fill out, sign, and return by April 2nd, 2021.