

Cheerleading/Stunt Team

VARSITY CONTRACT

Cheerleading is considered an extracurricular activity and is subject to all the rules and regulations stated in the YOUR SCHOOL/ GYM Activities Handbook. Students and parents must sign all appropriate contracts and consent forms and pay all fees prior to the student participating in the cheerleading program.

By the very nature of the activity, cheerleading and stunting carry a risk of physical injury. No matter how careful the participant and coach are or what landing surface is used, the risk cannot be eliminated. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold YOUR SCHOOL/ GYM or any of its personnel responsible in the case of accident or injury. Medical insurance is the responsibility of the individual athlete.

All YOUR STATE ASSOCIATION guidelines for cheerleaders apply. An American Association of Cheerleading Coaches and Administrators (AACCA) certified coach must be in attendance for ANY stunting during a practice or performances.

Being a member of the cheerleading squad is a privilege, and all team members are expected to conduct themselves in an appropriate manner at all times and fully participate in all aspects of cheerleading including, practices, fund-raising activities, pep assemblies, games, poster making, locker and hall decorating, tournament performances and any other scheduled spirit events.

ATTENDANCE

TARDY - is defined as the arrival to a practice or game of more than 5 minutes after the appointed time.

- Each athlete will be allowed four (4) tardies per season with no further consequence.
- The fifth tardy will result in a one game suspension and a phone call made to notify parents.
- A sixth tardy is grounds for removal from the squad.

PRACTICE

Each athlete must have attended a minimum of ten (10) practices to be eligible to cheer.

Excused absences (school sponsored events, medical appointments, etc) must be approved by the coach in advance. Please notify the coach directly as soon as possible in the event of an illness or family emergency or the absence may be counted as unexcused. One (1) unexcused absence to practice may occur in a season without penalty. Two (2) unexcused absences will result in a one game suspension and meeting with coach and parents. Three (3) or more unexcused absences may be grounds for removal from the squad.

GAMES/PERFORMANCES

Varsity cheerleaders are expected to cheer for all varsity home games, tournament games and scheduled away games. Any planned absence from a game must be approved by the coach at least one (1) week in advance. Please notify the coach directly as soon as possible in the event of an illness or family emergency or the absence may be counted as unexcused. Athletes may have two (2) excused absences during the season without penalty. Three (3) or more absences from games will result in the athlete not receiving a letter for the season, unless special circumstances, approved by the coach, apply. Any unexcused absences for a scheduled game may result in suspension or removal from the squad.

If an athlete has an excused absence during school class hours during the morning of a game day, they may participate in the game that evening and/or weekend. If the athlete does not attend classes during the afternoon of a game day, they must obtain prior administrative approval to be eligible to participate in evening and/or weekend activities.

SUSPENSION

If an athlete is suspended for disciplinary or attendance reasons they will be expected to attend any scheduled games. They must arrive at least one half hour prior to the beginning of the game, dressed appropriately (see game day dress code) and participate fully in cheering along with the squad throughout the entire game. If deemed necessary, the suspended athlete will sit with the coach for the duration of the game. Failure to attend a game during a suspension, will be counted as an unexcused absence.

ILLNESS/INJURY DURING A GAME

If an athlete becomes injured or ill during a performance and does not need immediate medical attention, the athlete will remain with the coach for the duration of the game or until taken home by the coach or parent. They will continue to participate in the game as much as possible by focusing on the competition and cheering with the squad.

GAME ATTENDANCE/CONDUCT

Squad members will arrive at games one (1) hour prior to the beginning of the game.

- The athlete will be dressed (hair included) and ready to warm-up at least 45 minutes before the start of the game.

- All squad members will be expected to participate in pre-game warm-ups and practice.
- **ALL squad members are expected to be on the floor ready to perform ten (10) minutes prior to the start of the game and also five (5) minutes prior to the beginning of the second half of the game!**
- Only one person is allowed to leave the floor at any time during the game.

APPEARANCE

- **NO JEWELRY is to be worn during any practices or performances. This includes any jewelry or piercings of any kind!!** Medical medals must be taped to the body, under apparel.
- Hair must be worn off the shoulders and away from the face at all times. Only soft hairbands may be used - No hard barrettes. Bobby pins may be used but must be securely fastened.
- Nails must be kept trimmed and filed to a length no longer than the fingertips - only clear polish may be used.
- No glitter is to be worn on face, body, hair or uniform at any time.
- Shoes must be worn at all times during practices and performances.
- No buttons, corsages or any other accessory is to be worn during performances.
- Game day apparel - All current squad members must dress appropriately for school on a game day and travel to and from games. Dress pants, skirts or cheer warm-ups - **NO BLUE JEANS** or t-shirts with potentially offensive slogans, logos, etc.
- No food or pop is allowed on the floor during a game or performance - water bottles must be kept clear of all squad members.
- Gum chewing is not allowed during any practice or performance.
- Cell phones are to be turned off and/or left away from the performance floor and practice area. The coach will have a cell phone available in case of emergency.
- Uniforms must be kept clean and in good condition. If uniforms are not returned, or returned in poor condition, **the athlete will be charged for appropriate mending/cleaning or replacement costs.**

OUT-OF-TOWN PERFORMANCES

- Cheerleaders and coach/chaperones will ride together when traveling to and from out-of-town performances.
- All YOUR SCHOOL/GYM Activities rules for travel stated in the handbook will be strictly enforced.
- For overnight trips, curfew will be at the discretion of the coach and will be strictly enforced. No one other than squad members and their coach/chaperones will be allowed in cheerleaders' rooms at any time - nor will cheerleaders be allowed to be in any other rooms other than those assigned to them.
- No athlete will be allowed to ride in any vehicle other than with the coach or appropriate school employee without written consent of the parent, while traveling to/from a performance or during an out-of-town trip.

CONTRACT VIOLATIONS

Any violations of the above rules will result in disciplinary action. First Offense - verbal warning from coach. Second Offense - written warning from coach. Third offense - meeting with parents and school administration. Severe and/or continuing offenses could include suspension or removal from the squad.

LETTER AWARDS

Only squad members in good standing will be awarded a varsity letter for the season. Attendance policies will be enforced. If an athlete is injured during a season, they may still letter if they continue to participate in all practices and performances as much as physically possible. In the event the athlete is unable to physically participate, they must still attend games and cheer along with the squad. They will also be expected to attend practices and participate in non-physical activities, such as poster-making, planning, etc.

These guidelines have been established with the goals of safety, clear communication between coaches, athletes and parents, and fairness to all squad members. By signing this contract, the athlete and parents indicate a knowledge of the contents of this contract, including the potential risks involved, knowledge of the YOUR SCHOOL/GYM Activities Rules and Regulations and the willingness to abide by them.

Athlete Signature

Date

Parent/Guardian Signature

Date