

## 2009-2010 Cedarcrest Cheerleading Guidelines and Contract

<b>PURPOSE</b>	<ul style="list-style-type: none"> <li>• To promote and uphold school spirit, traditions and sportsmanship as well as pride in our school</li> <li>• To help facilitate crowd involvement at games and assemblies</li> <li>• To uphold good relations with the community and sports opponents as well as their cheerleaders</li> <li>• To maintain high academic standards and being good role models in and out of uniform</li> <li>• To represent the school to the highest degree by setting an example of good behavior, enthusiasm and sportsmanship</li> </ul>
<b>CONDUCT</b>	<ul style="list-style-type: none"> <li>• Members may not use foul language at practices, in school, at games, camp, etc.</li> <li>• Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school</li> <li>• All squad members are to participate in ALL areas. <b>Everyone must share the workload</b></li> <li>• Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a Cedarcrest High School Cheer Squad Member</li> <li>• Show courtesy to all visiting teams, competitors, hosts and officials</li> <li>• Respect the integrity and judgment of all sports and competition officials</li> </ul>
<b>ACTIVITY CODE OF CONDUCT</b>	<ul style="list-style-type: none"> <li>• All aspects of the Cedarcrest High School Activity Code of Conduct will be strictly enforced (see attached) <ul style="list-style-type: none"> <li>○ Academics are your first priority. All cheerleaders are expected to keep their grades up at all times. Grade checks are done on a weekly basis by the Athletic Director. See the Activity Code of Conduct for an explanation</li> </ul> </li> </ul>
<b>WIAA SPIRIT RULES</b>	<ul style="list-style-type: none"> <li>• All aspects of the WIAA Spirit Rules will be strictly enforced. These are a few that you will need to know about before/during and after tryouts: <ul style="list-style-type: none"> <li>○ Article 1 – Wearing any hard jewelry is prohibited except religious or medical medals that will be taped to the body under the apparel</li> <li>○ Long fingernails, including artificial nails, must not be visible beyond the end of the fingers when viewed from the palm side of the hand</li> <li>○ Participants are not permitted to chew gum or have hard candy in their mouths during practice or performance</li> </ul> </li> </ul>
<b>SEASON</b>	<ul style="list-style-type: none"> <li>• The Cheer season begins immediately after tryouts and will end in March of 2009 after the Tolt promotional assembly. All cheerleaders must attend camp and stunt camp. There may be a few times that you are needed until the end of the year, but highly unlikely.</li> </ul>
<b>TRYOUTS</b>	<ul style="list-style-type: none"> <li>• Tryouts will be held in the spring through a process developed by the coach</li> <li>• A panel of judges along with the coach will judge the tryout process</li> <li>• Candidates must be present on the actual tryout date. No make up tryouts will be offered</li> <li>• If the squad decides to do competitions, there will be a tryout for the competitive squad</li> </ul>
<b>UNIFORMS</b>	<ul style="list-style-type: none"> <li>• Uniforms includes skirt/shell, Spankies, warm ups, practice/camp clothes, shoes, sweatshirts, jerseys, accessories, etc.</li> <li>• Uniforms must be paid in full before the first day of school in order to cheer at the first game</li> <li>• Uniforms for the squad will be chosen by the cheer coach</li> <li>• Uniforms and shoes are to be kept clean at all times</li> <li>• Only current year and official squad jackets may be worn over uniform</li> <li>• Sports bra should be worn under uniform and at practice</li> <li>• Bra straps should not be seen while in uniform. Clips can be purchased to hold the straps together</li> <li>• Appropriate clothing and accessories should be worn to all practices/games/events</li> <li>• Cheerleaders may not loan out any piece of their uniform to anyone</li> <li>• White no-show socks must be worn with cheer uniform</li> </ul>

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<b>ATTENDANCE</b>	<ul style="list-style-type: none"> <li>• On time – <b>ALL THE TIME</b> – Demerits will be given for tardiness</li> <li>• Attendance will be taken at all practices and games. Cheerleaders will sign in on the sign in sheet</li> <li>• Each cheerleader will be given 3 absences per season to use for doctor appointments, illness, projects and homework time. After 3 absences a demerit will be given for each missed practice or meeting</li> <li>• Cheerleading is a very time-consuming activity. Cheerleaders must manage their time wisely. Outside activities and appointments will be scheduled around your responsibilities to the team</li> <li>• Job schedules must be arranged around cheerleading and are not a valid excuse for missing practice or games</li> <li>• Monthly calendars will be sent home with the cheerleaders</li> <li>• Special circumstances may be counted excused at the discretion of the cheer coach</li> <li>• If a cheerleader needs to meet with a teacher for additional help, and will miss the first part of practice, he/she must <b>FIRST</b> report to the cheer coach. The coach will give you a form to have the teacher sign. Failure to follow this procedure will result in a demerit</li> <li>• Summer Camp: All Fall cheerleaders are required to attend cheer camp as a squad</li> <li>• From the Activity Code of Conduct: Cheerleaders must be in school for the entire day that he/she is enrolled, in order to participate in a practice or activity for that day. Exceptions are made for doctor and dentist appointments, court appearances, family emergencies and school-related activities. Cheerleader must bring a note from the doctor or proof of attending court. Students on out-of-school suspensions may not practice or engage in an activity</li> </ul>
<b>GAMES/PRACTICES</b>	<ul style="list-style-type: none"> <li>• A game schedule for ALL sports will be constructed by the cheer coach</li> <li>• Cheerleaders must arrive on time, wearing proper shoes and clothing and ready to begin practice or to cheer for a game</li> <li>• Because of safety procedures, <b>NO stunting may be scheduled or performed at any time without cheer coach present</b></li> <li>• No spectators or friends are to be present at practice without prior approval from the cheer coach</li> <li>• A water bottle is required to be readily available and brought to every practice and game</li> <li>• No practices or meetings may be scheduled without the cheer coaches approval and attendance</li> <li>• Only cheer shoes are to be worn at practice and games. No exceptions</li> <li>• Cheer coach will decide upon which games/events cheerleaders will participate in</li> <li>• In order to cheer or perform, cheerleaders must know all the cheers and routines for the game - this will be left up to the discretion of the coach</li> <li>• Cell phones are <b>OFF LIMITS</b> during games and practice</li> <li>• Take care of restroom needs before the game/practice begins</li> <li>• Follow coach's directive at games/practices</li> <li>• Missing a scheduled practice the day before a game will result in the individual not performing at the game but will be benched in full uniform</li> <li>• Missing practices that have valid excuses can still lead to being removed from a routine position, due to not physically being available to practice</li> <li>• No gum chewing or eating are allowed while practicing or during games</li> <li>• Cheerleaders will always be friendly to the opponent's cheerleading squad</li> <li>• Cheerleaders should avoid displays of emotions such as crying, anger or rage</li> <li>• Cheerleaders should avoid arguing with one another or inciting conflict within the squad – this includes avoiding gossip</li> </ul>

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<b>DEMERITS/DISCIPLINE</b>	<ul style="list-style-type: none"> <li>• <b>One</b> demerit will be issued for:             <ul style="list-style-type: none"> <li>○ More than 5 minutes late to practice, game or any team activity</li> <li>○ Talking on cell phone during practice or game</li> <li>○ Forgetting a piece of your uniform for a game (i.e. Spankies, poms, warm ups, etc.)</li> <li>○ Failure to wear your uniform to school on designated days (cheerleaders will check in with coach before school starts. If they don't check in with coach in the morning BEFORE school, they will receive a demerit)</li> <li>○ Nail polish on game day</li> <li>○ Hair not in ponytail</li> <li>○ Wearing jewelry of any kind</li> <li>○ Unexcused absence – absence not approved by coach – ahead of time</li> <li>○ Disrespect (observed by the coach) toward coach, assistant, trainer, staff member, squad member or others in or out of uniform</li> <li>○ Switching cheer dates with another cheerleader and not telling the coach</li> </ul> </li> <li>• <b>Three</b> demerits will be issued for:             <ul style="list-style-type: none"> <li>○ Any school detention or school imposed discipline (This includes: detention, ISS and Out of School Suspension)</li> </ul> </li> <li>• <b>The accumulation of ONE demerit</b> will result in a warning and sit out next game/event (must attend in uniform and sit in designated area with coach)</li> <li>• <b>The accumulation of TWO demerits</b> will result in suspension from the next two games/events</li> <li>• <b>The accumulation of THREE demerits</b> will result in suspension from the squad the remainder of the sport season (ie. Fall/Winter)</li> <li>• At the end of the Fall Season, the demerit system will begin again</li> </ul>
<b>GAME ETIQUETTE</b>	<ul style="list-style-type: none"> <li>• <b>APPEARANCE:</b> <ul style="list-style-type: none"> <li>○ Make-up should be worn in moderation</li> <li>○ Fingernails must be cut short enough that they cannot be seen from the palm side of the hand (no artificial nails)</li> <li>○ There is to be no nail polish worn while in cheer uniform</li> <li>○ No jewelry is to be worn at practice or while in uniform</li> <li>○ No glitter</li> <li>○ Hair must be pulled up in a ponytail – if it is too short, do what you can that is appropriate</li> <li>○ No headbands, clips or claws – bobby pins are ok</li> <li>○ Cheerleaders must come completely prepared – in uniform, hair up, makeup done, etc.</li> </ul> </li> <li>• <b>WHILE CHEERING</b> <ul style="list-style-type: none"> <li>○ No talking except to call a cheer and ask coach a question</li> <li>○ No moving, especially cheer moves, unless cheering or rallying</li> <li>○ Must always be at attention at all times. (no fidgeting or playing with hair)</li> <li>○ During pledge of allegiance/national anthem step out with right foot, shoulder width apart, left hand in fist in middle of back with finger tips facing out, right hand over heart. ABSOLUTELY no fidgeting or talking during the pledge or national anthem</li> <li>○ Coach must approve stunts before performance</li> <li>○ Coach will decide who calls the cheers for the game. Everyone will learn how to call</li> </ul> </li> </ul>
<b>INJURIES</b>	<ul style="list-style-type: none"> <li>• If you are injured you must see the trainer immediately and at the time your participation will be evaluated. The trainer or you will then report to the coach as to what the steps of the recovery will be</li> <li>• If the trainer feels the need for you to see a doctor, you will need a doctor's note before re-entry in to practice or games. This note will be given to the Athletic Trainer or Athletic Director</li> <li>• Injuries and medical concerns should be reported to the cheer coach immediately</li> </ul>

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<b>LETTER REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• Cheerleaders with less than three demerits per season</li> <li>• Attend at least 90% of squad practices, games and fundraisers</li> <li>• The coach has the discretion to award letters for exceptional situations</li> </ul>
<b>MISCELLANEOUS</b>	<ul style="list-style-type: none"> <li>• Captain selection is at the discretion of the cheer coach based on attitude and leadership qualities</li> <li>• Some decisions will be made by the collectively by the squad, but some decisions must be made by the cheer coach. The cheer coach has the final authority.</li> <li>• Transportation is the responsibility of the parent/guardian and cheerleader</li> <li>• Notify the cheer coach of any prescribed or over the counter medication that may hamper or change the cheerleaders ability to perform in a safe manner</li> <li>• Cheerleaders are expected to participate in fundraising for team expenses. This includes Tolo. If a squad member does not participate in the fundraisers, she/he will not be given any of the funds to use towards their cheer balance.</li> <li>• Fundraising monies can only be used towards camps and clinics, not uniforms.</li> <li>• Competitions will be decided upon on a yearly basis and will be a decision made by the current year cheer squad. There will be tryouts for the competitive squad. This tryout will be judged solely by the cheer coach.</li> <li>• Students failing at the time of tryouts will not be eligible to cheer for fall season but can cheer for winter season if passing all classes.</li> </ul>

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# INSERT 2009-2010

## CEDARCREST HIGH SCHOOL ACTIVITY CODE OF CONDUCT

**Philosophy:** Activities are planned and organized to ensure equal learning opportunities for all participants. Emphasis is placed on sportsmanship, teamwork, skill development, respect, responsibility, and effort. Our goal is to have participants leave our program as responsible adults who are able to work with others, give their best effort and to be resilient in a changing world.

**I. Activity Code of Conduct:** The following activities are covered by this code:

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>	<u>OTHER</u>
Cross Country	Boys Basketball	Baseball	* Band (s)
Football	Girls Basketball	Fastpitch	Cheer
Girls Soccer	Wrestling	Girls Golf	* Choir (s)
Volleyball		Boys Golf	Drill
		Track & Field	Dance
		Boys Soccer	* ASB
			* Clubs

\*The Activity Code of Conduct will be in effect for these activities only if in competition with other Washington Interscholastic Activities Association (WIAA) members in WIAA sanctioned activities and will not be required to have a medical evaluation report. In addition to this policy, prior to the first day of practice each of the above named activities will have the "Athletic Clearance Information Folder" on file with the athletic director. Team/Club rules will support this document and cannot have a more severe sanction.

### II. Activities

The Code of Conduct programs in the Riverview School District are completely voluntary. Students elect to participate and must accept the responsibilities that accompany that privilege. In addition to the rules governing the activities outlined in this contract, every student must abide by the Student Conduct/Discipline Policy #3100. An activity season shall be determined by the WIAA season calendar for each specific activity.

### III. Student Attendance and Behavior

1. A student must be in school for the entire school day that he/she is enrolled, in order to participate in a practice for an activity that day. Exceptions are made for doctor and dentist appointments, court appearances, family emergencies, and school-related activities. Students on out-of-school suspensions may not practice or engage in an activity.
2. If a student is absent the last school day of the week, and the next competition is on a non-school day, the parent/guardian must call the school and notify the athletic director to explain the absence or the student will not be allowed to participate.
3. Truancy is defined as any amount of time away from class without proper authorization.
4. Behavior violations requiring administrative actions are established in the Student Conduct/Disciplinary Policy #3100. Violations will be addressed using standard school discipline. Coaches will also be notified.

### IV. Grades:

1. The students must have passed all classes that he/she was enrolled in during the previous semester. Incoming 9<sup>th</sup> graders must have passed all of their classes at the conclusion of their 8<sup>th</sup> grade year in order to be eligible for Fall sports and activities. Failure to do so means the student will be able to practice but not compete for 5 school weeks. Probation begins on the first academic week of the school year. WIAA rule states that a full week must be a minimum of 3 days. If after 5 weeks, the student is not passing all classes, he/she shall be ineligible for the remainder of the season. Students who retake and pass a failed class during summer school will have eligibility reinstated at the start of the Fall season.
2. To maintain eligibility, the student must be earning passing grades in all classes. Participants' grades will be checked weekly by the athletic director.
  - a. If at any time a participant is not earning a passing grade, the participant will be allowed to practice and participate in interscholastic competition for a two week probationary period.
  - b. If at the end of a two week grade check the participant is not passing all classes; the participant will be allowed to practice but not participate in interscholastic competition for two weeks.

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c. If at the end of a four week grade check the participant is not passing all classes, the participant will be removed from the team. Any participant who is placed on the non-participate list twice for the same class during a season, will be removed from the team.

## **V. Alcohol, Tobacco, and Legend Drugs (use, consumption, possession, trafficking)**

When students are off campus where illegal use of drugs, alcohol or controlled substance is occurring, participants who do not leave the situation immediately are in violation of the Cedarcrest High School Activity Code of Conduct policy. Should a violation occur at a Riverview School District building or at a school-approved activity off-campus, the standard school discipline sanction will also be invoked. Offenses under this category will be cumulative throughout the student's high school career.

### **Tobacco**

1<sup>st</sup> offense: Student may not compete for 10 participation days from the day of the violation.

2<sup>nd</sup> offense: Student may not practice or compete for 60 participation days. This can be reduced from 60 to 20 participation days if the student enrolls and completes a school-approved tobacco education class.

### **Alcohol, Drugs, Paraphernalia and Illegal use of Legend Drugs (drugs that are legal only through prescription)**

1<sup>st</sup> offense: Student will be excluded from practice and competition for 60 participation days. This can be reduced to 20 participation days if a student participates, at the parents and or students own expense, in a school-approved assessment program and follow the recommendations of the assessment.

2<sup>nd</sup> offense: Student will be excluded from practice and competition for one calendar year. Further assessment recommended.

3<sup>rd</sup> offense: The student will be excluded from participation in all activities covered by this code for the remainder of his/her high school career.

(A participation day is defined as a day in which a team has a regularly scheduled practice or competition.)

## **VI. Grievance/Appeal Procedures:**

Contact Athletic Director or ASB Advisor for Grievance/Appeal Procedures

## **VII. Athletic Participation Clearance Requirements**

The following check list is provided to assist students in meeting the requirements to participate in any activity. The following must be on file in the athletic office:

1. Completed and signed Athletic Clearance Information Folder
2. A complete Medical Evaluation Report
3. Purchased ASB card. Participation Fee and all fines cleared
4. Completed Emergency Medical Treatment and Insurance Information

## **VIII. General Regulations**

1. Washington Interscholastic Activities Association rules apply in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, and in use of school equipment.
2. Letters and Awards will be based on individual team criteria.
3. An athlete who has been injured and has received medical treatment cannot participate until a signed release from a health care provider is presented to the athletic trainer or athletic director. The release form will be kept on file by the athletic department.
4. Participants are responsible for any school-owned property check out to the individual. The replacement for loss or repair of this property due to misuse or negligence will be the responsibility of the participant and his/her parents.
5. Participants are expected to attend all scheduled practices, meetings, contests and performances whether or not school is in session.
6. Participants must travel on school transportation to and from contests or performances away for Cedarcrest when transportation is provided by the school, unless prior approval is granted by the head coach or advisor.

## **IX. Communication**

Students and/or parents who have a concern with any facet of the Activity Code of Conduct activity must follow these procedures:

1. Students/players should first contact advisor or head coach to discuss the situation. Face to face communication is always the preferred method.
2. Should a resolution not be found, parents should contact the advisor or coach to discuss the situation.
3. If necessary, following discussion with the advisor or coach, parents should contact the athletic director or the ASB advisor to discuss the situation.

**REVISED 4/17/2006**

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PLEASE SIGN AND RETURN TO COACH TRACY BY JUNE 15, 2009.

## ACKNOWLEDGEMENT

I have read and understand the expectations, guidelines and consequences listed in the Cedarcrest High School Cheerleading Guidelines. I agree to accept all of them and the consequences as well as follow these standards and policies. I also agree to cooperate fully with the other members of the cheer squad and the coach. I full understand that the cheer coach may modify these expectations as necessary for the best interest of the squad and that the cheer coach has the final say on any decisions made concerning any activity.

Student's Name Printed: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

I have read and understand the Cedarcrest High School Cheerleading Guidelines. I agree to support the coach along with these standards and policies for my cheerleader. I understand that if my cheerleader quits the squad or is dismissed for any reason, I am still responsible for the remainder of his/her cheer balance.

Parent's Name Printed: \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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PLEASE SIGN AND RETURN TO COACH TRACY BY JUNE 15, 2009.

## INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the school before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. **Never** stunt or tumble unless a coach is present
2. Always practice in the presence of a qualified coach
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach
5. Always use attentive spotters when stunting
6. Always use mats or a grassy area when stunting during practice
7. Always cheer in an area free from obstructions
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur
11. Follow all trainer and doctor recommendations
12. Lift weights to increase strength and guard against injuries
13. Always wear shoes and clothing appropriate for cheerleading
14. Never wear jewelry of any kind or chew gum when cheering including practices and games
15. Always have your hair pulled back from your face and shoulders
16. Eat nutritious meals and get plenty of rest
17. Always ask for assistance or advice at any time
18. Do not stunt or tumble when game is in process
19. Never show off
20. Take all activities seriously

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

PARENT NAME PRINTED \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

CHEERLEADER NAME PRINTED \_\_\_\_\_

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

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## ASSUMPTION OF RISK/PERMISSION TO PARTICIPATE IN TRYOUTS

As a parent or guardian of a student requesting to voluntarily participate in the Cedarcrest High School Cheer Squad tryouts May 4-8, 2009, I hereby acknowledge that I have read, understand and agree to the following:

- I certify that I have adequate insurance to cover any injury that may be sustained to my child and cover any injuries or damages that may be caused by my child, or else I agree to bear the costs of such injury or damage myself.

Parent Initial \_\_\_\_\_

- I further certify that my child has no known medical or physical conditions, which could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

Parent Initial \_\_\_\_\_

I hereby give permission for \_\_\_\_\_  
to participate in the CHS Cheer Squad Tryouts May 4-8, 2009.

In the event it becomes necessary for the school district's staff-in-charge to obtain emergency care for my student, neither she/he nor the district assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Cell Phone