

# STOCKDALE HIGH SCHOOL



# CHEER LEADERS HANDBOOK

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## Cheerleading Contract

### 2011

#### **PURPOSE OF THE STOCKDALE HIGH SCHOOL CHEERLEADERS:**

One of the most important outcomes of any athletic and activity program is positive character building. Stockdale High strongly endorses the Central Interscholastic Federation's "Pursuing Victory with Honor" program. **The program focuses on a "Team" concept as the foundation to build strong character by Teaching, Enforcing, Advocating and Modeling six core ethical principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship.** The six principles are referred to as the "Six Pillars of Character." During the 2010 school year we will promote and practice the Six Pillars of Character as we continue to provide athletic and academic programs of excellence in an atmosphere of trust and respect. As an activity that spans all sports seasons and is an integral part of many school-wide activities, Cheerleading will be closely aligned with the Six Pillars of Character.

Cheerleaders will:

1. *Develop school spirit*
2. *Encourage and lead positive crowd participation*
3. *Serve as positive student role models by displaying*
  - a. Academic good standing -- maintains 2.5 GPA and pass 20 credits (4 classes)
  - b. Outstanding citizenship
  - c. Good sportsmanship
  - d. Quality leadership by example at all school functions
  - e. Dependability and Dedication

#### **SEASON OF SPORT**

**Cheer season starts in January of 2011 and finishes in December of 2011.**

#### **MANDATORY REQUIREMENTS**

Cheerleader's performances on a particular squad must be maintained. If a cheerleader does not fulfill the requirements they could be reassigned to another squad.

Eligibility & Discipline:

1. Parent and student must sign all required forms, including:
  - Letter to parent/cheerleader and Code of Conduct form,
  - Green physical card,
  - Blue athletic eligibility form, and
  - The white emergency/insurance card

2. Failure to maintain a 2.5 GPA and pass 20 semester units will result in immediate academic suspension/probation or removal from the team.
3. Section 617.7.1 of the KHSD Activity /Athletic Control Code: Code of Ethics and Recruitment Policy states that “School student bodies have the right to require high standards for Student Body Officers and Spirit Leaders Cheerleaders.” Cheerleaders will not be allowed to maintain Captain or Co-Captain status if placed on Academic Probation. In addition, Cheerleaders who violate Stockdale’s Discipline rules/policy may be removed from the team and dropped from the class.
4. Cheerleaders on Academic suspension/probation will not be allowed to participate in any activity (including traveling with the team) and will not be allowed to wear the uniform or participate in any activity for 9 weeks.
5. Missing a practice, game or assigned event for any reason other than another school sanctioned event will result in being **benched** for the next game or event deemed by the advisor. For example: If a cheerleader missed the Monday morning practice prior to a rally she would be **benched** from the rally. If there was no rally she would be **benched** from the football or basketball game. Another example would be if a cheerleader misses a Tuesday event then she would be **benched** from the Friday event of the same week.
6. Tardy three times to practice will result in being **benched** from a game. Further tardies will result in removal from the team.
7. Any of the following may result in **benching** from a weekly game:
  - a. Incomplete or lack of assigned uniform.
  - b. Leaving an event early without obtaining coach’s approval.
  - c. Failure to carry out any assignment or project properly and punctually.
  - d. Conduct unbecoming a student leader (profanity, public display of affection, defiance of authority or school discipline).
  - e. Inattentiveness or refusal to cooperate at games, practice or events.
  - f. Any violation of the district Activity / Athletic Control Code is cause for removal from the squad.
  - g. Performance of any cheers, dances, or routines not taught or approved by the cheer coaches.
  - h. Being tardy to practice or events.
8. “**Benched**” means that a spirit leader will sit on the sidelines in uniform with the coach for the assigned event and will not be allowed to participate.
9. If a spirit leader quits or is removed from the team due to discipline or eligibility he/she will not receive a school letter or awards.
10. Cheerleaders will be dismissed from the team and dropped upon the third time of being **benched**.

11. Any violation of the KHSD Activity/Athletic Control Code including: Smoking, drinking, drugs *at any time* – (Suspension, expulsion and/or removal from the squad)  
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12. Any violation of the KHSD Activity/Athletic Control Code including: Smoking, drinking, drugs *at any time* – (Suspension, expulsion and/or removal from the squad).

### **CHEERLEADING ACTIVITIES**

1. Cheerleaders will practice if the coach/advisor schedules a practice.
  - **All squad members must attend practices and events scheduled by the coach.**
  - **Any absence from practice received prior approval from the advisor/coach unless a cheerleader is absent from school that day.**
2. Being a Cheerleader and participating in extra curricular activities (athletics, A.S.B. board, clubs, drama, other out of school activities i.e. dance) is possible, however, puts a great deal of strain on both the student and the parent (studies, transportation, events, meetings, practices, etc.) as well as the Cheer team. Schedules must be worked out in advance and approved with the advisor/coach of the Cheerleaders. This could affect participation in events and the head coach/advisor has the final decision.
3. **Working will not be an excuse for missing practices or assigned events.** Please inform your employer of the times you will be available. Games in the winter season typically fall on Tuesday, Wednesday and Friday afternoon/evening. Games in the fall season typically fall on Tuesday, Thursday and Friday evenings.
4. Participation in an activity that is not school related **will not** be excused for missing practices, or assigned events except for religious reasons. This includes but not limited to club meetings or performances (drama, band, etc.)
5. Cheerleaders must know all material for games and performances. **Cheerleaders not prepared will be benched for the upcoming event.**
6. Cheerleaders must follow any and all safety rules and guidelines. **No stunting without proper supervision or on Gym floor.**
7. Cheerleaders should always remember that their primary responsibility is to promote school spirit and provide support to school programs.
8. Regarding Cheerleader conduct on the field or in the gym:
  - a. Stand in an orderly manner, do not congregate after a yell, and remain spread out at all times.
  - b. Do not chat together! The game and the crowd are what you are supposed to be interested in, not each other. NO pom tossing back and forth.
  - c. Always be at attention, enthusiastic and spirited.
  - d. NEVER answer back if heckled from the crowd.

- e. No gum or candy. Never eat while cheering. Water and sports drinks must be kept out of sight, either by the bleachers or behind boxes.
  - f. Family, friends/boyfriends are not allowed to sit next to any Cheerleader during the game.
  - g. Stay in assigned formation given by Coach/advisor/Captain
  - h. Stretching and practicing is to be done away from the spectators.
  - i. **If a cheerleader previously cheered at a game and intends to stay for the next game, she must change out of uniform into street clothes.**
  - j. Cheerleaders are not dismissed from any game or activity until cheer area is clean (posters, trash, etc is taken down and cleaned)
9. Inappropriate emotional displays or arguments (physical or obvious to the audience) among the members will result in being **benched** and will not be tolerated. This includes unnecessary displays of temper and pouting.
10. Cheerleaders are leaders. Remember that you are representing Stockdale High at all times. Cheerleaders are to be expected to act like ladies (in and out of uniform). Do not discredit yourself in or out of Stockdale attire.
11. If a problem arises within the group, the advisor/coach should be notified immediately. The coach/advisor at site of an event is in charge of all decisions.
12. **If a cheerleader quits or is dismissed from the squad, uniform must be returned and all debt must be cleared.**
13. Cheerleaders should set positive examples to influence and help control the reactions of spectators.
- a. Select positive cheers, which praise your own team without antagonizing the opponents.
  - b. Use discretion in selecting when to cheer. Give the opposing team's cheerleaders equal opportunity to execute their cheers.
  - c. Give encouragement to injured athletes and recognition to outstanding performances for either team.
  - d. Serve as hosts to the visiting cheerleaders. Meet them upon arrival.
  - e. No derogatory remarks or booing should be made at any time.
  - f. Always maintain enthusiasm and composure, especially in trying circumstances, remembering your responsibilities for leadership.

### **KHSD GAME GUIDELINES** **SCRIMMAGE**

No cheerleaders or Pep Band of any kind at any scrimmage.

### **OUTDOOR CONTESTS**

1. No mechanical or air horns allowed.
2. Tunnels restricted to teams, bands and cheerleaders.
3. Signs must be in good taste and posted only on our side of the field.

4. No activity or yell that would incite crowd.
5. No music during plays. No PA systems at away games. Exceptions: Play-offs.
6. No speakers towards playing field.
7. Decide and execute cheers every 30-45 seconds.

### **INDOOR CONTESTS**

1. No megaphones allowed in gym.
2. Do not kick or stomp bleachers for safety and maintenance reasons.
3. No “you-you” yells following fouls (display good sportsmanship at all times).
4. Do not use yells with double intent.
5. Artificial noisemakers—horns, kazoos, etc., will not be allowed.
6. Signs are for home gym only. Exceptions: Play-offs, your side only, masking tape only.
7. Discourage unauthorized Cheerleaders by maintaining positive control of crowd.
8. Discourage crowd reaction to official calls.
9. Yells should not distract during free throws or volleyball service.
10. Decide and execute cheers every 30-45 seconds.

### **ATTENDANCE**

1. **CHEERLEADING INVOLVES A YEAR-ROUND COMMITMENT.** Cheerleaders are responsible for **ALL** assigned activities throughout the year. Assigned activities include meetings, practices, athletic events, school pep rallies, community involvement activities, and team fundraisers. Schedules will be provided for all assigned activities. It is the responsibility of the cheerleader and/or parent to coordinate all transportation to and from assigned activities.
2. Be prepared to cheer for out-of-town events. (Play-Off games, even those on Saturdays, are mandatory)
3. It should be understood that Stockdale High School can not be responsible for transportation of cheerleaders to most in-town events. In some cases it is possible to ride team buses when there is enough room, but it is not always practical. Therefore, parents (or cheerleaders) should be prepared to provide transportation.
  - a. Transportation will be arranged for all required out-of-town events.  
All contests at schools in our league are considered "in town" (local) events. Students may not drive themselves to out-of-town events. Parents or another squad member's parents may provide transportation with prior approval from coach/advisor and KHSD clearance.
  - b. Lack of transportation is not an acceptable excuse for missing events unless an unforeseen emergency occurs.
4. Cheerleaders must arrive 30 minutes prior to football games, and 15 minutes prior to all other games (for stretching, practicing, and posters). Unless the Advisor/Coach has made an exception.

5. Members will not be allowed to cheer if absent from 3 or more classes on the day of the event.
6. Each member will have 2 “**NO TELL DAYS**”. “No Tell” days are supposed to be used to miss any two events with the exclusion of Senior Night and Homecoming and must be approved by the coach. Each member must request a “No Tell Day” absence one week prior and can expect a response from the coach within 24 hours. No more than two girls may be absent for the same event.
7. A cheerleading schedule for all activities for the month will be available at least two weeks in advance and Cheerleaders are responsible for picking up the schedule. No changes will be made to the schedule unless cleared first by the advisor/coach.
8. Cheerleaders **will practice** if the advisor/coach schedules a summer practice. All members must attend practices and events scheduled by the advisor/coach. All summer practices (i.e. cheer camp) will be communicated to Cheerleaders prior to the end of the school year. Regular summer practices will begin after July 4th. Summer Cheer camp (local) is **MANDATORY** for all Cheerleaders. ASB will assist with Camp cost.

### **DISCIPLINE/STRIKE POLICY**

1. All discipline will be handled by the Advisor/Coach/Director of Activities.
2. Discipline is based on a “Three Strike” policy:
  - a. Verbal warning to cheerleader, phone call to parent and possible suspension/ from an upcoming event.
  - b. Parent phone call and event suspension.
  - c. Removal from Team and drop from class, dismissal letter sent home.
  - d. When a cheerleader is sent home from an event for disciplinary reasons, that cheerleader must leave the event immediately.
3. Three strikes = dismissal
  - a. Cheerleaders will be informed and parents will be informed of a strike when disciplinary action has been taken.
  - b. Refer to class syllabus for additional classroom discipline policies.

### **APPEARANCE/BEHAVIOR/CONDUCT**

#### **APPEARANCE/UNIFORMS**

1. Members must be well groomed while representing the school.
2. No jewelry is allowed while practicing or in uniform. This includes **all** piercing.
3. Cheerleader’s hair will be worn in a single tight ponytail up out of the face, at all scheduled cheering events and all practices. All Cheerleaders will wear the same hair style. **Refusal may result in being sent home/benched.**
4. Regulation uniforms, including hair ribbons and poms, are required at all performances. **No partial uniforms are allowed. Cheerleaders without a full uniform will be sent home or benched.**
5. No added accessories will be allowed (jackets, accessories, tights, etc.)
6. Pom-poms are required for all games.
7. No colored nail polish will be allowed when in uniform. Clear polish or French

- Manicure or school colors only.
8. Uniforms, or any component, are not to be worn as “street clothes” and should only be a part of the uniform for Stockdale cheering events.
  9. **Cheerleaders must not post – or allow to be posted – in the Internet photos or text that discredits you and your school/team in any way.**

## FUNDRAISERS

Although we try to limit the costs of being a cheerleader, there may be additional funds needed for cheer boxes, transportation to and from camp, and miscellaneous expenses incurred during the year.

Examples of expenditures include:

- |                             |                            |
|-----------------------------|----------------------------|
| - Props and signs for games | - Spirit bags for athletes |
| - Awards for cheerleaders   | - Music                    |
| - Camp Wear                 | - Hair ribbon              |
| Paper/masking tape          | - Camp lunches             |
| - Cheer ladders             | - Wood/paint for cheer     |
| - Chorography               | boxes                      |
| - Awards Banquet            |                            |

1. Fundraisers will be scheduled and parents will be notified.
2. All fundraising will be done as a group.
3. In addition to funds we raise, the Associated Student Body budgets funds each year to help the squad meet expenses. These funds come directly from Student Store sales proceeds. Please patronize the ASB Student Store whenever you can for clothing items, refreshments, etc.
4. Any ideas for fundraising activities are encouraged and appreciated.
5. Active participation is mandatory, 7 fundraisers are required per cheerleader.



# **STOCKDALE HIGH SCHOOL**

## **CHEERLEADING CONTRACT 2011**

We have read the Cheerleading Contract for the 2011 cheer season and agree to follow the guidelines and rules established by the Stockdale High School Cheer Advisors. I also understand the consequences that will be enforced if the rules and guidelines are not followed.

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Student Signature

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Date

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Parent/Guardian Signature

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Date