

# Cheerleading Agreement

## **Member Eligibility**

1. Cheerleaders must maintain a minimum "C" grade in all classes. Grades will be checked on a weekly basis. In the event of a "D" or lower grade, the cheerleader will continue to practice; however, you will dress out and attend **but not participate** in games until the minimum required grade is presented to the coach.
2. Academics are a priority; however, cheerleaders need to balance their time so that cheerleading does not interfere with academics.
3. Each cheerleader **MUST** complete a minimum of 14 full practices prior to the first game of the season as required by MSHSAA.

## **Attendance**

1. If a cheerleader is ill and misses ANY scheduled activity, they must be at home or seeking a medical appointment unless otherwise arranged with the coach.
2. If a cheerleader misses ANY scheduled activity, it is their responsibility to have their parent/guardian(s) inform the coach **BEFORE** the activity begins.
3. Doctor's appointments should be scheduled when no cheerleading activities are conflicting if at all possible.
4. Scheduled activities include all practices, regular season games, play offs, pep rallies, clinics, and other activities that have been assigned by the coach.

## **Traveling**

1. All cheerleaders are required to ride to and from games and events on the approved transportation provided by the school.
2. Cheerleaders can be signed out by a parent/guardian and only leave the event with them. (that means transportation, not out of the gym door)
3. Special circumstances that require a cheerleader to ride with someone other than a parent or guardian needs to be approved by school administration the day before the event.
4. Transportation will not wait for tardy cheerleaders. If a cheerleader is not present at the time of departure, they will be left behind and will be considered an unexcused absence.

## **Uniforms**

1. Uniforms are provided and owned by the school. Shoes, socks, and briefs must be purchased by the individuals for hygienic purposes.
2. The uniform includes top, skirt, pompons, briefs, warm-ups, camp gear, cheerleading shirts, bag, hair ribbons, and other misc. accessories purchased strictly for cheerleading.
3. Cheerleader will be financially responsible for some of the above mentioned uniform items.
4. All members are to keep their uniform in good condition and clean. Cheerleaders are expected to wash their uniforms after every use.
5. Cheerleaders are prohibited from wearing any part of their uniforms outside of scheduled cheerleading activities.
6. No bra straps should be showing when in uniform, uniform should always be worn properly.

## **Medical**

1. Cheerleaders must have a complete physical exam on file with the coach prior to the first practice.
2. Each cheerleader is required to provide the coach with a copy of their valid medical insurance card and maintain medical insurance throughout their eligible season. Failure to maintain insurance will result in being benched until proof of coverage is provided.
3. Drinking carbonated beverages (i.e. soda, energy drinks, ect.) on game days and practice days is prohibited, as it is performance prohibiting. Drinking water or a sports drink is the best option.

## **Character**

1. Cheerleaders must abide by the standards set by Clearwater Middle School which are outlined in the student handbook.
2. Cheerleaders should be leaders within the school and set a good example at ALL times.
3. Cheerleaders must be courteous and friendly to everyone including other teams and visitors.
4. Cheerleaders must be respectful to the coach, team members, and authority figures inside the Clearwater School District.

## **Points**

1. Points will be used as a disciplinary tool.
2. Points will be given by the coach.
3. Three points will result in a minimum of being benched for one full game.
4. If a cheerleader receives over three points, it may result in dismissal from the squad.
5. Points include but are not limited to tardiness to any school activity, lying, chewing gum at practice or in uniform.
6. Forgotten props or accessories or inappropriate uniform.
7. Cell phone usage.
8. Wearing uniform items outside scheduled school activities.
9. Earrings or jewelry.
10. Failure to be ready to practice, i.e. hair up, dressed out with shoes on, water bottle etc.
11. Unexcused absence.

## **Alcohol/ Drug/Tobacco Usage and Misconduct**

**Any Clearwater Middle School student caught using alcohol, drugs, tobacco, being involved in a fight, using profanity or inappropriate internet activity will be reprimanded immediately by the cheer coach that includes but is not limited to benching and removal from the squad.**

1. Abusive, uncontrollable, irresponsible or any form of negative behavior in or out of uniform, will NOT be tolerated. This includes but is not limited to alcohol, drug, and tobacco usage, fighting, vulgarity, vandalism, stealing, PDA, or gambling. High moral standards and character are of the utmost importance to this organization and will be regarded as a high priority of all its members.

## **Benched**

1. Benched cheerleaders are required to attend practice as usual.
2. Benched cheerleaders are required to attend games in uniforms as usual unless otherwise advised by cheer coach.
3. Benched cheerleaders are required to sit in a designated seat by the coach for the entire scheduled activity and support their team.

## **Practice**

1. Be an active listener and accept constructive criticism.
2. Wear appropriate clothing, shoes, and have hair put up.
3. No jewelry or gum at practice. Nose rings are not to be worn at school or at any cheerleading function.
4. All practices-no matter what location will be CLOSED. No parents/guardians, siblings or friends are allowed at practice.
5. Attend all scheduled practices.
6. Arrive to practice at least five minutes early.
7. Cell phones are to be turned off and put away at all events and practices.

### Game Expectation

1. Attitudes must be positive and upbeat!! You must always be willing to work and cooperate at both practices and games. Do not bring your problems with you!!
2. Arrive 30 minutes prior to the game time. If you are late to a game, you may be benched.
3. Travel in school transportation to all away events.
4. Have complete uniform at the game. If you do not have the proper uniform, you may be benched during the game.
5. Remain in the cheerleading area during the game. You are to take care of personal business during half time.
6. Do not socialize with team members, players, or crowd members during the game.
7. Perform only the stunts that have been practiced.

### Parents

1. If a parent would like to speak to the coach about a serious matter, they are not to address this at an event. The proper protocol is to call or e-mail the coach at her place of work to schedule an appointment. Otherwise, it is up to the cheerleader to communicate to the coach about cheerleading matters.

**\*\*\*\*\*If the cheerleader fails to follow any of the above rules points will be deducted and there will be a possibility of removal from squad.**

**\*\*\*\*\*The coach and/or Clearwater R-1 School District reserve the right to add or change any parts of this document.**

My child, \_\_\_\_\_, has my permission to be a cheerleader at Clearwater R-1 School. I understand that she and I must abide by the rules and regulations set forth by MSHSSA and the Clearwater R-1 School District. I have read and understand what is required of my child to participate in cheerleading. I understand my child will be required to attend practices and scheduled events.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

I am a cheerleader at Clearwater R-1 School. I have read and understand what is required by me in order to participate in cheerleading. I promise to abide by the rules and regulations set forth by MSHSSA and the Clearwater R-1 School District. I promise to cooperate fully and to obey the directions set forth by the team's coach.

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_