

Stewarts Creek High School



Cheerleading

Guidelines

I. Purpose

It is the purpose of these groups to promote and uphold school spirit, to develop good sportsmanship among students, to support football and basketball programs at all school activities and strive to improve relationships in the community and between schools during all football, basketball, and competitive cheerleading events. Cheer Teams are open to all grade levels.

II. Duties and Responsibilities

Practice

- Practice will be set by the coaches.
- Summer Practices: You will have 2 Excused absences to use at your discretion. Must be approved by coaches in advance.
- School Practices: any missed practice must be approved by the coach before it will be excused. If you go home sick from school, you must notify your coach before practice starts. Failure to do so will result in an unexcused absence.
- Attendance to practice is mandatory. < 15 minutes = Tardy > 15 minutes = Absence
- Every three tardies to practice will be equivalent to one unexcused absence.
- Monthly calendars will be set in advance so personal schedules can be worked around practice. **Note: Practices may be added/changed on an as-needs basis without being on the calendar.*

Games

- Attendance to all scheduled games is mandatory.
- Being tardy to a game will result in extra conditioning. You are limited to 1 tardy without conditioning if < 15 minutes. Repeated tardies to games could result in loss of cheer time during games or removal from the squad.
- Monthly calendars will be set so personal schedules can be worked around games. **Note: Games/Activities may be added/changed without being on the calendar, including games changed due to inclement weather (weekends included).*
- Must abide by all TSSAA regulations and NFHS guidelines.

Fundraisers

- All squad members must participate in group fundraising activities. This is used to pay for new uniforms as well as hopefully offset the team fee.
- Failure to participate in a mandatory fundraiser will result in athlete not receiving financial credit for any portion of funds earned at missed fundraiser.
- You will participate in one fundraiser for Gameday: Winter Formal in December. More info to come at a later date.

Cheerleading Fees

- Game day attire will be purchased through Mary Michael and Varsity. You are responsible for paying the company directly. It will not be part of the team fee.
- A \$110 team fee will be paid to the school by August 30th for Football.
- A \$110 team fee will be paid to the school by November 1st for Basketball.
- If you cheer for both Football and Basketball, you will be responsible for both squad fees.
- The team fee includes, but is not limited to, uniform rental, bus rental, team gifts, and school cash online fee.

III. Safety Regulations

- A RCS faculty member will be present at all school practices.
- The squad will follow AACCA safety guidelines (www.aacca.org) per TSSAA.

IV. Expected Behaviors and Standards

- Hair must be completely pulled up at all practices and cheering events.
- Nail polish must be clear or not worn at all unless specified for theme of game.
- No gum allowed while in uniform or at practice.
- No jewelry (including body piercing) is to be seen while at official cheerleading functions.
- No tattoos are to show in uniform or at practice. They must be covered with tape.
- Cell phones must be on vibrate/silent during practice and games.
- All cheerleaders will go to their cheering formation before the one-minute buzzer in between halves or in between games. If a cheerleader is not back in time, she/he will sit out the rest of the game (This does count as a suspension).
- No refreshments are allowed on the floor/track while cheering.
- Any cheerleader not at school on a game day may not cheer that night and must sit with the coach/parent if attending the game. Attendance at school means at least half a day (12:00 noon).
- A cheerleader will not be allowed to leave for any reason during designated cheering time without a coach's approval.
- If a cheerleader becomes sick or injured at a game, the cheerleader must sit with the coach and may not take part in any cheers, chants, etc. for the rest of the game.
- All members must abide by the SCHS student handbook.
- Lack of participation due to injury or physical health must be accompanied by a doctor's note. Any injured cheerleader is still required to attend all cheer functions. Extended injury responsibilities are at the discretion of coaches and administration.
- Grades – Must pass all subjects every grading period. An F in a grading period will result in game suspensions until mid-progress, report cards, or until improved (whichever comes first).
- Failure to perform any cheering duties (dress code, appearances, etc.) will result in conditioning and/or being removed from participating in that game.
- Any behavior unbecoming of a representative of Stewarts Creek High School may result in suspension or dismissal as determined by the coaches and/or administration.
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V. Transportation

- It is the responsibility of individual parents and cheerleaders to provide his/her own transportation (ON TIME) to and from practice and home/in-county games.
- If a bus is provided to a game, Cheerleaders must travel together as a team to and from away games/events. Bus decisions at the coach's discretion.
- Any cheerleader who is late or misses the assigned transportation will not cheer at that event. This does count as a suspension.

VI. Uniforms

The school has purchased 3 new uniforms. Replacement pieces will be ordered as needed and all uniforms will remain the property of Stewarts Creek High School. Each individual cheerleader will pay a rental fee for use of the uniforms. Any alterations must be approved by the coach and should NOT involve any removing or lessening of the amount of fabric. All uniforms shall be kept clean and returned clean at the end of the season. Any uniforms not returned will result in the following consequences: Seniors will be added to the no pay list and graduation being held. Underclassmen will not be allowed to tryout for the new season if balance remains by the day of tryouts.

VII. Dismissal and Resignation

- If a cheerleader is dismissed or resigns from a squad at any point in the year, he/she is still financially liable for all costs incurred and/or committed at that time. This includes any future events where deposits have been made and costs have been divided among squad members.

VIII. Discipline

A cheerleader may be asked to stay after practice to run, condition, or cleanup for not adhering to certain expected behaviors.

Absences:

- All absences will be made up during set time by coach and athlete and will be equivalent to time missed. Otherwise, time missed will count as a suspension.
- Tasks may include but are not limited to: community service, lifting weights, running, conditioning, administrative duties, etc.
- Time cannot exceed 6 hours. Any time over this limit will result in suspension for the first home game.

Suspension

- A cheerleader may receive a game suspension(s) for not adhering to the duties and responsibilities or expected behaviors listed, ISS, OSS, any unexcused absence, not informing coach of known absence, etc.
- When a cheerleader is suspended, they must sit with the coach

Dismissal

- Any dismissal will be at the discretion of the coaches and/or administration.
- Dismissal from the squad could result in not being allowed to tryout for the next season.

IX. Demerit System

10 Demerits = Dismissal from the squad (or coaches' decision)

- 1 Being 15 minutes+ late to any cheerleading function, practice, or game, etc.
- 1 Being late to formation after halftime (one minute on clock).
- 1 Being late to formation at the start of the game.
- 1 Leaning against the wall in gym during a game
- 1 Talking in formation during the game
- 1 Talking to friends/parents in stands during games
- 1 Having gum or candy while cheering (practice or games)
- 1 Missing any items at a game (poms, bow, shoes, warm ups, etc.)
- 1 Dress code violation
(Hair not worn properly, wrong uniform or practice clothes, etc.)
- 1 Violation of the nail rule or jewelry rule (practice or games) per occurrence
- 1 Allowing anyone to wear any of your cheerleading clothing/items
- 1 Not wearing proper clothing to school on game day
- 2-5 Any instance of ISS or detention (for tardies or disciplinary reasons)
- 2-7 Attitude or behavior issues toward coach, captains, teammates, classmates, teachers, administrators, etc. (number will depend on severity of attitude & remains at coaches' discretion)
- 5 Any unexcused absence from practice, game, or cheerleading function
- 5-9 Suspension from school (OSS)
- 1-9 Coach's discretion for unexpected occurrences

Please print this page for future reference if you are selected for any SCHS Squad

****Coaches have the exclusive discretionary right to modify, amend, or interpret any of these guidelines at any time. ****