

Hamilton Southeastern Junior High

Cheerleading Handbook 2017-2018

Philosophy

Hamilton Southeastern Junior High sets high standards for its athletes and cheerleading is no exception. It is our belief that the leadership role cheerleading takes is one of great importance to the student body, school, and the community. It is our expectation that each cheerleader take this position seriously and respectfully. Cheerleading is an earned honor and a privilege.

As coaches, it is our goal to provide each athlete with a strong competitive cheerleading background, guide them to strengthening strong leadership skills, and create a positive role-model experience. Cheerleading is a very demanding and time-consuming sport.

For some, cheerleading is a year-round commitment. Cheerleading is a wonderful team experience that will create memories to last a lifetime.

SQUADS: Girls may try out for one or both of the following two.

Football: Cheerleaders cheering for the football season start practicing for camp after tryouts in the spring and finish their season in the fall.

Basketball: Cheerleaders cheering for basketball start practicing for camp after tryouts in the spring. Cheerleaders will attend camp and then resume practice in October for the basketball season. Basketball cheerleaders will be assigned to cheer for both the boys' or girls' basketball seasons and finish around the first week of March.

Duties and Responsibilities:

- All cheerleaders will create “panther spirit” throughout the school. This may include locker room decorations, locker decorations, pep rallies, and convocations.
- All cheerleaders will conduct themselves in a respectful and wholesome manner while participating in all school functions, games, and related activities.
- All cheerleaders will attend all scheduled practices and games unless excused by her coach. **Excused absences consist of death related activities (funeral), illness, and school sponsored recreational activities.** * See absences in Rules and Regulations*
- ALL CHEERLEADERS WILL ATTEND SUMMER CAMP
- All cheerleaders will abide by the rules and regulations set forth in the Hamilton Southeastern student, athletic, and cheerleading handbooks.
- All cheerleaders will be subject to a point system discipline program provided in the Rules and Regulations section of this handbook.

Dress and Uniform:

- All cheerleaders will follow the Hamilton Southeastern Junior High dress code set forth in the student handbook. Coaches reserve the right to ask cheerleaders to change what would be considered inappropriate dress without a point system penalty.
- All cheerleaders will be given uniforms at the beginning of their cheering season. It is the responsibility of the cheerleader to keep these uniforms in clean and good repair. Significant damage to any uniform will result in a replacement charge.

- Cheerleaders are **not at any time** to alter the uniform without the consent of the coach.
- Uniforms are to be returned at the end of the cheering season. All uniforms are to be cleaned before they are returned.
- All lost uniforms will be replaced at the expense of the cheerleader.
- Uniforms are to be worn **only to athletic events in which the cheerleader is cheering.**
- All cheerleaders are expected to follow dress/grooming rules as set up by IHSAS, ICC, NCA, and UCA governing bodies.
- Absolutely no jewelry at any time (practice or games). Tapping is not allowed. This includes hair ties on the wrists.

Practices and Games:

- All cheerleaders will be given a monthly calendar including all games and practices.
- **All cheerleaders are to attend all scheduled practices, games, and related activities.**
- All cheerleaders are to organize prompt transportation to and from practices, games, and related activities.
- All cheerleaders are to avoid scheduling doctor's appointments or trips that conflict with practices, games, or related activities.
- Injured athletes requiring a physician's care must provide a physician's release to resume practice and game participation.
- "Benched" cheerleaders will go to all games, dress in uniform, and will cheer from the stands.

Absences:

- Excused absences include personal illness, funeral activities, and school sponsored academic events.
- Tutoring should be scheduled around practices and games.
- Illness-Athletes must attend 3 periods of school in order to participate in sports that same day. SLT does not count as a period. Athletes out of school on a Friday will not participate in Saturday sport functions. Athletes leaving school due to illness need to leave a message with her coach concerning scheduled practices or games.
- All athletes are expected to attend school following an evening game or competition the previous day.
- Athletes incurring an injury must have a physician's note before being excused from any practice, game, or related activity.
- All cheerleaders must contact their coach concerning illnesses before missing any related activity.
- **Cheerleaders "excused" from Physical Education for medical reasons cannot participate in after school athletics.**

Appropriate Moral Conduct:

All students of Hamilton Southeastern Junior High are expected to conduct themselves in a respectful manner for themselves and toward others. It is also expected that any student in a leadership role demonstrate positive moral conduct at all times. The following acts

of deviant moral behavior will result in automatic removal from the cheerleading squad.

- Public consumption of alcohol, tobacco, or any illegal drug on school grounds or which has been reported to law enforcement authorities off school grounds.
- Acts of theft in any situation on school grounds.
- Public displays of inappropriate sexual behavior on school grounds.
- Any acts that would cause expulsion from school.
- Direct disrespect or bullying of any individual; student, teacher, or parent on school grounds or during any cheer activity

Discipline:

- All cheerleaders will follow IHSA, Hamilton Southeastern Junior High School, and HSJHS cheerleading rules governing their sport.
- All cheerleaders will follow a disciplinary point system for rule infractions.
- All accumulation of 10 points will result in a 2 week suspension from the squad followed by removal from the squad with the addition of any further rule infractions. Points may be assessed during the Summer/Spring practices and their cheering seasons. Football and Basketball are separate and are treated as such. Cheerleaders and their guardian(s) will be notified as to the status of their point accumulation

Participating in outside “All Star” Competitive Groups:

All cheerleaders are allowed to participate in and compete with community “All Star” programs as long as practice and competitive schedules do not conflict with that of HSJH Cheer program activities. The HSJH practice, game, and activity schedule always comes first and foremost. HSJH coaches will try to work with the “All Star” coaches when determining schedules. It is the responsibility of the cheerleader to get a schedule to their coach as soon as possible with regards to scheduling conflicts. “All Star” cheerleaders will be given one excused absence from games, practices, or activity to attend one **national** competition with their “All Star” squad.

**Hamilton Southeastern Junior High
Cheerleading
Disciplinary Point System**

Level 1 (1 point for each infraction)

- Missing or incomplete uniform
- Eating or drinking during game or cheering time (with the exception of water)
- Not fulfilling “spirit” responsibilities: fundraisers, locker decorations, posters, etc.)
- Gum at practice or games
- Inappropriate hair or nails
- Late transportation pickup from practices, games, or competitions.
- Use of cell phone during games or practice.

Level 2 (3 points for each infraction)

- Tardy to practice, game, or related activity
 - School detentions for tardies
 - Second incidence for level 1 infractions
 - Disregard for certain tumbling, jumping, and stunting rules
- ***This specific rule may also result in an imposed benching depending on the severity of rule violation.

Level 3 (5 points for each infraction)

- Unexcused missed practice
- **Unexcused missed game – cheerleaders missing a game with an unexcused absence will automatically be benched for the following game. Said cheerleader will report to the game in warm up or practice attire and help “cheer” from the sidelines. Cheerleader will also receive the 5 points.**
- School detention for behavior
- Public use of foul language (detention, referral, or coach)
- Blatant disregard for any HSJH rules stated in the student handbook
- Any teacher referral (to coach) about grades or behavior
- Any situation where a cheerleader is being blatantly disrespectful to a coach.

Additional Disciplinary Actions

- ISR (in school reassignment) will result in an automatic “benching” for one game and 5 points for each day in ISR
- Accumulation of 10 points during an individual cheering season will result in a 2 week suspension from the squad. Any additional rule infractions will result in removal from the squad.
- Inappropriate moral behavior as outlined in the cheerleading handbook will result in an automatic 10 points, thus a 2 week suspension.
- Bullying as defined by the school handbook and as outlined in the cheerleading handbook will result in an automatic 10 points, thus a 2 week suspension.
- School suspension will result in an automatic removal from the squad.