

Hamilton Southeastern Junior High Cheerleading Handbook 2019-2020

Program Overview

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 takes this position seriously and respectfully. HSE treats cheerleading as a Fall/Winter sport; therefore, the athletic department and coaching staff expect student-athletes to act accordingly. This includes frequency of practices, games, attitudes, and treatment of others.

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

*Football: Try-outs held in Spring. Cheerleaders cheering for the football season start practicing for camp after tryouts in the spring and finish their season in the fall.

*Basketball: Try-outs held in Fall. Basketball cheerleaders will cheer for both boys' and girls' basketball seasons and finish mid March.

Academics

All cheerleaders are students first and are expected to show academic excellence. Athletes with multiple missing assignments may be required to spend practice time completing assignments or be benched until the assignments have been completed. Additional grade checks will not occur on game day and cheerleaders are not to expect teachers to grade late or missing work at the last minute for eligibility purposes. Official grade checks are on Fridays only!

- More than 1 F on any Friday grade check results in “probation” for the following week.
- Anyone that is on probation during the final week the season is removed from the team and does not finish the season, and therefore is not eligible to receive certificate or any other end of season award from coaches.
- Anyone with MORE THAN 1 F on their official Quarter grade report will be ineligible to try out for the following season.

COMMUNICATION:

It is the responsibility of the CHEERLEADER to contact the COACH within the correct time frames, with any information or concerns.

The HSE cheerleading family is not complete without parent involvement; it is a critical piece to being a successful program. However, conversations about each athlete's status, position, and level of participation are private to the coaching staff and will not be discussed with parents or other team members.

Communication is a key part of the HSE cheerleading program. Coaches will create methods of contact to connect with both parents and student-athletes regularly. Our primary forms of communication are **email for parents** ppeters@hse.k12.in.us and **GroupMe for athletes. Athletes must download this app and keep notifications on!**

***The 24 hour rule: The 24 hour rule will be followed by coaches, parents, and athletes. If you have a concern you may contact your coach 24 hours AFTER becoming aware of the situation. We will discuss situations at that point to avoid emotional involvement from all parties. However, the student-athlete needs to talk to her coach FIRST, before the parent, and is welcome to do so at the end of practices or games. When this rule is followed, we teach the athletes responsibility and the majority of concerns are quickly resolved.**

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

- All cheerleaders will abide by the rules and regulations set forth in the Hamilton Southeastern student, athletic, and cheerleading handbooks.

Dress and Uniform:

- All cheerleaders will follow the HSJH dress code set forth in the student handbook.

- 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. Do not get new piercing during the season as you will be required to remove them.

Practices and Games:

All cheerleaders:

- will be given a monthly calendar including all games, practices, and related events they are required to attend. Cheerleaders are to bring the schedule with them to all practices and games. The goal is to help the athletes learn responsibility and time management.
- are to organize prompt transportation to and from practices, games, and related activities. **Cheerleaders are responsible for contacting a ride at half time of the B game** if their ride is not at the game
- 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:

Athlete must report to the COACH immediately.

- 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.
- Athletes incurring an injury or long-lasting illness, 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.

Attendance:

On Time means dressed, items put in designated area, and ready to cheer at the start time listed for each activity.

Student-athletes will attend all assigned events and will arrive on time.

Practice begins at the listed start time; this means that you must be dressed and ready with the mats set up

--Please notify the coaching staff immediately in case of any conflict. In cases of emergency, please contact the coaching staff as soon as possible.

Tardiness & Late Pick Up:

1st & 2nd Offense: Run one lap per minute you are late. Time ends when you are fully ready, out on the mat, warmed up, and have joined the team. This will be conducted at the end of practice after the team is released.

3rd Offense: Sit out the first quarter of your next game.

4th Offense: Sit out one half of your next game.

5th Offense: Sit out the next home game.

Missed practice:

1st Offense: Sit out the first half of your next game.

2nd Offense: Sit out your next game.

3rd Offense: Grounds for removal from the program.

Missed game:

1st Offense: Sit the next game. (may sit a designated number of quarters if full game is not missed)

2nd Offense: Grounds for removal from the program.

If you **go home ill from school**, we need to know ASAP so we can plan practice accordingly. Again, cheerleading is a team sport, so as soon as you know, we need to know.

Appropriate Moral Conduct:

Consequences could include running laps, conditioning, being benched, removal from the squad, etc.

- Missing or incomplete uniform
- Inappropriate hair (all hair in a pony tail) or nails (short/athletic cut for safety reasons)
- Use of cell phone during games or practice.
- School detentions
- 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.
- 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.
- ISR (in school reassignment) will result in an automatic “benching” for one game and possible removal from squad
- Bullying as defined by the school handbook and as outlined in the cheerleading handbook will result in an automatic benching and possible removal from squad (this includes social media and texting)
- School suspension/expulsion will result in an automatic removal from the 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. (automatic removal from the squad)
- Acts of theft in any situation on school grounds. (automatic removal from the squad)
- Public displays of inappropriate sexual behavior on school grounds.

Participating in outside activities and “All Star” Competitive Groups:
HSE Cheerleading encourages student-athletes to be involved in the school and community outside of our sport. **However, HSE Cheerleading must be**

the first priority. The coaching staff will make all efforts to ensure practice schedules and times do not change. All athletes participating in another activity need to provide the coaching staff with schedules and information immediately. Providing us with this information allows us to assist the student-athletes in time management and fulfilling all of her commitments. An effort will be made for HSE Cheerleaders to be allowed to participate in HSE Cheerleading as well as all-star, provided we have the schedule before the season starts.

Speak with us individually about your involvement with all-star cheerleading or club sports. The policy has changed from the 2018-2019 season. Please send us an email of what all-star gym or club sport you are choosing or may choose to be a part of for the 2019-2020 season when you get home tonight. It is the responsibility of the CHEERLEADER to email coaches their schedules as soon as they have them in hand.