

Cheer Disclosure 2015-2016

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Being a cheerleader is an honor and a privilege. Cheerleaders of Salem Hills High School are leaders of the school and representatives of our community and therefore will be held to a higher standard. As such, strong character and high morals are greatly valued and essential for the girls we select for the team. Cheerleaders are expected to be honest, hardworking, and upstanding citizens. In connection with the cheerleading agreement, this document explains the expectations and grading rubric for the cheerleading class here at Salem Hills High School.

We feel fortunate to be a part of the Salem Hills High School Cheer program. There is nothing more rewarding than watching these young ladies work hard to accomplish great things both personally as well as a team. The rules are in place to help ensure every member of the cheer team have the best experience possible. We coaches grow to love these girls like our own and want each one of them to succeed in cheer as well as in other areas of life.

GRADING SCALE

Grades are calculated on a simple point percentage. The letter grade for the cheerleading class is based on the following scale:

A	94%-100%	B-	80%-82.9%	D+	67%-69.9%
A-	90%-93.9%	C+	77%-79.9%	D	63%-66.9%
B+	87%-89.9%	C	73%-76.9%	D-	60%-62.9%
B	83%-86.9%	C-	70%-72.9%	F	Below 60%

- Cheerleaders must maintain a 3.0 GPA throughout the year. If a cheerleader falls below a 3.0 at end of term, she will be placed on probation and not allowed to cheer until grades are checked again at mid-term. If her GPA remains below 3.0, she will be removed from the team.
- If by chance a cheerleader earns an F in cheer class, she will be asked to leave the squad. Each game, fundraiser, team night, and other required event is worth 20 points and all practices are worth 10 points. If a cheerleader is prepared, on-time, and on-task, she will receive all 20 points. If a cheerleader misses a game, practice, or other required event she will lose all participation points for that event. Forms such as physicals, camp release, etc, will count as assignments each worth 10 points. Points earned during the summer will go on first terms grade. All points are recorded at the time of the event and may be accessed at any time.

ATTENDANCE

- **Cheerleaders are expected to be at all required cheer events.** Being a member of the cheer team is a huge responsibility and time commitment. If you make the team you are EXPECTED to attend all practices, games, and cheer events. The success of our team depends on every member being dedicated and present. Failure to do so affects the team and will ultimately affect the cheerleader's grade. Please do not schedule activities that will conflict with cheer responsibilities. Cheerleaders will only be excused for the following reasons: medical or family emergency, severe illness with doctor's note, school duty or functions, missionary or military homecoming, immediate family wedding. Team members will not be excused for the following reasons: dentist appointments, drivers' ed., employment, dance, family activities, recreational activities or other commitments that could be scheduled at a different time. If a cheerleader is going to miss an event for any reason, she or a parent/guardian must notify the coaches at least a week BEFORE the event; otherwise she is unexcused. (DO NOT tell another cheerleader to pass on a message to the coach or this will be considered unexcused). If a cheerleader misses a game, she will lose participation points as explained above, and she will be required to sit out of the next same type of game and will not be allowed to perform during the game's half time. For example: if a cheerleader misses a football game she will lose 20 points and have to sit with the coaches at the next football game, and will also have to sit during the half time routine. If a cheerleader misses more than four games or required cheer events (games, team nights, school functions, etc.), she will be put on probation and not allowed to cheer for a time period determined by her coaches and the SHHS administration. If a cheerleader misses more than six required cheer events she will be asked to leave the team.
- **Summer Practice Attendance is Mandatory.** It is crucial that we have every member of our team attend practice during the summer because it is when we work on stunting, tumbling, routines, etc. for the fall sports season. Missing practice affects the entire team and makes our practices less effective. Cheerleaders who miss more than 3 days of summer practice will lose 10 participation points for every day of practice missed and will have to sit out a quarter for every practice missed of the first home football game under the lights. Cheerleaders will be given a grade for their summer practice that will count for half of their first term grade. Cheerleaders will be given the opportunity to earn points back for practices missed as follows: For the first practice missed she will have the opportunity to earn all 10 points back. Second practice missed she can only earn 5 points back. If she misses three or more practices during the summer she will not be allowed to earn any of those points back. We will not be offering extra credit to earn these missed points back at the end of the term, so please be aware of attendance and plan to be at practice.

- **Practice during the school year is mandatory.** We will have early morning practice most every day of the school year. These practices are mandatory as well and girls are expected to be at practice. Cheerleaders who miss practice will lose participation points. Cheerleaders will be given the same opportunity to earn points back that they are during the summer. For the first practice missed she will have the opportunity to earn all 10 points back. Second practice missed she can only earn 5 points back. If she misses three or more practices during the term she will not be allowed to earn any of those points back. I will not be offering extra credit to earn these missed points at the end of the term, so please be aware of attendance and plan to be at practice.
- **Cheerleaders are expected to be on time. We will not tolerate excessive tardies this year!** Beginning the first day of summer practice girls will lose 5 points every time they are late for any practice or cheer event. Even one minute late still means you are late, so it is better to plan on arriving 5 minutes early. For every 3 tardies girls will be required to sit one quarter of a game as well as lose 5 participation points per quarter she has to sit. Tardies accumulated throughout the summer will be recorded and loss of game privileges will begin with fall sports. Once school begins, using cheer as an excuse for 2nd period tardies will NOT be tolerated this year! Team members have plenty of time to get ready after practice and in the rare event we do keep them longer, we will always excuse the tardy with their teachers. If a cheerleader continues to be tardy, and continues to lose points and game privileges, she may be asked to leave the team.
- **Team nights will be held often.** Attendance to team night is not optional. This is a time for the team to build unity, school spirit, friendships, and fun. Girls will be notified of team nights at least a week in advance and we will try to take into consideration everyone's busy schedule.

GAME TIME EXPECTATIONS

- Cheerleaders are expected to be at all required games. During the fall sports season football games are **usually** held on Thursday & Friday and Volleyball on Tuesday and Thursday. During winter sports season basketball games are **usually** Tuesday and Friday and wrestling is on Thursday. We will not have the official fall sports schedule until late summer and the winter sports schedule until mid November. Game schedules are always changing and we are subject to accommodate all last minute changes.
- Cheerleaders are required to sit and cheer as a team. If varsity is cheering, JV & Sophomores are to STAND in block & cheer, & vice versa.
- Cheerleaders are not to sit with friends or boyfriends while in uniform or at a cheer event.
- Cheerleaders are to refrain from "PDA" while in uniform. We are leaders expected to do a job. When walking into a gym or onto a field, cheerleaders are expected to conduct themselves in a respectable manner.
- Cheerleaders are not to leave the game without clearance from coaches. This includes bathroom breaks. We know this may sound excessive, but excessive breaks have become a huge problem in the past. Girls also need to bring a water bottle to each game as they will not be allowed to run to the drinking fountain multiple times. This will eliminate the problem of girls being out in the hall getting a drink or talking to friends when we are trying to do stunts for time outs.
- Cheerleaders are required to ride to and from games with their squad. They will ONLY be released to a parent if that parent is present to take their cheerleader with them. A phone call from a parent excusing the cheerleader will not be allowed. They MUST be in person.
- As of now, we will only travel to away varsity games for football.

ATTIRE/UNIFORM

Appropriate clothing must be worn to practice, i.e.: gym shoes, shorts, and a modest t-shirt or tank top (If we can see too much skin or bra, then it is NOT modest). If a cheerleader must be asked to put her shoes on or change her clothing, she will lose 5 points. Hair must also be pulled back for the entire practice and not doing so will also result in a 5 point loss. Hair MUST be pulled back the ENTIRE TIME IN UNIFORM EVEN WHEN IN BLOCK. Hair must be pulled back before unloading a bus or entering any game.

Cheerleaders will be expected to come WITHOUT ANY jewelry, gum, glitter, or acrylic nails to practice and games. If we have to ask a girl to remove any of these items, it will result in a 5 point loss to her score.

If a cheerleader forgets part of her uniform, i.e.: bow, poms, liner, etc. she will not be allowed to cheer and will lose points for being unprepared.

If uniforms or other official cheer clothing are worn to a non-cheering event, a girl will not be allowed to participate at the next event, and will lose 20 points for sitting out.

Cheerleaders are to wear cheer when exiting the bus or entering the gym/field for cheer events. NO boots, slippers, or other shoes are allowed while at practice or while cheering in uniform. This will also result in a 5 point loss.

Cheerleaders will need to bring a pair of running shoes everyday to practice.

The only jacket a cheerleader can wear while in uniform is the SHHS warm-up jacket or team hoodie. No hoodies are to be worn under your uniform unless decided as part of the uniform.

PARTICIPATION

- Every practice is worth 10 points towards their grade. Every game is worth 20 points. However, points will be deducted for excessive talking, tardies, switching assigned positions without permission, goofing off, and wearing jewelry of any kind.

- Cheerleaders will be required to participate in workouts that will consist of cardiovascular, running, and strength training. If the cheerleader chooses not to participate in the workout or is dishonest in completing the team workout, her score will result in a 10 point daily loss. If there is a recurring problem, the cheerleader may be asked to sit out at upcoming events. Not participating in team workouts hurts the team and it will set the cheerleader behind. This may also result in her not being eligible to participate in upcoming halftime routines.
- Every Monday girls are required to have their tardies cleared and a slip signed by the attendance secretary. This will begin once school starts in the fall.
- Cell phone use IS NOT allowed during any practice, game, fundraiser, or event of any kind. The phone will be taken away until the event is over, as well as a 5 point deduction.
- Assignments are worth 10 points and turning them in late will result in receiving only 5 points.
- If a cheerleader becomes injured or has a physical limitation that is interfering with workouts and cheer practice, she will be required to get a Doctor's note clarifying the injury and how long she will be out of participating in cheer. The doctor must also list any limitations and the amount of time the cheerleader may be limited. A release must also be obtained, BY THE SAME DOCTOR, before she is able to participate again in cheer. She is still however required to attend all practices, and cheer related events through the injury rehabilitation period.
- She WILL NOT be allowed to use her phone/iPod/etc., or sit by and visit with friends during cheering events.

POINT RECOVERY

- Points can only be recovered if they were taken away for an excused absence and falls into one of the following categories: medical or family emergency, severe illness, or school duty functions. This does NOT include the following: dentist/doctor appointments, drivers' ed., employment, dance, family activities, recreational activities, or other commitments that could be scheduled at a different time.
- There will be opportunities to earn points back and the coaches will determine what needs to be done and how many points each task will be worth. Please keep in mind that it is going to be harder to earn points back than it is to receive them in the first place and with each absence the opportunity to earn back full points lessens.
- Cheerleaders will be given the opportunity to earn back all points lost for their first excused absence. The second excused absence she will only have the chance to earn half of the points back. If she misses three or more events she will not be able to earn any participation points back and may be required to meet with administration to discuss possible dismissal from the team. No refund of any kind will be given to a cheerleader if she is dismissed from the team for not abiding by these guidelines. Please do not try out if you are unable to commit to the responsibility of being a cheerleader!

LOSS OF PARTICIPATION

- Uniforms will not be released to the cheerleader until her account is paid in full.
- If a cheerleader misses a class for any reason on a game day or is caught intentionally missing class, she will not be able to cheer at any of the games that day. Cheerleader may be excused for necessary doctor appointments but must notify coaches first and bring doctors note to attendance secretary.
- Cheerleaders must maintain eligibility to participate in all activities. This means she cannot have any unexcused absences or tardies up through the week prior to the event, or she is ineligible. She WILL NOT be able to cheer until these have been cleared.
- Excessive absences, intentionally missing class, inappropriate language and behavior, theft, vandalism, and recurring disciplinary problems are NOT ACCEPTABLE and WILL NOT BE TOLERATED! First offenses will result in probation. This means the cheerleader involved will be on probation from ALL cheer related activities for one week. This WILL have a negative impact on her grade because of participation points lost. If a second offense occurs, the cheerleader will be removed from the squad.
- Cheerleaders who use social media of any kind will conduct themselves in a respectful manner to themselves, their team, school, administrators, and coaches. Disrespect, bullying, threats, and negative posts regarding team mates, coaches, athletes, students, or any person will result in immediate elimination from the team. Provocative pictures posted of cheer team members wearing bikinis or lingerie posted on their own account or a friend's account will not be tolerated and will result in points lost affecting their grade. If it occurs repeatedly cheerleader and parents will need to meet with administration to discuss punishment and possible elimination from the team.
- Anytime a cheerleader loses the privilege to participate, she is required to sit with the coaches in uniform, and cheer with the cheerleaders.
- If a cheerleader chooses to leave the squad or is dismissed, she may not return to the SHHS cheer squad and will not be refunded any fees or money paid for cheer expenses.

CHEER EXPENSES

- The District has recently increased the amount allowed to charge out of pocket to \$800 and the additional participation fee to \$60.

- Cheer camp will be held July 8th -11th at the Convention Center in Provo. This will be an elite stunting/tumbling camp. Because this is an additional expense, it is optional. However, we highly recommend it. This is a time where the team unites and bonds. The cost is \$375 per girl. Full payment for camp must be paid by May 30th. Girls will not be allowed to attend camp if amount is not paid in full.
- All cheerleaders should have some form of health insurance. Like any athlete, cheerleaders take the risk of injury. Care and treatment for all injuries and accidents are the parents' financial responsibility.

FUNDRAISING

- As a cheer team, we try to support all of our athletes, student body, clubs, etc. We do not receive a budget from the school to pay for paper, ink, tape, treats, balloons, ribbon, welcome baskets, bags etc. We also fundraise for camp/practice clothing, team nights, competition fees, team treats, and other necessities. This is why it is so important for all cheerleaders to be involved in our fundraising efforts.
- Fundraising efforts and ticket sales will determine the percentage earned for expenses. For example, the girls have the opportunity to sell tickets to our auction dinner. If they only sell half, they will only receive 50% of the earned incentive.
- The \$800 covers uniforms, poms, shoes, spunks, and warm ups. Everything else we fundraise for, ex; liner, camp clothes, lettering, bags, and hoodies, etc. If you choose to not participate in fundraising you will be required to pay for these items out of pocket.
- Our silent auction and dinner fundraiser has become very successful. We use a lot of the money raised towards competition fees in and out of state. In the past 2 years we have raised enough to help offset the out of pocket expense of travel.

COMPETITION

- First and foremost SHHS cheer focuses on supporting our High School teams and activities. However, competition gives our team a great bonding opportunity as motivation to improve our skills.
- Cheerleaders must inform the coaches on the first day of practice if they are not planning to participate in out of state competition. All Region and State cheer competitions are a privilege and mandatory for our team as a whole. They will be held in December, January & February. Practice may be held over Thanksgiving/Christmas break as coaches feel necessary.
- Cheerleaders will try out for placements in the competition routine. Coaches reserve the right to make changes to positions, stunt groups or placement. Parents please do not question coaches or choreographers on their placement or changes made to routines. If there is a serious concern you may contact administration and set up a meeting with coaches, parents, and cheerleader to discuss the problem.
- There is a possibility our team will move on to an OUT OF STATE competition. This may require a Sunday performance. If you do not want to participate on Sunday, we understand, but we will require that we be notified by the first summer practice so that placement can easily be adjusted.
- If we do have the opportunity to travel to an out of state competition, we welcome and encourage parents to attend and support our cheer team. However, these trips are school approved cheer trips and the cheerleader will be required to travel, sleep, and spend majority of the time with the team.
- The Nebo School District has recently raised the out of pocket fees allowed for travel to \$1,000.
- ACT Testing: We ask that you plan on taking the ACT before or after competition season. The ACT is being administered on 9/12 & 10/24. Seniors needing to take the ACT for scholarship applications please plan to take the ACT on one of these dates. We will not rearrange competition schedules or practice based on ACT Testing Dates in December and February. Please be aware of this request and plan to take the test.

I know this may seem like a lot, and some guidelines or rules may seem harsh, but remember that as a cheerleader, each girl represents our school and our community. All rules are in place to provide safety and to uphold our reputation. We want each girl who makes the team to succeed and have a positive experience. We ask that you respect our decisions as coaches and do not question the placement of girls in routines or formations. If your daughter has a question or concern regarding cheer we ask that you encourage her to talk with us, her coaches, herself. We will not be taking personal phone calls from parents regarding cheer issues this year. If there is a serious concern that you feel needs to be addressed, we ask that you email us and set up a time where we can meet with you, your daughter, and our administration to discuss and resolve the issue. We love these girls like our own and want them to have the best experience possible and appreciate your support.

Sincerely,

Coach Simmons & Coach Best

Being a member of the SHHS Cheer Team is a huge time commitment. We want to make sure parents and potential cheerleaders understand what is required and expected of those who make the team. Please read and initial each section of the disclosure and sign below. Girls will not be allowed to tryout until this entire form has been completed.

I, _____, have read and understand the above expectations and corresponding consequences if the expectations are not met. I will accept the consequences of my actions if I do not live up to the standards place before me as a Salem Hills High School Cheerleader.

Student Name (printed)

Student Signature

Date

Parent/Guardian (printed)

Parent/Guardian (signature)

Date

Parent/Guardian contact information:

Email address --This will be used often to send home reminders and information. Thanks!

Work or Cell Phone Number

Home Phone Number

Please feel free to write any questions, comments, or concerns below.