

August 7, 2023

Dear Parents/Guardians:

I want to welcome you to the 2023 Football Cheerleading season. My name is Kris Mitchell and I am the head coach. My daughter, Abby Mitchell is an assistant coach and choreographer. We are looking forward to a great season with your daughter.

Attached is a copy of the rules and a contract to be initialed and signed, If at any time you have an issue that you would like to discuss, please do not hesitate to contact me at Dummer School, 786-8498. You may leave a message, and I will get back to you as soon as I can. You may also contact me via e-mail at [kmitchell@sandwich430.org](mailto:kmitchell@sandwich430.org). If you have not joined the parent WhatsApp yet, please do so. This is an easy App for me to send out messages, for you to get ahold of me, and for you to talk with the other cheer parents. The contract and squad sheet must be returned by Wednesday, August 16th. If it is not, your daughter/son will not be allowed to practice until it is turned in.

You will find a copy of our practice and game schedule. Please know that at times we may need to adjust the schedule, but you will be informed ahead of time. For the most part the schedule will be followed.

The Sandwich School District does not allow students to ride with another person, or allow a note to be used to inform the coach that the student is leaving the event with someone else. Per policy, in addition to the aforementioned, I will continue to have my own transportation procedures regarding travel, including but not limited to, asking for an athlete to ride to and from an event as a team. Please know that in order for your student to leave from an away extra-curricular event, they must be signed out at the event only by their parent or legal guardian. I will have a sign out form that you will need to fill out. Otherwise, the student will be expected to be transported back to school on the bus after the event.

Finally, **academics** are our number one focus. Your continued support and encouragement of your student being the best **student** athlete they can be is greatly appreciated.

Feel free to review the District's athletic handbook located on our website at [www.sandwich430.org](http://www.sandwich430.org). Once again, welcome to the season. If at any time you have a concern or suggestion, please contact me. I appreciate your input.

Kris Mitchell

## FOOTBALL CHEERLEADING 2023

### RULES AND GUIDELINES

The following is a format of how the Football Cheerleading squad will be run during the 2023 season. All cheerleaders are expected to abide by the guidelines that have been established. The consequences for failure to do so will be enforced.

### PRACTICES

1. A practice schedule for the season will be given to each squad member. If the schedule is lost, it is the responsibility of the cheerleader to get another copy. Any changes will be announced at practices, during school announcements, or by text.
2. Wear practice clothes - NO jeans or school clothes will be allowed. You must also have cheer shoes. You will not participate in practice if you don't have practice clothes or shoes. This will be considered unexcused.
3. Wear no jewelry of any kind - take it off BEFORE practice!
4. NO gum, food, or pop while we are practicing!! You may have water or sports drinks.
5. If we are practicing inside, EVERYONE must help get the gym set up, THEN you may go change clothes for practice. You will warm up as a squad. There will be people assigned to lead the warm up. Warm up will begin at 3:05. You must be ready and you must take part in the warm ups. I will be informed if this becomes an issue, and there will be consequences. I will be at practice by 3:15 and everyone should be ready to start.
6. You will listen to and follow any instructions given by the coach or individual teaching a cheer, dance, or stunt.
7. PARTICIPATE!!! Practice is not for discussing what happened in school, what you did over the weekend, or fights that you are having with friends/boyfriends.

### GAMES

1. HOME GAMES - be at the school at the specified time. You will be told at practice what time you will need to be there.

AWAY GAMES - be at the school at least 15 minutes before the bus is scheduled to leave. As soon as I get a schedule, you will be given one.

2. You will wear your uniform to school on Friday unless you have been told otherwise in practice. Your uniform consists of the shell, skirt, under armour, BLACK spankies, (or tank and skirt for hot weather) and cheer shoes. You may NOT wear flip flops, moccasins, boots, Crocs, etc.
3. Wear no jewelry of any kind!!
4. Stretch and warm up completely with the squad before the game.
5. Do not chew gum. You will have to spit it out!
6. Games are for cheering - not practicing or socializing with your squad or friends in the bleachers. When you are on the track you will not "goof around". You will only gain respect for what you are doing if you act like you deserve it. If you make a mistake during a cheer - keep going. If you make a big deal out of it, so will everyone else. You need to pay attention to the game when you are not cheering.
7. Keep all personal disagreements out of the game. If you are having trouble getting along with another squad member - **STAY AWAY FROM EACH OTHER!**
8. ANYONE can start a cheer!! You do not need anyone else's permission (unless you're not sure if we're on offense or defense).
9. You must ride to the games on the bus. You may ride home from the game with YOUR PARENTS. They must sign a form with me at the game before you will be allowed to leave with them. If special arrangements need to be made, parents will need to contact Mr. Gipe in advance.

## ABSENCES

### EXCUSED

1. Illness - please call or leave a message for me if you are absent from school on a practice or game day. You can leave a message for me at Dummer or you can leave me a voice mail or text. Anytime you need to contact me in the evening please do so before 9:30.
2. Family emergency or Family trip- contact me.
3. Getting extra help or making up tests or quizzes - Please try to schedule this for times other than during practice, but if you must do it then you need to bring a note from the teacher.
4. Other absences will be judged by the coach. I understand that things do come up, and I will be understanding. You **MUST** come to me or call me to explain the situation, or I may not excuse the absence.

5. Please try to make sure that you schedule doctor, dentist, orthodontist, etc. appointments at times other than practice!!!! If it is unavoidable, please let me know in advance!

### UNEXCUSED

1. Work - Practices are scheduled and you need to let your employer know when you are unavailable.

2. Driving for Driver's Ed - It is your responsibility to let them know when you can not drive.

3. School detentions or suspensions - This is an unexcused absence for the whole practice. If you have a detention, try to make alternate arrangements to serve it!!

4. Not showing up for practice without any kind of prior notification. I am just a text/phone call away. Please talk to me if you must miss practice, or if you will be late. You can let someone else on the squad know and they can give me the message if you can't reach me.

5. The coach has final say in whether or not an absence will be excused. Again, I will be understanding, but only if you come to me ahead of time.

What happens if the rules are not followed?

1. You must follow all of the school district rules that are in the athletic handbook. Any infraction of these rules will be handled by the school.

2. You must follow eligibility guidelines. If you are ineligible you will not be cheering. If you are ineligible for three weeks in a row, you will be removed from the squad. It is not fair to the others to not know if you will be able to cheer every week.

3. You must ride the bus to the game. If you miss the bus you will not cheer at the game. I expect you to contact me immediately - if you are running late let me know and I can hold the bus. You may ride home with your parents, but they must come to me at the game and sign you out. All cheerleaders are expected to be at both games. You may not leave early or come late. Exceptions may arise, but you need to come to me ahead of time.

4. Infractions of the rules that have been set up for the squad will result in not cheering at a game during that week.

5. If you have to sit out of three games for disciplinary or academic reasons, you will be removed from the squad. Again, it is not fair to the rest of the squad to not know when and if you are going to be able to cheer.

I have not set up these rules to be mean, nor do I expect to have to use them. In my experience it is best to let everyone know what is expected and there are very few problems when that is done.

I look forward to a great season!

Please make sure you contact me if you have any questions.

### **Contact Information for Kris**

**Address: 1019 Sandhurst Drive**

**Phone: 815-970-4634 (you can text me)**

**School: 815-786-8498 (Dummer)**

**e-mail: [kmitchell@sandwich430.org](mailto:kmitchell@sandwich430.org)**

## SQUAD MEMBER INFORMATION SHEET

Name:

Address:

Phone Numbers (yours)

Home:

Cell:

E-Mail (other than school):

Parent(s) work phone number(s) and/or cell numbers

Who to contact if case of emergency (other than parents - I will try them first)

1.

2.

Insurance Company:

Policy Number:

Medications taken regularly:

Allergies:

Any other information I should be aware of:

# Sandwich High School Cheerleading Contract

Please read through each statement and initial each one.

Parent

Cheerleader

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I understand that practices are mandatory. If an athlete is absent from two practices during the week due to illness or injury, she/he will not cheer at the game that week. If an athlete has an unexcused absence during the week, she/he will not cheer at the game that week.

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I understand that appropriate clothes and shoes are necessary for practice. If an athlete does not have practice attire or shoes she/he will not be allowed to practice and this will be Unexcused.

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I understand that the sideline cheers were taught during the summer and videos were available on the Google Classroom page that all team members were invited to join. If an athlete does not know the cheers that will be done on the sidelines she/he will not be able to cheer at a game until the cheers are learned.

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I understand that IHSA has rules regarding fingernails and jewelry. Fingernails must be no longer than the tip of the finger. If nails (fake or real) are past the fingertip they will have to be cut/removed. If nails are polished, it must be with a neutral color. The only jewelry allowed are earrings that rest against the ear. No necklaces, bracelets, anklets, watches, etc!

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I understand that the uniform is the property of the high school. Each athlete will be issued one uniform. It must be kept in good condition. It should be washed after each use. it must be washed in cold water and hung to dry - never put it in the dryer!!!! Athletes are responsible for the uniform and must make any repairs in the event of damage or replacement if it is lost or not returned.

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I understand that all pieces of the uniform are required for games. If an athlete is missing any part of the uniform she/he will not cheer at the game.

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I understand that all athletes must ride the school bus to and from any games held at a different school. Parents may take their own child home from a game. In special circumstances alternate arrangements can be made with the approval of the Athletic Director. This **MUST** be done prior to the end of the school day on the day of the game.

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I understand that athletes are a visual representative of SHS. All social media accounts must maintain appropriate posts. We see most accounts, and if we don't, inappropriate posts are always brought to our attention. The coaches are required to report infractions of the handbook rules to the school

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I understand that phones will not be allowed during practices or games. All phones will be placed in a "phone box" at games (or given to a parent if you prefer). They will be allowed during halftime and the quarter off only. At practice they may be kept in a bag unless it becomes an issue. If there is an emergency and contact needs to be made, parents may contact the coach.

I have read and understand the rules/guidelines for the 2023 football cheerleading squads. I understand the consequences that will be enforced in the event that a rule is broken.

I feel my daughter/son can abide by these rules.

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Parent Signature

I agree to abide by these rules.

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Cheerleader Signature