

**WINTER CHEERLEADING**  
**2021-2022**  
**RULES AND GUIDELINES**

The following is a format of how the Winter Cheerleading squads will be run during the 2021-2022 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. You are a part of the athletic program and will be given a larger locker in the locker room. Keep extra practice clothes and shoes in there.
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. 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.
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. Be at the school at the specified time. You will be told at practice what time you will need to be there.

2. We will not always wear our uniforms to school on game days. The squad will decide at practice the day before what we will be wearing. Hair must be worn up and out of the face for games. Long bangs must be pinned back.

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 sidelines 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.

## Competition

\*\* Please remember that changes to the routine and individuals performing on the floor are at the discretion of the coach. The coach will make those decisions based upon what is best for the squad.

1. Bus times will be given at practice. You must be on time!!
2. Bring ALL uniform pieces, shoes (DO NOT WEAR THEM), bow and hair stuff, and make up with you. Pack your bag the night before using your checklist.
3. You must ride to competitions on the bus. You may ride home from the competition with YOUR PARENTS. They must sign you out before you will be allowed to leave with them.
4. While at the competition please stay with at least one other cheerleader at all times.
5. Everyone is expected to attend the awards ceremony together and cheer on the other teams no matter how we place.

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

4. If you have to sit out of three games for disciplinary 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)**

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