

Carlisle High School
PARENT/STUDENT CHEERLEADING AGREEMENT

For Parents: Your agreement indicates that you

- Understand that your child will have to assume some risk of physical injury or harm to participate on the squad, but willing to assume that risk.
- Understand there are financial obligations involved as spelled out in the constitution.
- Understand that failure to follow the cheerleading rules and regulations will mean consequences or dismissal from the team.
- Agree to abide by the decisions of the coaches, principals and administration.

For Students: Your agreement indicates that you

- Have read and understand the rules and regulations governing a Carlisle cheerleader.
- Understand that I may face consequences or be removed from the squad if I do not maintain the high standards expected of a squad member.

Purpose: To promote interest, enthusiasm, sportsmanship, and cooperation among the student body of Carlisle toward the athletic programs.

Membership

- A. The number of members on the cheerleading team will be determined by the cheerleading team coaches.
- B. Number of squads (i.e. having a Junior Varsity and Varsity) will be determined based off number of students trying out and quality of students trying out.
- C. The cheerleading coaches will make a decision on new members if the need arises.

Requirements

- A. Pleasing personality and ability to work well with others. Carlisle cheerleading is a TEAM sport and we will conduct ourselves as a team at all times.
- B. A cheerleader must maintain an overall 2.0 (C) average in school or meet Academic Support guidelines. It is preferred (but not required) that cheerleaders strive to be honor roll students as leading by example in the classroom will show others how to lead by example. When a cheerleader does not have a 2.0 (C) average or meet Academic Support guidelines the cheerleader will have to participate in weekly study halls prior to practice on Wednesdays. **You are a student-athlete which means you are a student before you are a cheerleader.**
- C. Must be prepared to work on fundraising projects and do their part in raising money.
- D. Think seriously before joining clubs, sports, or part-time jobs since cheerleading is a very demanding sport, requiring a full team effort. Please feel free to talk to the coaches if you have questions about this.
- E. A cheerleader must attend workouts during the summer and participate in community activities such as community service.
- F. Must be financially prepared to meet all cheerleading expenses during the year. If there are concerns regarding these obligations please email the head coach.
- G. A physical examination is required to participate in cheerleading of all squad members. The dates will be provided. Parents must complete INFOSNAP for your cheerleader prior to the start of camp. Cheerleaders must complete the concussion questionnaire prior to the start of pre-season. Failure to do either of these will result in dismissal from the squad.
- H. Cheerleaders must have family health insurance.

Physical Fitness Requirements

- A. Cheerleading is a sport, and stunting requires a certain amount of strength and stamina from each member of the group. With that in mind we will be introducing a physical fitness regimen for the team to continue all year.
- B. Once the season begins, we will be doing workouts and stretching as part of practices. You must participate in these workouts to cheer at events.

Fundraising

- A. Each cheerleader will be required to participate in fundraisers decided upon by the coach and booster club.
- B. It is required for at least one parent to work in the concession stand.
- C. We will be doing fundraisers this year for all 3 seasons.
- D. There will be an individual fundraiser to help offset the costs associated with cheerleading.

Appearance and Uniforms

- A. **NO JEWELRY of any kind will be worn during practices or games.** This includes all piercings that can be seen. If a piercing is covered it is okay but be careful!! We will NOT be reminding you of this before every game and practice.
- B. NO GUM.
- C. Put hair up *before* practices and games.
- D. Hair color; We understand that you may want to experiment with hair color so before you make any major changes please talk to the head coach.
- E. Make-up should be neat and conservative. Personal hygiene should be maintained at all times.
- F. **NO POLISH** should be worn. Fingernails (*real or false*) need to be kept a reasonable length (*no longer than fingertip length*) for safety reasons.
- G. NO CELLPHONES during practice or games. If a parent needs to reach you for an emergency they can call the coach. Coaches will have their cell phone available for this purpose.
- H. Keep uniforms neat and pressed and keep shoes clean.
- I. Wear **only** the designated uniform to event for which it is required (briefs, shoes, bodysuit, and socks also are classified as part of the uniform). *Selected cheerleading shoes and bloomers must be worn at all times when the uniform is worn.* We should NOT be able to see your sports bra straps.
- J. Wear the designated "outfit" to school the day of games. The type of outfit will be determined by the coaches and captain/co-captains the practice before the game. This designated outfit will be either the team warmup or jeans and a cheer shirt. Hair must be done and make-up must be natural in appearance (if make-up is worn).
- K. Each cheerleader will be held financially responsible for damaged or lost uniforms and equipment.
- L. All uniforms, bags, and poms are school property and must be returned at the end of the season cleaned and in the same condition that they were issued (taking into consideration normal wear and tear) unless purchased by individuals.

Transportation

- A. Cheerleaders must be able to provide or secure transportation to all home games, practices, and any other activities.
- B. The school will provide transportation to all away games and tournament games.
- C. All cheerleaders must go to away games and return as a group
- D. Parents must have prior approval from the athletic director to take their cheerleader home from away games.
- E. Students **MUST** be picked up from practices and games on time!
- F. Coaches will **NOT** be responsible for driving cheerleaders to and from activities. If you feel that transportation could be an issue, please consider this **BEFORE** tryouts. **NO EXCEPTIONS**

Games/Practices

Cheerleaders are expected to attend all practices/games and be ready to cheer at any time. *The only reasonable excuses are illness, injury, death in the family, and taking the ACT/SAT the morning following the game.* Please pay close attention to all schedules and calendars.

- A. Part-time jobs, extra-curricular activities, all-star squads, or competitive dance **should not** interfere with game schedules OR practice. Missing practice or a game for any of the mentioned items will result in an unexcused absence. **Please see the head coach regarding cheering for all-star teams BEFORE tryouts.**
- B. Frequency of the summer practices will be determined by the team and the coaches.
- C. Cheerleaders must be in school no later than 10:30 to be allowed to cheer that night or at practice.
- D. If you are present at school and become ill or have some other reason for not attending practice or a game, you **MUST NOTIFY THE COACH IN PERSON (not another cheerleader), by email, text or voicemail and your PARENT must notify the coach by email or voicemail before the game** that you will not be able to attend.
- E. A cheerleader who must miss practice and who is not absent from school must talk the situation over with the Head Coach. The head coach will determine if the absence is excused or unexcused.
- F. A cheerleader who misses more than one practice during the week will not be allowed to participate in all stunts or dances at the game for that week.
- G. An unexcused absence from practice will result in the cheerleader not being able to cheer at the next game and/or pep rally. An unexcused absence from a game will result in removal from the squad. Attending another Carlisle game when you are expected to cheer will result in removal from the squad.
- H. Three unexcused practices will result in removal from the squad. NO EXCEPTIONS! Missing practice is serious as it affects the whole squad. The coaches will do our best to keep practices running on time and we will also try to limit calling extra practices.
- I. Cheerleaders are expected to be on time ALWAYS! **This means in formation, FULLY DRESSED IN UNIFORM OR PRACTICE CLOTHES and ready to warm-up, stretch or practice. You will not be allowed to “check in” with the coach and then go finish dressing.**
- J. Cheerleaders should attend games to observe if unable to participate due to injury or illness, but able to attend school. You will be required to sit by the coaches during the ENTIRE game.
- K. Cheerleaders are **expected** to participate in **all tournament games**, including tournaments over the Thanksgiving and Christmas holidays as determined by the coach. JV cheerleaders (if applicable) will participate in both football and basketball playoff games as determined by the coaches.
- L. Cheerleaders are not to make fun of or yell at the referees, the players, or other team's cheerleaders.
- M. Cheerleaders should conduct themselves accordingly when in uniform or wearing anything that denotes you as a Carlisle cheerleader.
- N. A cheerleader is expected to be on time returning from halftime break.
- O. JV Cheerleaders are required to participate at home games for pre-game activities. JV is will remain with the team and coaches until the end of the first quarter. The coaches have the right to change this at anytime. JV Cheerleaders wear discussed uniform choice until dismissed and at this time JV is to change into street clothes. Any JV Cheerleader who is attending a varsity game in which they are not cheering WILL conduct themselves accordingly. **JV will not participate in any activity which could reflect negatively on the CHS cheer program.**
- P. JV cheerleaders have the opportunity to go to away varsity football games. If they decided to go with the team that they need act appropriately and must remain sitting as a team with the coach.
- Q. Cheerleaders will make/keep a cheer notebook with all information. Information will include items such as cheers and chants. **Bring to all practices.**
- R. Cheerleaders who do not dress out for a practice will be counted as having an unexcused absence and will not be allowed to cheer at the next game. You will be required to attend the game and will sit in the stands with the head coach. Please note: correct attire for all practices is t-shirt/full coverage tank top, sports bra (I suggest high impact sports bra), shorts, socks, cheerleading shoes, something to tie hair back away from face, and a water bottle. Water bottles are mandatory at all practices.
- S. Doctor's appointments should be scheduled at times other than practices. Use the calendars when planning other appointments. A calendar will be provided each month stating all practice and game times
- T. Senior cheerleaders are allowed to miss up to 3 practices/games per season due to college visits. Please make sure you notify your coach as early as possible of said college visit so arrangements can be made.
- U. **The captain/co-captains is/are your leaders!** Everyone must follow his/her instructions without complaint.

- V. Additional activities: All cheerleaders are expected to attend all cheerleading activities determined mandatory by the head coach throughout the season, including but not limited to, fundraisers, support of other squads/teams, community service, etc. If an activity is missed, the same rules apply as for missing practices.
- W. Competition season will require additional practices. These will be scheduled as far ahead as possible.

Conduct

- A. Cheerleaders shall conduct themselves properly at all times, both at school and outside of school. Cheerleaders are official student representatives of the school.
- B. They shall not display undesirable emotions or improper language.
- C. They should display good sportsmanship as determined by administrators or cheerleading coaches at all times.
- D. Conduct in the classroom should be a caliber that gives good examples to other students. Must maintain "Satisfactory" conduct grades at all times. Failure to do so will result in probation.
- E. Cheerleaders are to use proper language during games, competition, and practices
- F. If a cheerleader has concerns or issues with another cheerleader, both are to see the coach so we can talk it out. **Drama and inner squad fighting will not be tolerated.** This includes drama and fighting between the JV and V squads.
- G. On the track, during a game, or anytime you are representing Carlisle, cheerleaders will display a positive, spirited, and pleasant expression. There are NO EXCEPTIONS TO THIS RULE! If you are having a personal issue, please take it up with the head coach BEFORE the game. If you cannot maintain a positive attitude you will be asked to sit with the coach and it will count as an unexcused absence.
- H. Social Media will be CLOSELY monitored! Any bullying, inappropriate or otherwise detrimental to Carlisle cheer conduct on social media is grounds for IMMEDIATE dismissal from the squad. NO EXCEPTIONS!
- I. Talking back to a coach at any time will not be allowed. If you have a concern you will let the coach know of your concern so that it can be discussed away from the team.
- J. Coaches have the authority to send cheerleaders home from practices or games if they feel the conduct of the cheerleader(s) is a distraction and/or problem. If you are sent home you will receive demerits.

Cheerleading Coaches

- A. Will have COMPLETE responsibility for control, organization, and implementation of the cheerleading programs at Carlisle High School.
- B. Keep all records: Permission slips, home phone numbers, attendance, grades, camp and competition information, and consequences book.
- C. Selection of uniforms for ALL cheerleading activities will be made by coaches. Decisions are FINAL. We also reserve the right to change uniforms between cheerleaders if we deem it necessary.
- D. Have power to call and preside over all meetings.
- E. Ability to mediate any disagreement within the squad.
- F. **Ability to dismiss a cheerleader from practice due to LACK OF EFFORT, ATTITUDE, and/or unsafe cheering/stunting.** This will be STRICTLY ENFORCED. Any cheerleader dismissed from practice WILL have to sit with the coach during that week's game and will receive demerits.
- G. The head coach also has the right to bench any squad member for any length of time due to discipline issues in school. The coach will work with the HS principals/administration to determine the proper punishment.
- H. Ability to dismiss a cheerleader from a game for the reasons listed above. If you are dismissed from a game you must leave immediately and the consequences will be discussed with the coaches at the next practice. The coaches will determine if you will remain on the squad.

Competition Team

- A. The coaches reserve the right to call a competition tryout at any time during the season due to injuries or falling numbers.

- B. Competition team members agree to summer workouts as well as Saturday workouts during the fall cheer season. They also agree to any extra workouts called during the competition season.
- C. Alternates agree to attend ALL workouts, stunt clinics, and practices, with the understanding that attendance does NOT guarantee a spot.
- D. Team members understand they can be replaced by alternates AT ANY TIME and FOR ANY REASON.
- E. The coaches have the final say in the competition routine. Team members agree to abide by the coach's choreography.
- F. Competition team members must maintain the proper grades according to the standards of the athletic dept. If the coaches feel that your grades are slipping and could become a problem you will be replaced with an alternate.

Dismissal

- A. The power of dismissal shall be considered the decision of the cheerleading coaches, principal, athletic director, and/or assistant principal.
- B. Because of the leadership role of a cheerleader alcohol, tobacco, or illegal drugs should not be used. Involvement with any of the above may lead to dismissal from the cheerleading team
- C. Automatic dismissal for: (1) unpaid debts to the cheerleading fund, (2) smoking or drinking, (3) possession of illegal drugs, (4) suspension from school, (5) excessive absences from school
- D. Failure to maintain satisfactory conduct will result in probation for two weeks. Cheerleader will be required to attend all games during these two weeks and will be allowed to return to normal cheerleading activity once evidence of improvement is shown. If the cheerleader does not achieve satisfactory conduct within four weeks, dismissal will result.
- E. ISS will result in probation. The length of the probation is determined by the coaches. Continued ISS could result in dismissal. This will be decided by the principal, athletic direction, and cheerleading coaches.
- F. Once a cheerleader has been dismissed from a squad, they may not return to the squad for the remainder of the school year. You will not be allowed to attend any further cheer events.
- G. A cheerleader may only be placed on probation one time. Dismissal will result for any future violations that require a second probation.

Cheerleading Standards

When young people seek leaders, they rely on the ability and talent of people in their age group. When the leaders fail, the moral fiber of the whole group falls apart. This leadership responsibility is now yours. As long as you maintain the position of a Carlisle High School Cheerleader, you will be looked upon as leaders. You represent yourself, the entire squad, your school, and others your age. Please read the following information carefully and think about the responsibilities you have as a Carlisle High School Cheerleader. Be prepared to uphold these high standards for yourself and your teammates. You are the ambassadors for school, make sure you are a positive ambassador and not a negative one.

- A. Individual standards: A cheerleader must maintain a positive image (appearance) at school, in class, and activities (games, practices, outings, etc.). This includes neatness of hair and attire at school, in class, and all activities. All cheerleaders are expected to follow the CASD dress code
- B. School Behavior: A cheerleader must maintain positive behavior in all school classes and activities. If a cheerleader receives in school suspension (ISS) or out of school suspension (OSS) they will not be allowed to participate in practice, games, or that week's activities until the suspension has been completely served. Additional measures may be implemented at the discretion of the head coach and administration depending on the offense. A second offense means possible dismissal from the squad as determined by the head coach and administration. A cheerleader should also strive to make the best grades possible. This means completing homework, listening/participating in class, and setting the example for others to follow
- C. General Behavior: The following behaviors will NOT be tolerated by the Carlisle High School Cheerleading Coaching Staff and violations will be evaluated by the coaching staff and administration and appropriate actions including the option of suspension or dismissal will be given.
 - a. Use of Tobacco
 - b. Illegal Use of Drugs
 - c. Profane Language
 - d. Undesirable or Immoral Behavior
 - e. Use of Alcoholic Beverages
 - f. Violation of Academic Honor Code
 - g. Public Displays of Affection

- h. Bullying
- i. Any behavior considered inappropriate for a school representative
- j. Failure to follow rules/expectations listed in the Carlisle Student Handbook

Athletic Code of Conduct

- A. Ethics Rule: Acts of unacceptable conduct, such as, but not limited to disruption of school, theft, vandalism, disrespect, immorality, or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of the Ethics Rule, the coach will determine the penalty according to the degree of the infraction.

Failure to follow these standards will result in the following:

- a. First Offense-warning
- b. Second Offense-conference with cheerleader and parent
- c. Third Offense-suspension from game
- d. Fourth Offense-dismissal from team

CARLISLE CHEERLEADING Consequences

In order to maintain a good cheerleading team, there must be self and group discipline. The following consequence system is necessary for both. Cheerleaders should keep in good standing by following all rules. Only coaches can hand out consequences; captains or co-captains will not be allowed to do this.

This consequence system will be in effect for the entire year. Cheerleaders will have to sit out a ballgame as determined by the coach. Consequences WILL NOT start over at the conclusion of football season, consequences will carry over to basketball season.

Consequences

1st & 2nd offense written warning

3rd offense Sit out for half game with coaches

4th offense Sit out for full game with coaches

Every time after the 4th offense will result in sitting out for full game with coaches

- Not attending a practice for any reason other than illness, death in family, injury, or a prior excused absence by the coach
- Late to practice/game or leaving early (unexcused)
- Not dressed appropriately for practice or school
- Failure to follow directions during practices/games
- Not keeping uniform in good condition
- Eating while cheering or practicing (gum, food, drinks, etc.)
- Late returning from half-time break
- Wearing jewelry or nail polish during practices or games
- Not informing coach prior to absences from practices or game
- Not having required uniform
- Having your phone out during practice, games or activities within the cheer program
- Not attending study halls if you are scheduled for them

Consequences

1st offense You will sit out from practices, activities and game for one week and meeting with cheerleader and parents

2nd offense removal from the team

- Unexcused absence from a game or activity
- Ineligible due to grades
- Improper language or unsportsmanlike conduct
- Being disrespectful/talking back to coaches

Please take the time to read these rules and regulations VERY CAREFULLY. These standards will be upheld throughout all 3 cheer seasons.

Parents- if you have any questions please email me at wandersonw1@carliseschools.org