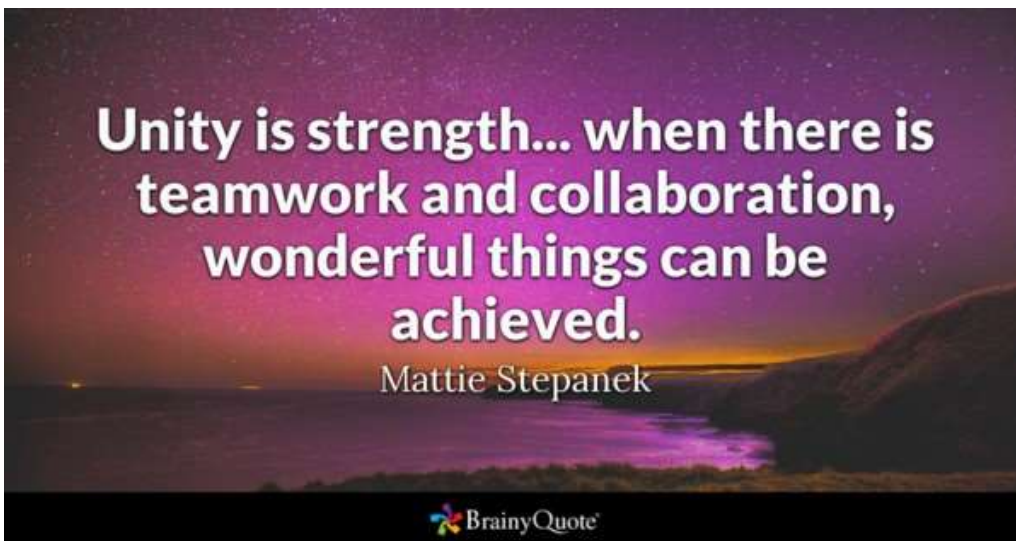


# **FCSD Cheerleading** **Handbook**



## **Handbook:**

- Responsibility of parents and cheerleaders to read and understand contents.
- Last page must be signed and returned before 2<sup>nd</sup> practice - Girl and Parent/Guardian.

*Revised January 2018*

*FCSD School Board Adopted 1/22/18*

# **Role as a Fort Cherry Cheerleader**

Each fall, Friday nights come to life at the Fort. Students, parents and fans yell and cheer for football players as they come onto the field. This is about more than winning or losing a game. It is about tradition and cheerleaders elevating school spirit at sporting events. It is about a squad coming together to excite and change the entire climate of a school community.

## **Responsibilities of EACH MEMBER OF THE Cheerleading Team**

1. Student Leader
  2. Spirit Raiser
  3. Crowd Engager
  4. Athlete
- ❖ As Student Leaders, cheerleaders should be model students and leaders, both in and out of the classroom. Cheerleaders should become the recognizable faces of their school. They should spread school spirit and share positive experiences of being leaders at their school. Cheerleaders need to also show self-respect, good sportsmanship, and school pride when using social media.
  - ❖ As Spirit Raisers, cheerleaders promote and spread school pride throughout the year. Leading up to game days, cheerleaders can plan and execute pep rallies, decorate hallways with banners and support the sports teams playing that week. They should encourage fellow students to show their spirit by setting a good example of school pride.
  - ❖ As Crowd Engager, the cheerleading team is the connection between the fans and the athletic team. The energy and enthusiasm produced by the crowd can rally a sports team to play better and boost overall morale. It is the cheerleading team's task to unify the crowd in its efforts.
  - ❖ As Athletes, cheerleaders use their strength, endurance, and skills to be excellent crowd engagers, spirit raisers and entertainers. Like other student-athletes, cheerleaders should practice and train hard in order to be in top physical shape to perform stunts, jumps, tumbling, and cheers. They should come to every practice well-rested, motivated and ready to work hard for the entire session.

## **YOUR RESPONSIBILITY TO THE SQUAD**

1. You have made a commitment to be a Fort Cherry Cheerleader and need to be responsible and 100% committed to attending all practices and cheer events.
2. Participation in ONE other school activity / sport is permitted but EQUAL time must be given to cheer and the other activity.

### **DEMERIT SYSTEM:**

#### Demerit System:

- 1<sup>st</sup> infraction = warning
- 2<sup>nd</sup> infraction = demerit
- 3<sup>rd</sup> infraction = demerit
- 4<sup>th</sup> infraction = demerit and sit for portion of game
- 5<sup>th</sup> infraction = sit for ½ or whole game
- 6<sup>th</sup> infraction = sit for entire game
- 7<sup>th</sup> infraction = possible removal from squad

➤ **A DEMERIT WILL BE GIVEN FOR EACH UNEXCUSED ABSENCE IF YOU CHOOSE TO MISS FOR AN UNEXCUSED REASON, THE DEMERIT IS YOUR CONSEQUENCE.**

- Excused absences include: PLANNED / APPROVED family vacations and/or outings, Personal illness, Required school or religious related obligations or a death in family.

THEY DO NOT INCLUDE WORK, CONCERT ATTENDANCE, BABYSITTING, PARTY ATTENDANCE, BEING TOO TIRED TO ATTEND, ETC.

- **Rules are outlined in Constitution and handbook. Demerit system will be used if any of the rules are not followed.**

## **Communication Responsibilities:**

- Text messages from Captains – expected to comply with requests and share information with parents.
- Handouts / Schedules – expected to share with parents
- Expected to check school email daily for changes.
- Missing practice or event – MUST text coach and 1 captain.
- Missing practice or event due to Dr. appointment – please provide excuse for absence.

## **PRACTICE RULES**

**\*\*\*Once the seasons start, you must attend the entire practice session held directly before the game or assembly to be able to cheer that week.**

### **Line Placement:**

Line placement may be based on tryout scores. Placement can be changed at any time depending on the needs of the squad or the individual performances of the squad members. All line placements must be approved by the sponsor / coach.

- EVERY Practice NEEDS to begin with 3 laps around gymnasium (jogging or brisk walking only) and stretching. Warming Up is NOT optional --- you must participate in order to cheer.
- All Adults/Coaches/Sponsor(s) are to be referred to by Mr., Mrs., or Ms.
- Be on time. If you are repeatedly late, you will receive a demerit.
- Always have a drink.
- Eat a healthy snack / meal before coming to practice.
- Come to practice well-rested and READY to work.
- Bring a positive and motivated attitude. Leave any possibility of eye rolling at home.
- Gum is NOT permitted.
- Wear clothes and shoes appropriate for cheering.
- Hair needs to be pulled off of your face.
- No jewelry (for safety reasons) – only stud earrings.
- If unable to attend, notify a Captain **AND** the Sponsor.

- Be respectful towards Captains, Co-Captains, Sponsor(s), Volunteers, Helpers and fellow squad members. If you are having a personal conflict, please make the Sponsor aware so the problem can be resolved after practice has concluded.
- Use school-appropriate behavior and language only. No gossip or foul language is permitted.
- Cell phones should be away at the start of practice. You may ONLY check your phone during scheduled breaks or with permission from the Sponsor.
- There should not be talking or joking around between cheers. Focus needs to be on making the most of your practice time. Breaks will be kept brief in order to maximize your practice time.

## **CAPTAINS and Co-Captains**

### **WHY HAVE CAPTAINS?**

Squads with strong, motivated and committed leaders inspire the entire squad to be motivated and to believe in themselves. Without STRONG leadership, you will have a weak squad.

### **UNDERSTANDING YOUR ROLES as CAPTAINS & CO-CAPTAINS:**

Leadership is not a position that someone gives you; it is ultimately a privilege that you must earn and maintain.

#### **❖ SPONSOR(S) EXPECTATIONS OF YOU -**

1. MUST have a plan for every single practice
2. Only minimal breaks for practice – need to keep practice moving
3. Expected to review sideline list at every practice – a few each practice.
4. Be a LEADER - Lead drills & MODEL all cheers
5. Set mental and emotional tone of the team – If you're enthusiastic, they will follow – If you're not, the squad suffers
6. Keep coaches informed about squad issues
7. Encourage struggling teammates
8. Promote friendships between all squad members
9. Be loyal to your coaches and support their decisions
10. Be fair to all squad members and keep all issues confidential with your coach
11. Captains – 2 demerits = back to regular member of squad.
12. Use your voice respectfully –

Ex. #1 If you see something I miss (ex. Nose ring ) Tell them to remove immediately or they will need to sit.

Ex. #2 – You see friends / family at fence – tell girls to stay in line and not talk or leave line to see friends.

#### **❖ UNDERSTANDING WHAT PREVENTS YOU FROM BECOMING A GOOD LEADER**

1. Not being prepared for practices and performances – ALWAYS HAVE A COMPLETE GAME PLAN
2. Failing to commit 100% to the squad AND coming to events tired and unmotivated.
3. Moodiness and drama - THIS INCLUDES EYE ROLLING
4. Criticism of coach or squad members (Gossip)
5. Stubbornness
6. Disrespectful towards following through on your coaches' requests

❖ **JOBS AS CAPTAINS & CO-CAPTAINS:**

1. LEAD BY EXAMPLE:

- Be first to lead by example and last to violate team standards – Be motivated and be your best at all the times
- Display the behavior that you want from your teammates
- Understand the team goals and be the first to display the needed behavior to make them successful
- Be an example of strong work ethic
- Be an example of excellence
- Be respectful of teammates, coaches, and officials

2. ENCOURAGE OTHERS:

- Be the first to encourage and the last to be discouraged
- Be a confidence-builder
- Give others permission to make mistakes. Explain that mistakes are part of learning
- Encourage by being motivated yourself – Walk into practice excited and ready to go
- Help teammates accept their roles
- Emphasize that every role is important

## **Game Information / Rules**

### A. Attire and Expectations

- Must be present at school for ½ day (4 periods out of 8) to be able to cheer on game days.
- Must dress and participate in Physical Education class on game days to be able to cheer at games.
- Arrive at the stated time to allow for warm-up.
- Cheer bag should have ALL CHEER LIST ITEMS packed in it at all times.  
(If you don't have a needed cheer item – sit if we can't work it out)
- Makeup – Subtle / natural / not excessive
- Jewelry – round, silver, cubic zirconia stud earrings only. No other visible piercings are permitted.
- Finger nails can be painted with a neutral or soft color. NO vibrant colors are to be worn.
- Bring a drink and \$ for concession stand, if needed.
- Eat a healthy meal and use restroom before the game starts.
- Uniform should be cleaned before each game.
- Uniform –you aren't permitted to add extra items to wear or use body paint when in uniform unless the whole squad has been given permission
- Hair style and bow are to be worn as directed by sponsor and captains. Hair always needs to be pulled completely off of face.
- Raincoat – when it rains these must go on.
- Cold temperatures – Must put on coats, gloves, and head bands.
- Before and after games, your kick pants need to be covered with either your cheer skirt or pants.

### B. During Games

- If not at full practice session that is held directly before the event (usually the day before game days) – you won't be permitted to cheer that week for assembly or game. This practice is critical to be fully prepared for game day events.
- Show good sportsmanship and school pride.
- Come motivated and ready to cheer. You are expected to smile, be loud, and perform for the crowd.



- Be back in spot and ready to cheer when 3:00 minutes are left on the clock during half time. Food can't be taken onto the field.
- Watch for injuries – go down immediately on 1 knee until player clears the field
- When games are underway, you are expected to be with squad from playing of National Anthem until end of game.
- Every decision for squad needs to be cleared with Sponsor(s).
- Stay in your spot and remain engaged in the game. NO talking between cheers.
- Squad will turn and watch game together with hands behind back – will turn and face crowd together when prompted
- When the team moves down the field, run to end of field and cheer to score or block the score.
- Use megaphones as much as possible to engage crowd.
- Don't tug at uniform, shell or kick pants.
- You are not permitted to leave the line to talk to friends or family during the game.
- Be respectful to fellow squad members, Sponsor(s), and fans.
- If an issue arises, discuss with your Sponsor(s) at half time or end of game.
- No crying or negative attitude on the field – You will be asked to sit until you regain your composure.
- No gum chewing during games.
- No cell phones visible.
- Wear a nude colored bra with CLEAR STRAPS under your uniform at all games – no colored bras / straps permitted.
- You must wear the socks requested by Captains. No colored socks are permitted.
- Must have permission to use restroom – Must be escorted by chaperone to and from if going alone.
- Public display of affection is not permitted when in uniform.

**C. Cheer Bag contents at all times:**

1. Body suit
2. Rain coat
3. Warm ups
4. Head bands
5. Gloves
6. Poms (red and silver) (Pink will be for month of October)
7. Cheer coat (varsity only)
8. Drink
9. MUST HAVE MEGAPHONES FOR ALL HOME GAMES.

#### **D. Bus Rules for Away Games:**

1. All bus ride conversations need to be school language AND topic appropriate.
2. Must stay seated on bus – No one is allowed out of their seat and no hands or heads are permitted out windows
3. Music on bus – Music must be school appropriate and free from foul, violent, and/or offensive language
4. If not riding the bus home from coach prior to the start of the game.

## **Football, Basketball, Wrestling Player Assignments**

### **➤ Posters:**

**You will be assigned football players for the football season. You are responsible for creating a Poster / Sign for each one of your players.**

### **Guidelines:**

**Full poster board size**

**Laminated or covered with clear contact paper**

**Hung in Gym for each pep assembly**

**Mounted on the fence with notebook rings prior to the start of all home football games.**

### **➤ Locker Decorating:**

**You will be responsible for creating decorated locker covers for your assigned football, basketball players and wrestlers. The entire front of the locker needs to be covered and decorated prior to the first game.**

**Locker dimensions:**

**From top of locker down to opening to handle area, 25½”**

**From bottom of handle area to bottom of locker, 26”**

## Parent Expectations

- MUST READ/SIGN/RETURN HANDBOOK PAGE
- Maintain open and positive communication as needed with the sponsor.
- Encourage good sportsmanship by demonstrating positive support and respect for all players, coaches/volunteers and officials at events.
- Arrange transportation to and from all practices and cheer events.
- Pick up within 15 minutes of expected ending time of all events and practices.
- Respect coaches practice times and rules.
- Utilize wait time and follow chain of command – If there is a concern, parent(s) will refrain from public display of emotions. They agree to wait 24 hours and address the coach privately via email only. If the issue is not resolved, the sponsor will direct the concern to Administration.  
Email is checked during school days and hours.
- Responsible for reading and following the guidelines in the constitution and handbook.
- The school provides 3 cheer items (skirt, shell, bodyliner) – all other expenses incurred are the responsibility of each family.
- All bills need to be paid in order for the student to cheer.
- Fundraising is an option. All proceeds go into your daughter's personal account and can be used to cover the cost of needed items.
- The Coach selects needed items
- If cheerleader doesn't have needed items – she will not be able to cheer.
- Reminder – Constitution and handbook are board approved.

## **Reminders / Points to Consider:**

- ✓ This is a non-competitive, high school cheer squad. The girls are spirit raisers in the school. They are also expected to have fun and enjoy this sport.
- ✓ As their coach, my goals are to encourage academics and help the students become the best cheer squad they can be. My hope is to make this a meaningful and rewarding experience that teaches responsibility, accountability, respect, and communication.
- ✓ Your support for this mission would be appreciated and I encourage you to help make this an awesome experience for your daughter.

### Correcting our past mistakes:

- All issues will be resolved **after** practice ends.
- Practices will be productive.
- Cell phones away except for breaks.
- Resolve "minor" issues by communicating with each other- Use "I" statements and talk it out in front of coach.
- If you don't have anything positive to say about a fellow cheerleader - Please don't. Gossip and negative talk will result in demerits being issued.
- Be on each other's side and encourage each other.
- Repeated disrespect towards fellow squad members will be cause for demerits being issued.
- Follow school code with beverages - No high energy drinks - Only water / Gatorade present when cheering.
- **HAVE TO KNOW CHEERS** before game day #1.
- Only jewelry permitted are stud earrings - If cheering with other jewelry displayed - you will be told to remove items.
- Winter sports - **SAME HANDBOOK** is followed .
- Stunting - Work hard to learn your position - Encourage each other through all stunting.
- Only the coach and Captains are permitted to correct fellow squad members - in a respectful way.
- If any of these are not present, cheerleader will sit for a designated amount of time:
  1. Positive attitude, smile, & loud and proud cheer voice
  2. Have all correct, needed cheer items
  3. Hair pulled off of face completely

**We have read the handbook and agree to follow the guidelines outlined.**

**Please sign and return on the first day of practice. Form must be returned in order for your daughter to participate at practice.**

Cheerleader's Name (Print) : \_\_\_\_\_

Parent's Name (Print): \_\_\_\_\_

❖ Cheerleader's Signature \_\_\_\_\_ Date \_\_\_\_\_

❖ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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## **Ibuprofen Permission**

**Check and Sign ONLY if you are granting permission.**

**Parent will always be informed if Ibuprofen is given at practice or games.**

\_\_\_\_\_ I give permission for my Daughter to have Ibuprofen at practice or cheer events, if needed.

Cheerleader's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Cell # for contacting : \_\_\_\_\_



