

IHS Squad Member Expectations

Cheerleading is a unique team sport. Treatment of Cheer as any less than a sport will not be tolerated and commitment as such is very important. I expect all members of my team to take their participation in the squad seriously in all areas: Commitment, Discipline and Accountability. Furthermore there is no I in TEAM and cheer will be treated accordingly. Complaints about lack of the limelight will not be tolerated from squad members or parents. Cheerleading is dynamic mix of Athleticism and Leadership; both arenas will be cultivated in each cheerleader and expected from members at all times.

As a member of the Cheer Squad, and a parent/ guardian, I/we understand and agree to the following expectations:

Commitment to Our team: As an IHS squad member, you are expected to be a team player. The squad's success depends on everyone doing their part to contribute with their time and energy. A positive attitude will go a long way in helping out the whole squad having a great year. All of the below policies come down to one simple question: Am I being a good teammate?

Safety: Cheerleaders are expected to take the issue of Safety very seriously, particularly during stunts. When a stunt is up there will be no goofing around, cracking jokes, etc. For every stunt that is "bailed" the team will do 30 crunches. If the stunt group repetitively bails on a stunt the stunt group will continue to do crunches in between attempts until it sticks. Spotters are to have eyes on the flyer at all times and arms up. Spotting is as important to the stunt as the building itself and should be taken seriously. By signing this contract, you acknowledge that Cheer is a high-risk sport and should be treated with the utmost consideration of safety of one-self and team members.

Role as a School Spirit Leader: Cheerleading is more than just performing at games and assemblies. It is about being a leader of the school and supporting all school functions. IHS squad members will be expected to carry themselves in and outside of school in a manner that will reflect positively on their team and Interlake High School as a whole.

Jewelry/Hair/Gum: All squad members are expected to come to any practice, game or assembly with their hair up, all jewelry off and gum spit out. Jewelry includes small studs. For every piece of jewelry we have to remind someone to take off, the whole squad will do pushups. I.e. if someone has a ring and earrings in, the whole squad does 30 pushups. If we have to remind someone to spit out their gum, that is also pushups. Please come to games and practices ready.

Uniforms: Uniforms are to be worn how they were designed to be worn. You may wear your uniform at any time to any games, school, event etc. However, if you choose to do so, you must have a school spirited shirt on (shell, school cheer jacket, etc), and your cheer socks and shoes. **NO outside shoes or non-school shirts** are permitted to be worn with your uniform. If you are seen wearing anything other than your cheer shoes or appropriate shirt with your uniform, this results in the team running 4 lengths of the gym at the next practice.

Grades: It is a district-wide policy that girls with a 2.0 or below are put on academic probation. If this applies to you, or if we are concerned, we will talk more about this. You may also contact the athletic director for more information on this policy. If you are in-between a 2.0 and a 2.5, you will not be on probation, however we will be having a conversation about ways to increase your grades. There will also be a potential for probation if your grades begin to drop.

Alcohol and Partying: We have a **no tolerance alcohol policy**, and that is our rule as well as the districts. You are caught at a party, in a picture, etc. where there is alcohol, **you will be automatically put on probation.** Additionally, we are required to report it to the athletic director. Please don't let this ever be an issue.

Bullying:

Cyber bullying (Using electronic devices or social networking sites to intimidate, harass, or gossip by emailing, texting, posting, or sending messages/photos).

Physical Violence or Threat of Physical Violence

Severe Harassment (including continuous verbal harassment, discriminatory actions)

Additionally, we are required to report it to the athletic director. If there is evidence of mean texting or bullying, probation can be a result. Please don't let this ever be an issue.

Absences: Any type of absence, even if excused and planned, hurts the whole squad. Cheerleading is a unique team sport, in that there are no "substitutions" or people who can fill in for someone missing. When a squad member is missing, formations in dances become hard to see, and stunting for that stunt group becomes very difficult. Therefore, attendance will be taken at every game and practice. The following is the expected absence policy. This is something we are very strict on and will enforce. Please see Heather if you have any questions. Rm 1602

Excused: Excused absences will be evaluated on a case by case basis. Heather must be notified (except in extreme situations) a day before the missed event (no later than) for it to count as an excused absence.

Examples of excused absences could be family emergencies, illness, funerals, etc.

If a girl is sick but is still planning on attending school, she is still expected to be at practice. She can sit out, but she needs to be there. If school is missed, practice can be missed as well. Either way, a phone call needs to be made the **night before** the missed event. Phone calls made the morning of practice will not be counted as excused, except for in extreme circumstances.

If a girl misses more than three days of school/practice for the week due to illness, they will not be allowed to cheer at the following game. If you are that sick, you should conserve your energy and should not be outside in the cold.

Unexcused:

The first unexcused absence = squad member must attend in their uniform, but sit out, for the following game.

The second unexcused absence = parent and member need to meet with Heather for potential probation; they will be sitting out from the following game in uniform as well.

Tardiness: Squad members are expected to be on time to every game and practice. This means **shoes on**, ready to go at the expected practice or game time. Please be prepared to arrive a few minutes before practice is scheduled to ensure being on time.

Squad members are allowed two free tardies to any game, practice, etc. We do not need to know the reason why. We will keep track of these tardies, so you decide how to use them. On the third tardy, no matter what the reason, the squad will be running. For every minute you are late, the team will run one length of the upstairs gym.

Cheerleading is a team sport and punishments will be carried out as a team where necessary. Tardiness is one of these instances.

Cheer is a very time consuming activity. We expect a lot from our team members and we will push you to work hard, to be leaders, and to improve. We expect cheer squad members to not only be participants of cheer, but also leaders in their school- setting positive examples, and creating school spirit.

CONGRATULATIONS! Glad to have you on board And I look forward to an
AWESOME year!

I have read the above expectations and by signing, agree that I understand them and will follow them.

Coach reserves right to add (create addendums) or clarify the above rules at anytime.

Squad Member Signature _____ Date _____

Parent or Guardian Signature _____ Date _____

