

# Expectations for the 2019-2020 Season

## Addendum B

- Be on time to **ALL** scheduled cheer events. Do not arrive late.
- Be **COMPLETELY and CORRECTLY** dressed upon arrival to **ALL** scheduled cheer events (from head to toe, shoes to bow). Do not arrive with your hair down, without shoes, or halfway dressed. **This includes CHEER CLASS.** You will receive a TARDY if you are not ready to participate in class at the time set by the coaches. You will also lose **two points** toward your grade in Cheer Class for every time you wear the wrong clothes, and/or shoes, have on jewelry, are tardy, etc. Each infraction is counted separately. You could also lose points off of your grade if the infractions occur at a game or event. **For Example-***If you are tardy, you will lose two points for the day. If you are tardy and have on the wrong outfit, you will lose 6 points for the day (tardy-2, shorts-2, and shirt-2).* Your Cheer grade will be accumulated in a three week period for each nine weeks (3 grades per nine weeks). If you are tardy five times or more in a row, whether in class, to a game, to practice, to an event, etc., you will receive a bench.
- **No jewelry** will be worn in Cheer Class, at practices, at camps (including pee-wee), in the gym, during pep-rallies, games, etc. (including, but not limited to **earrings, belly piercings**, non-removable bracelets on wrists or ankles, facial piercing, etc.) This includes any type of device used to prevent a 'hole' from closing (plastic, metal, clear, etc). **NO NOSE RINGS.** Do not get anything pierced in the middle of the cheer season because **you will be expected to remove the piercing during the event.** This includes, but is not limited to, your ears or your belly button. The best time to get a new piercing of any kind would be at the beginning of the six weeks off you have during the summer. Piercings cannot be covered with a Band-Aid.
- **Visible Tattoos will not be allowed period.** If a cheerleader has a tattoo or decides to get one prior to the ending of the year, it must be in a hidden location and cannot be just covered up. You will not be able to tryout if you have a visible tattoo in uniform, sports bra, or tank. You will be subject to removal if you get one during the season.
- Hair must be worn in a **secured ponytail** at all times, including all layered hair/bangs. You may wear bangs as long as the bangs do not obstruct your view. Please keep bobby pins in your cheerleading bag at all times just to be on the safe side. Hair will not be worn in the half-up/half-down at any time. Practices, games, events, etc. will not be stopped in order for a cheerleader to re-fix a ponytail so be sure to use appropriate rubber bands.
- **Every cheerleader/mascot has earned the same right as everyone else to be a part of our program.** If you are a senior for the 2019-2020 season, you will not get special privileges or be treated any different from anyone else. The role of the senior cheerleader is to be a leader and a mentor to the other girls. **Seniors should make sure that all team members and all other teams feel like they belong to the program and are not to treat other squad members as outcasts.**
- **Profanity will not be tolerated at any time.** You are a representative of ORHS at all times, and using profanity does not look good for our school, especially in uniform.
- **As a member of the ORHS cheer program, you are a representative of the school at all times (in or out of uniform).** All cheerleaders/mascots need to be cautious of all electronic means of communication-including cell phones, digital cameras, video cameras, Facebook, Twitter, Instagram, Tumblr, SnapChat, Google Plus, Myspace, etc. All cheerleaders/mascots should not, at any time, misrepresent the school when using electronic devices, including, but not limited to, inappropriate language, pictures, behavior, comments, bullying, harassment, etc. or self or others. If the coach and administration identify a situation as misrepresenting the school, he/she can be subject to removal.
- Once you arrive for a practice or game, you will begin to **warm-up and stretch** to prevent any injuries. You will not be able to participate until you have fully stretched prior to an event. If you choose not to stretch and decide to talk instead, you will be counted as being late to the event.
- Only the coach will decide when **breaks occur throughout games and practices.** You will not be permitted to sit down because you are out of shape or walk away from a workout/game without permission.
- **Half-time** at football/basketball games will be used for a **quick restroom break** and the remainder of the time will be used for **practice/review.** You will not be allowed to eat food from the concession stands or from your parents, unless it is water. Plan on eating full meals before or after games. All areas must be kept clean. You will be expected to be ready at least three minutes prior to the next half of the game/event. You will not be allowed to leave at the end of a game until all areas are clean. Cheerleaders/Mascots will not be permitted to go up into the stands during half-times. Girls will be assigned to groups who will be in charge of hanging signs and handling the equipment for each game.
- **PDA in or out of uniform will not be tolerated.** You are a representative of the program at all times.
- **During football games**, your focus should be on the game and the crowd. You will not be permitted to walk up to the fence/crowd to talk with friends, boyfriends, parents, or relatives. Also, you should not talk to people in the crowd from your track line position. If your parent(s) need to speak with you, please get permission first and make sure we are not in the middle of instruction. Games will not be used as a photography session. All 'posing' pictures can be taken before or after a game; cheerleaders/mascots will not pose for pictures during games. Parents are free to take action shots during the games. One parent per game will be allowed on the field only (if we are given a pass).
- Each cheerleader needs to **practice**, jump, tumble, and stretch **on her own time.** It should not be noticeable by the coach(s), other cheerleaders, fans, or parents that practicing is not occurring at home. **ALL** cheerleaders will be responsible for keeping up with the cheers, chants, and assigned material when practices are not held. You can receive a bench for not knowing material.

- Videos of new camp material will be issued to each cheerleader during the month of July. **When practices resume for Back-to-School, all material must be learned and mastered.** All teams (Freshman, JV, and Varsity) will have several practices together at the beginning of the season and during class. Everyone will know the same material.
- All members are encouraged to maintain and/or improve their skills throughout the season. Anyone who makes the varsity team with an attempted tuck will be required to train outside of class until the skill is completely mastered. There will be a skills check in August, and anyone who has not completed outside training and/or does not improve on the skill may be moved to the junior varsity team.
- **ALL** cheerleaders/mascot will **CHEER/PERFORM** the entire duration of football and basketball games. No one will be allowed to leave early or arrive late, unless already authorized by the coach **prior to the event.**
- **Stunting and Tumbling** is not allowed unless the coach is present and has approved the stunt or the tumbling skill. The coach will also decide, based on what is best for the team, each position of a stunt group, placement in the track line, and each position of a formation.
- **The COACH** is the only **coach** for the squad. Captains, other cheerleaders, and parents will not coach the team. You will listen and follow **all** instructions given by **all coaches**. Everyone is welcome to offer suggestions and ideas, as long as you handle yourself politely and respectfully. You are not allowed to tell each other what to do, criticize each other, become demanding, or make anyone feel inadequate. Everyone will be treated equally no matter your talent or experience. **No one** will receive *special treatment*.
- You are required to **participate in ALL fundraisers, community service events, and team bonding activities**. Some fundraisers will have a “buy-out” price. You must attend **ALL team bonding** activities, even if it is scheduled on a weekend. **ALL** deadlines must be met, including if you “buy-out.” These event dates will be given out ahead of time in order for arrangements to be made. If you are on Varsity or Game Day team and do not meet the requirements for all fundraisers, you may be responsible for the event fees, travel fees, hotel fees, etc.
- **If you have a job or participate in ANY other activities/sports, YOU MUST communicate** with your other activity/job/sport of ALL of your cheer events. It is your responsibility to get schedules and calendars turned into your other obligations. If you forget to make arrangements with your other obligations, and you miss an event, you will receive a bench. The calendar of events is issued in plenty of time to get your schedule on track. **You must also notify your coach two weeks ahead of time if an event must be missed due to another school-related activity.** If the coach feels like not enough time was given to make arrangements or to prepare for the absence, it will not be excused, and the cheerleader/mascot will be expected to attend the cheer event. Communication is the key! Failure to communicate to your coach properly will result in a bench.
- Everyone **must** attend camp. **Anyone who cannot attend camp in its entirety will forfeit his/her spot in the program.**
- **Hazing, practical jokes, and inappropriate initiation with new members or coaches of the ORHS teams will not be tolerated.**
- **Fake nails, shellac, and nails longer than the fingertip will not be permitted at any time.** Nails should not be painted on game days, competitions, events, etc.
- **ALL** cheerleaders must be **picked-up** from a scheduled event in the appropriate amount of time, including games and practices.
- **ALL** cheerleaders are required to cheer at the **Homecoming Game**, and Varsity must attend all **playoff games**.
- You will be required to **participate in ALL pep-rally themes**, including wearing the assigned attire.
- You will be required to **maintain a positive attitude** at all times. You must follow **all school rules** and the **CISD student code of conduct**. You are also encouraged to help maintain positive sportsmanlike behavior in the crowd.
- You are responsible for **informing the coach** if you receive a school warning, referral, or consequence. You are to inform your coach of such on the **SAME day received**. The coach should not find out about referrals, lunch detentions, and/or ASD's on the day of assignment or after the fact. Failure to tell your coach will result in consequences. Not only can you get a bench based off of your consequence, you can also receive another bench for not informing your coach first, even if it was a just warning, even if it was tardies, even if it was for a cell phone, etc.
- **Drama will not be tolerated. Period.** If a conflict, situation, or problem arises between you and someone else on the squad or your coach, you need to discuss the matter with your coach first so it can be mediated. You will not get other squad members or other squads involved with your problem(s). Backstabbing, name-calling, bullying, or bad-mouthing your teammates or coach will not be permitted. Everyone is expected to maintain a positive relationship the entire year with **ALL** squad members, other squads, and coaches. It will not be in your best interest if the coach finds out about the problem first.
- You must **maintain a 70 average** in all classes the entire year. If you become ineligible more than once throughout the 2019-2020 school year, an academic contract will be drafted and signed by the coach, cheerleader, and parents. **Mandatory tutoring** will be required until the next grading period (*3hrs a week for 3 weeks*). If the cheerleader does not master the grade plan, then further steps will be taken. If a cheerleader/mascot becomes ineligible for a third or fourth time, a conference will be held and he/she may be dismissed from the program. If you become ineligible, you must attend tutorials during the week, and you are not allowed to attending any performing events. Cheerleaders/Mascots who are ineligible are encouraged to be home and studying.

- **Cell phones are not allowed out** during any scheduled cheerleading event, **including cheer class**. You will not be allowed to use your phone during breaks, practice, games, etc. This includes anyone who is out injured or sick. Your phone must remain on silent or off. The first time your phone goes off, or you use it without permission, you will be warned. The second time it occurs, your phone will be collected by your coach and given to your parents. You will be allowed to call parents from games and practices at designated times set aside by the coach.

- **If you are going to be absent from school, the coach must be notified before 7:00 a.m., either by phone call, email , or by leaving a message with the office.** All messages and emails should explain in detail exactly why you are absent. Word cannot be passed through a cheerleader. Contact must be made with the COACH of the team. You are not able to participate in scheduled events if you miss class or if you are absent from school for more than ½ a day. A ½ day is considered arriving on campus right before the start of 5th/6th period and leaving campus after 5th/6th period is over. If you arrive late or have to leave school early at any time, the coach **MUST** be notified, even if we do not have class or an event. **You cannot schedule any type of doctor appointments during cheer class. Doctor appointments during cheer class are only accepted if you wake up sick and parent has to take you to doctor with coach's approval.** If continued appointments need to be scheduled during school hours, please monitor the classes you miss so you are not missing the same ones each time. Please read the constitution in order to know and understand what will be counted as excused for missing cheer class. Bottom line- cheer class cannot be missed because it also serves as our after school practice.

- **Cheerleaders/mascots and parents need to follow the chain of command if a problem or concern arises. This program follows the standards and procedures expected and set by CISD. We run a very strict program, and many new members and parents struggle with the expectations of the program in the beginning, but once everyone understands, accepts, and complies with our expectations, the rest of the year will become a breeze.** Coaches are unable to fix or handle a situation if they are not made aware of what is going on with the squads. Parents of cheerleaders/mascots should always keep a positive and healthy relationship with the coaches, other parents, and other squad members. If you experience a problem or if you have a concern, please address it with your coach first. If you are still experiencing a problem/conflict, then you should contact Coach Ellison, then Mrs. Smith, and lastly Mr. Johnson. If a problem/conflict is sent to anyone besides your own coach first, it will still be sent to your coach to handle. Usually a simple email or phone call to your coach is sufficient enough to handle problems due to everyone's hectic schedule. Please understand that the coaches have open-door policies and will do the best that they can to make sure the program is successful. **Coaches cannot and will not address issues with members or parents who are unable to approach the situation in a polite, professional manner. Although our goal is to address problems, conflicts, and situations in a timely manner, the coaches also have other work and personal obligations that can interfere with a quick turnaround.**

- If you are part of an outside cheerleading program non-school related (i.e. all-star), **you are still responsible for upholding all responsibilities of our cheer program.** This includes, but is not limited to, practices, games, participation, fundraising, team bonding, choreography, competitions, etc. **The Varsity team cannot be compromised due to a scheduling conflict. We will do our best to work with anyone who is in an outside cheerleading program, but when most outside cheerleading programs have 100s of girls to replace you for one event, we are very limited on members and time, so participation at our events (i.e. games, choreography, appearances, competitions, etc.) is mandatory.**

- Each member is allotted four benches for the entire year. Benches start as soon as new teams are announced and will continue until the cheer banquet (May of the 2019-2020 school year). After **three** benches have been received, a meeting will be held in order to determine the corrective action. The cheerleader/mascot may be removed after the **fourth** bench is received. During the year, any cheerleader or mascot who misses a major event (i.e. game, pep-rally, fundraiser, appearance, etc.) will receive a bench.

- **Any cheerleader who defies the coach's authority, whether at a game, practice, cheer class, event, etc., can be put on automatic suspension. This includes, but is not limited to, disrespect, back-talking, walking away from the team or coach, disobeying instruction, etc.**

*\*This agreement was created to address and clarify problems that have occurred in the past. If you violate this agreement, consequences will be assigned according to the constitution, (including but not limited to conditioning, cheerleader/parent conferences, academic assignments, benches, and/or removal from squad). All infractions will be well-documented throughout the year and will count against you on your coach's evaluation for the following year's tryouts. As long as you stay responsible and represent ORHS in an appropriate manner, you will be very successful as a member of the ORHS Cheerleading Program.*

**\*Do not forget to initial that you have read and understand all expectations on the Constitution Agreement page in the packet.**