

## **Expectations for an ITHSA Cheerleader**

### **Practice Expectations:**

- Cheerleaders are expected to practice in cheer shoes and athletic clothing with their hair up and jewelry out.
- Cheerleaders WILL NOT belittle others because of inexperience, inability, or mistakes.
- Cheerleaders WILL uplift others and cheer on other team mates and stunt groups for successes even if they or they're stunt group are struggling.
- Cheerleaders will work together as a team and not show entitlement. Entitlement has no place in a team sport.
- Cheerleaders will not argue with one another.
- Cheerleaders will not argue about coaching decisions or positions/spots that they are given.
- Cheerleaders will be at practice, on time, ready to go. If late, they will run extra and if they no call no show, they will be taken out of an event.
- Cheerleaders will not be on their phones at practice and will put their phones in the team phone box. Parents can call us if they need their child.
- Cheerleaders will not leave the mat unless told that they can do so.
- Cheerleaders will not disrespect coaches and will give full attention to their coaches (When a coach is talking, eyes up and on them) and cheerleaders will trust their coaches experience, skills, and decisions.
- There will be no "cliques" at practice. No whispering between one another, forming unnecessary groups. This takes away from the team dynamic.

### **Game Expectations:**

- Cheerleaders will arrive 30 minutes early to each game.
- During Games, there will be no wandering off, getting out of line, going into the student section, talking to friends, etc. You are there to do your job and cheer.
- You are in the correct uniform and hairstyle, ready to cheer.
- No Random People on the Sidelines.
- No practicing cheers on the sidelines. If you don't know them by the time the game comes, you will sit out the entire game.

### **Competition Expectations:**

- You will arrive an hour early to each competition.
- You will show good sportsmanship, respect to your team, your coaches, staff at the event and other teams.
- You will wish us other teams good luck and sit in front of the mat for other teams when asked to.
- You will stay with your team at all times.
- At big competitions such as Nationals, you will do everything as a team, dress as a team, move as a team.

- Your hair, makeup and uniform will be UNIFORM. No excessive eye makeup, all the same color lipstick (provided by coaching staff), tattoo on face, Slicked Back (no wispies out whatsoever), mid level pony (curled) with a bow. NO JEWELRY AT ALL.

***Remember the Golden Rule: Treat Others How you Want to be Treated.***

**Behavior Expectations/Rules:**

If there is a Behavior Problem:

- **First Occurrence:** You will sit out of practice for 15 minutes and take notes on what is happening and you will have to do a reflection on your attitude/behavior. (This will be saved and logged).
- **Second Occurrence:** You will be asked to leave practice for the day (this will be considered an unexcused absence).
- **Third Occurrence:** You will sit out of a game or a competition (depending on the season).
- If behavior problems continue, if you cuss out/disrespect a coach, if you cuss out/disrespect a teammate, etc (any issues that a coach deems out of line completely/coaches discretion) will cause you to be dismissed from the team entirely.

***Attendance is MANDATORY for Practices, Games, Competitions, Community Events, and Team Bonding Events.***

- If you are not able to attend a practice, we need a note, text, call, or “no” response on the sportsyou app. This will be considered excused. (Hanging out with your friends/boyfriend/girlfriend is not an excused absence, sleeping in is not an excused absence, no ride is not an excuse).
- If you are going to miss multiple practices and can not commit, please let us know and we may need to rethink your spot on the team.
- If you do not show up to practice and have not let us know or we find out that you’re somewhere you were not supposed to be, you will sit out half of a game.
- After 3 unexcused absences, you will be dismissed from the team and no refunds will be given.

***BE ON TIME for EVERYTHING***

***“If you’re early, you’re on time, if you’re on time, you’re late, and if you’re late, don’t even bother showing up.”***

- If you need to arrange a carpool, you/your parents are responsible for doing so. You should be at all practices at least 15 minutes early.
- You should be at the games 30 minutes before the game starts.
- You should be at a competition an hour before we perform.
- Everyone needs to be picked up on time as well.

**Grade/School Expectations:**

***Cheerleaders are SCHOLAR ATHLETES and School Comes First.***

- Cheerleaders will NOT be failing any classes. We will check their grades every week.

- If a cheerleader is failing a class and there is a football game or basketball game, they will sit out of that game until they're passing.
- If they are failing a class and we are in competition season, they will be taken out of the routine until they are passing (and this does not always guarantee that they will be put back in). This is very detrimental to a team, please make sure you are doing YOUR JOB as a cheerleader on this team.
- Cheerleaders need to be in class. If a cheerleader has a truancy/skips a class, they will sit out of one event for every truancy they acquire. (For Example: 5 Truancies=5 events missed).
- **\*NEW PER KUSD\*** If a cheerleader fails at the end of THIS School Year, they will be allowed to practice but will miss all performance events until September 12th! This means that if any cheerleader fails at the end of this school year, they will be taken out of the Fourth of July Parade and the First Football Game!
- A Cheerleader (per KUSD policy) may compete with one F until Semester. Once Semester comes, if a cheerleader fails a class, they will be out for 2 weeks. For us, this means that if a cheerleader fails at semester, they will not be able to compete at Nationals. They can compete at every local competition (because they hit before semester) and then they will miss nationals and be put back in for prelims and state (maybe).
- Finally, if a cheerleader is failing more than one class, it will be up to the coaches to decide whether that child is pulled from the routine.
- We expect grades to be up and we hope that a child never has an F or has to be pulled.

***\*Parents will be made aware of any practice issues, behavior issues, attendance issues, or grades issues either verbally or in writing.\****

**Other Rules/Things to Note:**

- Coaches need your FULL Attention and Dedication. Time is too valuable to waste.
- Only Cheerleaders and Coaches should be on the field during games, present at practices and behind the scenes at competitions. No Random People/Non Cheerleaders/Family Members should be with the team.
- There will be incentives throughout the season to look forward to. Different awards, opportunities, etc that will be given.

***\*Remember that when you are wearing an Indian Trail Cheer Uniform or ANY Indian Trail Cheerleading Gear, you are representing more than just yourself. You are representing your team, your school, and your coaches.\****

### **Cheerleader Contract**

As a member of the ITHSA Cheerleading Team – I agree to the following:

- To follow all rules and guidelines that are set by the WIAA, WACPC, KUSD Athletic Code of Conduct and my Coaches.
- To follow all the rules and expectations set forth in this packet.
- To model the proper behavior and attitude that exemplifies good sportsmanship and humanity both on and off the mat, in and out of season.
- To treat my teammates, coaches, choreographers, opponents, and fans with respect.
- To accept any and all consequences of not complying with the rules and guidelines of our TEAM.
- To always give my best effort in practice and in games, even in the face of adversity.
- To be at practice on time, ready to work and listen to my coaches, and dressed properly.
- To be a SCHOLAR Athlete and keep up with my grades and school work at all times.
- To be honest, committed, dependable athletes.

Athlete Signature: \_\_\_\_\_

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