**CASS HIGH SCHOOL CHEERLEADING RULES & EXPECTATIONS**

**Section 1: Academics**

1. **At each grading period:** Failing one or more classes may result in the

followingconsequences:

* + Attendance without participation at games and practices.
  + Report of weekly progress until grades are brought up to passing.

**\*\*Fall semester grades will determine eligibility for the next season; therefore any**

**cheerleader who fails 2 of his/her 6 classes fall semester will be ineligible to tryout**

**for the next season’s squad as per the Georgia High School Association’s policies**

**and procedures.\*\***

**Section 2: Absenteeism**

1. All Cheerleaders must have a good attendance record.
2. Practices
3. Cheerleaders are expected to be at **ALL** practices, games, camps, fundraisers,

functions and competitions. All appointments should be made on days that

practice is not occurring. No other non-school activity may interfere with

cheerleading practice or games. An agreement must be made between

teachers/coaches for simultaneous school-related activities.

1. A cheerleader who must miss practice must discuss the situation with the

coach prior to the absence. The coach may require a doctors note for the

absence to be considered excused.

1. An unexcused absence from practice will result in the cheerleader

NOT being allowed to cheer at the next game. Competition

cheerleaders: Unexcused absences may result in an alternate

being substituted into her position.

1. Two unexcused absences from practice MAY result in removal

from the squad.

1. Cheerleaders MUST contact the coach prior to any missed

practice and are responsible for obtaining information that may

have been given during practice.

1. Cheerleaders who do not dress out for practice will be counted as absent

(unexcused) and will not be able to cheer at the next game.

1. Additional activities: Cheerleaders are expected to attend **ALL activities**

throughout the cheer season. If any activity is missed the same rules apply as

missing a practice. Attendance will be recorded at all functions to verify if the

athlete fulfilled their commitment of participation and support.

1. Games
2. If a cheerleader is absent from school on the day of a game, she

cannot cheer at the game and is responsible for informing the coach

prior to the game. Being considered present is being in attendance in

at least 4 class periods.

1. Cheerleaders are required to attend all games that are cheered by their

particular squad, including playoffs. A cheerleader that must miss

a game MUST discuss the situation with the coach. NO EXCEPTIONS!

The coach will determine if the absence is excused or not and in some

cases may require a doctor’s note. It is considered unexcused if the

student does not attend a game or event required by the team.

1. Unexcused games MAY result in the REMOVAL from the

team.

**Section 3: Punctuality**

1. Cheerleaders are expected to to be on time ALWAYS!Consequences will occur

for everyminute a cheerleader is late to a designated activity. Consequences can

range from conditioning to benching during games and repeated tardies may

result in removal from the team.

**Section 4: Practice**

1. The coach may call additional practices as the need arises. Practice times are

merely a guideline, and the coach reserves the right to extend practice if needed.

Competition cheerleaders can expect to practice for approximately 1-2 hours daily.

Do not plan other after school activities during practice or game times. If you

are participating on an All-Star team, you should be aware that those practices

and competitions may not interfere with your participation in high school

cheerleading activities or you may be replaced or removed from the team.

1. Proper attire for practice must be worn at all times: shorts, t-shirt, cheerleading

shoes**,** and hair pulled back. Also, no jewelry may be worn while in uniform or

while participating in cheerleading activities, including practices or tumbling

classes at Stingrays gym. (This includes jewelry that may not be visible such

as belly button rings.) No acrylic nails and all nails MUST be kept short for all

practices, games, pep rallies, competitions, etc…As per GHSA regulations.

Nails should not be painted during games or competitions. Clear polish **ONLY**.

1. Practices are CLOSED to all individuals with the exception of the team and school

coaches. This includes summer practices as well. Communication with the

coaches needs to be arranged and completed outside of practice hours.

**Section 5: Fundraising**

1. Each cheerleader will be **required** to participate in fundraisers decided upon

by the coaches, squads, and or booster club. Only cheerleaders that participate

in the fundraisers will benefit from the money raised through that fundraiser.

**Section 6: Cheerleading Standards**

Certain standards and expectations are necessary for the integrity and reputation of the

cheerleaders of Cass High School.

If/when you become a member of the Cass High School Cheerleading program, you

are expected to be a leader. As long as you maintain the position of cheerleader, you

will be looked upon as a leader both in the school and in the community. You are placed in

the public light and you represent Cass High School as well as the coaches and cheerleading

program.

Therefore, PLEASE READ THE FOLLOWING INFORMATION CAREFULLY. Think

about the responsibility you will have as a high school cheerleader and decide if you will be

able to abide by these expectations. You will be ambassadors and your actions will reflect

on your school both positively and negatively. While you are expected to conduct yourself

in an appropriate manner at all times, visibility is heightened while you are in uniform.

1. **School Behavior**
2. A cheerleader must maintain good behavior in all school classes and

activities. Office referrals regarding discipline are treated with serious

attention and will be dealt with by the coaches on an individual basis.

However, 2 or more office referrals or disciplinary actions given by a

coach may result in the cheerleader being removed from the team.

1. Cheerleaders are to obey ALL school rules, as well as all rules found

in the BCSS Student Handbook.

1. Cheerleaders should never express negative information regarding

teammates or the Cass High School Cheer Program at school or in

public. They are to abide by the Code of Ethics in the GHSA Handbook.

1. **General Behavior**

The following behaviors are NOT ALLOWED by high school cheerleading standards.

VIOLATIONS will be evaluated by the coaches and administrators and appropriate

punishment will be given. (Punishment may be, but is not limited to: benching, suspension,

and removal from the team.

- Profane Language - Over-display of affection

- Fighting - Undesirable immoral behavior

- Cheating - Undesirable language or gestures

- Unlawful acts - Violation of school dress code

- Any behavior considered to be inappropriate by a school representative.

**Chemical Use**

A student, regardless of quantity, shall not:

* Buy, be in possession of, or use a beverage containing alcohol at any time;
* Be in possession of or use tobacco products;
* Use, consume, possess, buy, or distribute any controlled substance at any time.

Cheerleaders who receive any type of citation or ticket for alcohol use will be benched

or possibly removed from the squad. Cheerleaders are required to contact their respective

coach as soon as this happens. Failure to do so will result in removal from the squad.

Any cheerleader who is arrested while a member of the Cass High School Cheerleading

squad will be removed for 1 season from their respective squad.

Any cheerleader who is found in possession of a controlled substance will be removed

from their respective squad for 1 season. Please refer to the BCBOE Handbook for a

detailed list of controlled substances.

A ZERO tolerance policy for chemical use will be enforced while as a member of the

Cass High School Cheerleading Program.

1. **Squad Behavior**

* Do NOT talk about another cheerleader or cheerleading squad in a negative way.

Talk problems over with the coach and keep matters among the team.

* Show respect to your coaches at all times. If you have an issue, set up a conference

with your coach immediately.

* Show respect for each other. A team can only be successful if everyone can get

along and work together.

* Be willing to go the extra mile to improve the team. (This includes tumbling class)
* Do your share of the work. Volunteer without having to be asked!
* DO NOT argue as a squad in public or on social media…EVER!
* Show good sportsmanship at all times.
* Give 110% in all aspects of cheerleading.
* Understand that all cheerleaders are required to ride the bus to and from functions

unless directed by the coach.

* Refrain from chewing gum while in uniform or at practice.
* Be neat in appearance and follow school dress code when attending any function

that represents the school.

* DO NOT wear jewelry while cheering at any time or while in uniform. Body piercings

included.

* Keep hair neat and away from face.(Up and off the shoulders when practicing or

cheering)

- DO NOT wear polish on fingernails while in uniform.

- DO NOT accept a job or take on another task that will interfere with cheerleading.

\*\*\*\*You may have extra conditioning, be benched, suspended, or removed from the squad

for failure to follow any of the above expected behaviors. If a cheerleader is removed from

a squad, they must sit out for one calendar year before being allowed to tryout for a

cheerleading position.

**Section 7: Safety**

We understand that there are dangers and risks of practicing and competing in the sport

of cheerleading. These may include, but are not limited to, sprains and strains, bruises, injury

to bones and joints, ligaments, muscles, organs, serious neck and spinal injuries leading to

complete or partial paralysis. No amount of reasonable supervision, training, or protective

equipment can eliminate all risks and dangers.

Any athlete who is injured will receive medical attention immediately. If a parent cannot

be reached, emergency personnel will be called if necessary (911). A medical release

form must be signed by the parent prior to tryouts for this purpose. It is the athlete’s

responsibility to notify their coach of any medical needs or injuries as they arise.

Safety instruction for athletes will be provided prior to the beginning of the season. Safety

guidelines will be enforced (jewelry, nails, hair, etc…) in addition to weather conditions

and performing surfaces. Once a skill is mastered the athlete will be allowed to perform

the skill.

**Section 8: Forms of Communication**

* All teams will have a Remind 101 account for their coach to communicate with

cheerleaders and parents. All cheerleaders and parents are required to join this

group so that communication about practices, games, fundraisers, and other

announcements are communicated with all members of the CHS Cheer Program.

**Section 9: Uniforms**

* A $75.00 uniform service fee will be paid by each cheerleader. This will provide

a uniform and poms for each cheerleader to use throughout the season. If a

cheerleader is a part of both the football and competition squads, the service

fee will cover both uniforms. This $75.00 fee will be due at the welcome meeting

on **March 24th**.This fee is an upfront fee and should any cheerleader quit the

team or be removed, the service fee **will not** be reimbursed at any time regardless

of the season being complete or not yet started.

* For any cheer fees, there will be no financial restitution made if a cheerleader is

removed from the team for any reason or quits the team at any time. All fees

must be paid in full prior to the beginning of football season. Cheerleaders that

have negative accounts will not cheer games until their account is paid in full.

- Lost or damaged uniforms will result in replacing the uniform at full cost.

- Cheerleaders may only wear their uniform at designated events as outlined by

the coach. This includes any part of the uniform that is issued by the cheerleading

program. Any alteration of the uniform must be approved by the coach prior to the

professional alteration that is made. All alteration costs are the responsibility of

the athlete.

**Section 10: Lettering / Awards**

Lettering and Awards will be based on the following criteria:

1. Uphold guidelines outlined in the Rules & Regulations and finish the

season in good standing.

1. Varsity sideline cheerleaders will receive letters for participation in the

sport of Cheerleading.

1. Varsity competition cheerleaders may receive further recognition for successful

completion in the sport of competition cheerleading (i.e. State and/ or

Region patches)

1. Cheerleaders who are benched for any reason may forfeit the opportunity

of being awarded various awards during and at the end of the season.

**Section 11: Selection of Teams**

The coaches will make team selections based on athletes they feel can best suit

the needs of the team and who show the highest proficiency in the following areas:

(may include but are not limited to)

- Previous experience - Level of Tumbling

- Assessment - Skills progression

- Flexibility of various roles - Attitude / Commitment

The tryouts will take place over 3 consecutive days requiring attendance by all athletes.

If placement is given to multiple teams (i.e. Varsity Blue and Competition) the athlete and

parent recognize that this is a commitment to the program. Therefore, complete

participation is expected for both teams. Failure to complete one will result in dismissal

from the program.

Please Note:

1. The athlete does not choose what team they would like to be a part of. Athletes

will be placed on the team that best suits them according to the coaches.

1. We encourage athletes to be involved in other sports if they desire to, however

they will have to fulfill their duties of the season prior to attending the next season

sport, club, or activity.

1. Grades 9th-12th will be considered for the Varsity cheer teams.

\*\*\*\*Please understand that the rules and regulations follow at least the minimum requirements

as outlined by Bartow County / GHSA policies, however, a coach has the authority to impose

consequences above the minimum at any time. Once placed on a team you will be required

to read and sign your understanding of the Cass High School Cheerleading Rules & Regulations.

**Section 12: Financial Obligation**

There will be financial obligations when becoming a part of the Cass High School

Cheerleading program. You will be required to pay for all consumable items: team warm-ups,

shoes, camp clothes, hair bows, bloomers and uniform service fees. There will also be separate

fees including choreography camp fee (Varsity & JV Competition Cheerleaders Only). We will

take part in fundraisers to lower the cost of cheering, and also to purchase new mats. Below is

Varsity Gold football squad will be attending UCA Cheer Camp at Lake Point Sports Complex June 15th, 16th, 17th, & 18th. The cost of the camp is $250.00 per cheerleader. Varsity Competition will attend stunt camp at Stingrays June 2nd & 3rd . The cost of this camp is $80.00 per cheerleader. **THESE CAMPS ARE MANDATORY**. If it is not possible for you to attend camp, please do not tryout. More details on cheer camp will be shared at the welcome meeting on **March 24th**.

a breakdown of the cost to participate on each squad.

Varsity Blue & Varsity Gold Squads (ONLY) Varsity Competition Squad\_(ONLY)\_\_

Uniform Service $75.00 Uniform Service $75.00

UCA Cheer Camp $250.00 Choreography fee $272.00

Shoes $60.00 Shoes (Infinities) $90.00

Football Bow $15.00 Competition Bloomers $15.00

Bloomers $15.00 Competition Bow $15.00

Camp Clothes $100.00 Team Warm Up $110.00

Team Warm Up $110.00 Competition fees $60.00

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Camp Clothes $80.00

Comp. Stunt Camp $80.00

Total: $625.00 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

$797.00

**Junior Varsity Competition (ONLY) Varsity Basketball Squad (ONLY)**

Uniform Service fee $75.00 Uniform Service fee $75.00

Choreography fees $100.00 Shoes $60.00

Shoes (Infinities) $90.00 Game Day Shirt $12.00

Bloomers $15.00 Game Bow $15.00

Competition Hair Bow $15.00 Bloomers $15.00

Team Warm Up $110.00 Team Warm Up $110.00

Competition Fee $40.00 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goodie Bag Fee $40.00 $287.00

$485.00

In the past, cheerleaders have gotten enough business/community sponsors to completely

pay their account in full, leaving very little out of pocket expense to the parents. All

cheerleader accounts must be paid in full before football season begins. **All cheerleaders**

**with a negative balance to their accounts will not be allowed to participate in games**

**until the account is paid in full.**

**SEE BELOW FOR REQUIRED PAPERWORK**

**\*\*Please fill out, print, and turn in the following 4 pages no later than March 11th.**



***Cass High School Cheerleading***

***Application Packet 2016-2017***

***Athlete: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Attended Tryout Info Meeting: \_\_\_\_\_\_\_***

***Required Forms***

1. ***Application with photo attached \_\_\_\_\_\_\_\_***
2. ***Cheer Experience/Skills & Stunts \_\_\_\_\_\_\_\_\_***
3. ***Current Physical \_\_\_\_\_\_\_\_\_\_\_\_\_***
4. ***Emergency Medical / Verification of Insurance \_\_\_\_\_\_\_***
5. ***Copy of Insurance Card \_\_\_\_\_\_\_\_\_\_***

***\*\*Please include this checklist at the front of your***

***packet with all required forms in the order above.\*\****

**Cass High School Cheerleading Application**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(First) (Middle) (Last)

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Attach Photo Here:

Upcoming Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physical Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mom’s Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dad’s Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email (cheerleader): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email (parent): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I plan to tryout for the following squad: (check ALL boxes that apply)

Varsity Competition

Varsity Blue (Home)

Varsity Gold (Away)

Junior Varsity Competition

Any squad that I may qualify for

Varsity Basketball

I have read the Cass High School Cheerleading program Rules and Regulations and tryout information.

As a squad candidate, I agree to abide by these guidelines / regulations and tryout information.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the Cass High School Cheerleading Rules and Regulations and tryout information.

As a parent, I agree to support the enforcement of this information.

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

***Cheer Experience: Skills/Stunting Information Form***

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_\_ Birthday: \_\_\_\_\_\_\_\_\_\_\_

Grade 2016-2017: \_\_\_\_\_\_\_\_\_ Current School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please check the highest level of tumbling skills in each box that you can perform on the school cheer floor WITHOUT a spot.

Standing Standing Series/Multiples Running

\_\_\_\_\_ none \_\_\_\_\_ multiple BHS \_\_\_\_\_ none

\_\_\_\_\_ back handspring \_\_\_\_\_ BHS to tuck \_\_\_\_\_back handspring

\_\_\_\_\_ standing tuck \_\_\_\_\_ two BHS to layout \_\_\_\_\_ back tuck

\_\_\_\_\_ jump tuck \_\_\_\_\_ two BHS to full \_\_\_\_\_ layout

\_\_\_\_\_ standing full \_\_\_\_\_ two to full bhs full \_\_\_\_\_ full

\_\_\_\_\_ Arabian to full

Cheer Experience:

Stunting position: \_\_\_\_\_ base \_\_\_\_\_ flyer \_\_\_\_\_ back \_\_\_\_\_ base & flyer

Most advanced stunting skill level: (**check all that apply**)

\_\_\_\_\_ preps (half extension not extended), or no experience

\_\_\_\_\_ Straight cradle dismounts and extensions

\_\_\_\_\_ Basket tosses (non twisting)

\_\_\_\_\_ Full twisting two legged cradles \_\_\_\_\_ Extended one-legged stunts

\_\_\_\_\_ Full ups \_\_\_\_\_ Kick full basket tosses

\_\_\_\_\_ Tic-tock heel stretch to heel stretch

**Emergency Medical / Verification of Insurance Form**

In case of an emergency, please list two people to contact in case parents cannot be reached.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have adequate insurance for my child. I will not hold the coaches, the administration, and/or Bartow County School System responsible for any injury, which my child may receive while involved in cheerleading during the 2015-2016 school year. I understand that this applies to the time devoted to trying out as well. (This portion must be filled out COMPLETELY or your child may not participate.)

In case of emergency, Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may be called at \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(phone number)

Athlete’s Insurance Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Identification #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any known allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ALL ATHELETES MUST HAVE HEALTH INSURANCE TO PARTICIPATE.**

In case of emergency, I give the CHS cheer coaches or a local EMS service permission to transport my child to the nearest medical facility to receive treatment.

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

