

# HARDIN VALLEY ACADEMY CHEERLEADING CONTRACT

## ATTITUDE AND BEHAVIOR

- All Hardin Valley Academy cheerleaders are expected, at all times, to be cooperative and respectful with other squad members, the coach, teachers, administrators, other school staff and all opponents.
- All cheerleaders must comply with all school, district and squad rules. Misbehavior during school, at practice, and games will not be tolerated. Profanity and suggestive language or behavior is prohibited.
- Cheerleaders will maintain a positive attitude and encourage teammates.
- Cheerleaders should exhibit excellent behavior in classes. Cheerleaders should not have any disciplinary referrals for any reason.
- A cheerleader may discuss any disagreements or concerns they have with the coach in an appropriate manner (i.e. calmly, privately, quietly).
- Continuous lack of effort at practice and games will lead to dismissal from the squad.
- It is the responsibility of the student not to participate in any activities that violate the team or school code of conduct.
- Cheerleaders who quit the squad or are asked to leave will not be eligible to try out again.
- Cheerleaders who quit will be asked to tell the team as a group, in person.

## GRADES

- Maintaining good grades is a very important part of being a cheerleader. Cheerleaders should maintain a 2.0 gpa at all times through the school year. The coach will be checking grades periodically to make sure that all cheerleaders are passing their classes.
- Cheerleaders must pass 7 of their 8 classes to be eligible for tryouts.
- Cheerleader placement on the team is pending until final grades are released for the current school year. Grades may be recovered over the summer, but the cheerleader will be suspended from all activity until summer grades are posted.
- Any cheerleader who is found to be ineligible during the school year shall not participate for a period of two calendar weeks.
- Consistently earning poor, but passing grades is not acceptable.
- Cheerleaders who remain an academic risk may not be allowed to compete.
- Any seniors who make the squad will forfeit their right to graduate early.

## ATTENDANCE

- All cheerleaders are expected to be at all practices, games and competitions unless the coach has approved the absence. Any absence must be pre-approved by the coach and written down in the absence log at least **two weeks prior** the date being missed. Sickness, family emergencies and other situations approved by the coach are considered excused absences.
- If a cheerleader has a legitimate problem attending a practice or a game he/she is expected to contact the coach immediately. This also applies to being late or leaving early from practices or games.
- Unexcused absences will result in consequences. Cheerleaders are permitted a total of three unexcused absences before being dismissed.
- Injury or illness should not prevent a cheerleader from regular attendance unless recommended by a doctor (with a note).
- All athletic training issues must be dealt with prior to practice or games and should not cause a cheerleader to be late or absent.
- A cheerleader must be present one half day of school (3hr, 15 min) in order to practice or cheer that night.

## PRACTICE

- Attendance at practice is mandatory.
- Practice will range from 1 to 4 times per week depending on the season.
- Cheerleaders shall be ready for practice at the set practice time with mats out. (Practice times do not include time to dress, eat, talk, etc.)
- Cheerleaders must fully participate in conditioning and practice unless pre-arranged with the coach.
- Cheerleaders will remain focused, engaged and attentive at practice
- Acceptable and appropriate practice attire will be worn to every practice. Shorts, t-shirts, sports bra, bloomers and cheerleading shoes are considered appropriate. Please use good judgment in the size and fit of practice attire.
- Hair is to be pulled up and away from the eyes and face for practice. All hair needs to be in a secure ponytail that will not fall while cheerleaders are in motion.
- Fingernails must be no longer than the ends of the fingertips.
- No jewelry is to be worn. This includes earrings.
- Absolutely no gum, candy or soft drinks will be allowed at practice. Water and Gatorade only.
- If a cheerleader must sit out of more than one game or practice due to illness or injury, a doctor's note must be presented to the coach by the next game or practice.
- Practice schedules will be given in advance, when possible, to allow cheerleaders and their families time to schedule other events.
- All practices are closed. Please wait for your child outside of our practice area.
- **NO CELL PHONES AT PRACTICE!**

## GAMES

- Cheerleaders shall come to games prepared to cheer at the set meeting time. Prepared means having all gear on (uniform, body liner, bloomers, socks, and ribbons) and hair up.
- If a cheerleader is late or forgets part of her uniform she will sit out for one quarter. After three instances the cheerleader will be suspended for one game.
- Cheerleaders must be warmed up and on the sidelines ready to cheer 1 minute before the beginning of each half of the game.
- During sideline formation, talking between cheerleaders shall be minimal. Talking to the crowd is prohibited.
- Make-up shall be minimal and worn tastefully.
- Jewelry is not allowed.
- Hair is to be worn in a secure ponytail that will not fall.
- Absolutely no gum or candy will be allowed at games. Water and Gatorade only to drink.
- All cheerleaders shall exhibit good sportsmanship.
- Cheerleaders are not to “hang on” any member of the opposite sex while in uniform.
- Team members will cheer for all football games. The team will be split into groups for basketball. Equal time will be given to cheerleaders for boy’s, girl’s, home and away games.

## JUNIOR VARSITY

- There is a possibility of forming a JV team. This will be determined by the number and skill level of cheerleaders trying out.
- The JV team will be made up of at least six members.
- The team will cheer for home, JV football and basketball games.
- The JV team will not compete
- This team will be held to the same standards and expectations as the varsity team.

## ALL-STAR CHEERLEADING/ OTHER SPORTS

- If a cheerleader is a multi-sport athlete and other school teams overlap seasons, the cheerleader must choose a primary sport. If cheer is not the primary sport, the cheerleader forfeits competing.
- Cheerleaders participating on other teams should turn in a practice and game/competition schedule at the beginning of the season.
- The coach will make accommodations, as possible, for other teams as long as prior notice is given.
- No games will be excused for all-star practice.
- Mutual and equal respect and commitment should be shown for each team that an athlete is playing for.

## TRANSPORTATION

- It is the responsibility of the parent/guardian to provide or make arrangements for all transportation to and from practice, competitions and games.
- Be punctual (arrival *and* departure) for practices, competitions and games.
- Be familiar with the schedule and know how your child is getting to and from events.
- All cheerleaders will use their own transportation for most away games and competitions. If a bus is needed for long-distance trips, proper conduct is expected. Depending upon the bus driver, cheerleaders may have food and drinks on the bus but are responsible for cleaning up the bus before unloading.
- The coach will not transport cheerleaders.

## EXPENSES

- All cheerleaders will be required to pay for and attend tumbling classes as a team one day a week.
- Other things purchased throughout the year will consist of a warm-ups, bloomers, shoes, hair ribbons, etc. Items must be prepaid by a specified deadline or the cheerleader will not receive them.
- Per Knox County rules, all uniforms (shells and skirts) are property of the school- even if fundraising money has been used to purchase these items.
- Various fundraisers will be held throughout the year to help with expenses. These are mandatory for everyone unless you choose to pay all expenses up front.
- **Financial issues should never deter a cheerleader from trying out.** Please discuss with the coach in private any matters that might impede payment of equipment or fees so that we may reach a solution.

## PARENTAL EXPECTATIONS

- Parents will be supportive of all cheerleaders.
- Parents will agree to discuss the development of their child, any concerns, problems or complaints at an acceptable time. This should be done privately and respectfully. Failure to follow this rule can result in a cheerleader's suspension or dismissal.
- Parents are encouraged to be active in their child's pursuits and in the HVA cheerleading program.
- Parents will treat the coach with respect.

## COACH EXPECTATIONS

- Coach will provide a safe learning environment for cheerleaders.
- Coach will treat cheerleaders and parents with respect.
- Coach will be fair in praise and consequences.
- Coach will make decisions based on team expectations.
- Coach will take consideration for special circumstances for individual members.
- Coach will only speak with you about your child.

## CONDITIONING

- Conditioning will take place at the end of every practice. This will ensure that injuries are kept to a minimum as well as keep cheerleaders in shape for the season. There will be many different exercises used to increase strength, stamina, and flexibility.
- Extra conditioning will be the main course of disciplinary action taken for most minor rule infractions. Types of conditioning used for discipline are the coach's choice.

## COMPETITIONS

- We may compete three to five times throughout the season. This will be determined by whether the team qualifies for nationals and when.
- The number of cheerleaders who are in the routine will vary depending on individual efforts made by each cheerleader.
- A cheerleader may at any time be pulled from, or put in the routine.
- Routine camp will be scheduled for mid to late -July. Any cheerleader who does not attend may not be choreographed into the routine.

**ANY TEAM MEMBER WHO DOES NOT MEET OR COMPLY WITH THESE RULES WILL BE SUBJECT TO DISCIPLINARY ACTION OR DISMISSAL FROM THE SQUAD.**

## RULES AND EXPECTATIONS AGREEMENT

I \_\_\_\_\_ (parent) have read and understand the rules and expectations of the Hardin Valley Academy Cheerleading Squad. I also understand that the athletic department may form a new contract and I will agree to those guidelines or face my cheerleader's possible removal from the squad.

I \_\_\_\_\_ (cheerleader) have read and understand the rules and expectations of the Hardin Valley Academy Cheerleading Squad. I also understand that the athletic department may form a new contract and I will agree to those guidelines or face possible removal from the squad.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Cheerleader Signature

\_\_\_\_\_  
Date

## TRY OUT CHECKLIST

Please bring the following items the first day of try outs when you register. No cheerleader will be allowed to participate in any part of try outs unless all of the following is turned in.

\_\_\_ Last page of contract with signatures

\_\_\_ Up-to-date physical

\_\_\_ Medical Release form

\_\_\_ Try out fee