



**John Carroll High School**  
**Rams**  
**2009-2010**  
**Cheerleading**  
**Handbook**

---

# JOHN CARROLL HIGH SCHOOL

## CHEERLEADING POLICIES

### Introduction

This statement is intended to inform cheerleaders, parents, relatives, and other interested parties of the various policies of the JCHS Cheerleading program. In all policies and program matters, the members of the squad shall be in good academic standing, be respectful both in and out of school, and shall be excellent representatives of the JCHS cheer squad. These policies are as follows:

### I Purpose

The primary purpose of the JCHS Cheerleading squad is to be a member of a team, which has its primary goal to support the athletic teams. This commitment begins the day you are chosen as a member and ends with the last game of the season (playoffs included). That support is directed into three major areas.

1. To lead cheers and to raise the level of fan support in a positive manner.
2. To participate in the athletic activity known as cheerleading by performing gymnastics, stunts, pyramids, dance movements; to perfect this athletic activity for keeping the crowd attention/direction on the field where the activity is taking place.
3. To serve as student body leaders within the school and to project the spirit and ideals of JCHS.

### II. Eligibility

All cheerleaders must maintain a 2.0 grade point average each marking period. Should a cheerleader's cumulative GPA fall below 2.0, the cheerleader will be dismissed from the squad for the remainder of the season. All report cards and interim reports must be shown to the coach within 2 days of receiving them.

Dismissal or voluntary resignation from the squad may cause the cheerleader to forfeit the right to tryout for cheerleading the following year and also forfeits all monies paid and is responsible for any debts owed. A cheerleader also forfeits the right to join another sport until the cheer season is completed, as stated in the FHSAA athletic rulebook. The coach's decision is final.

### III. Membership

#### A. Election

1. A mandatory clinic for all interested applicants will be held prior to the squad selection. The clinic will last two days with tryouts one day later for a total of a three day commitment. All list will be posted accordingly as to who has made the squad. If one day is missed without prior approval, the candidate forfeit's the right to tryout.
2. Before each candidate can tryout, the following information will need to be submitted.
  - a. Cheerleader application
  - b. Physical on FHSAA pre-participation physical evaluation form
  - c. Complete FHSAA consent and release from liability certificate
  - d. Completed and notarized JCHS Travel/insurance form
  - e. JCHS Drug/Alcohol/Tobacco contract (mandatory)
  - f. Rule book acknowledgement signature page.
  - g. Proof of 2.0 average from last report card
3. Up to 20 girls will be chosen as well as boys for Varsity and up to 15 will be chosen for JV. The Varsity squad will cheer for the Varsity games. The JV will cheer for the JV games. Both squads will cheer Homecoming and participate in All Pep Rallies.
4. If a cheerleader is dismissed or resigns, the next candidate in line may fill the vacancy. This decision will be made by the coach upon consideration of the time of the season, experience, calendar of event, etc.
5. In the case of injury, the coach will base the decision of replacing the injured cheerleader dependent on what is best for the squad.

#### B. Time Requirement

1. A Cheerleader should be prepared to cheer at each game; she should arrive at the stadium forty-five minutes before the beginning of each home game.

2. Cheerleaders will stand at attention with eyes focused on the flag during the National Anthem. THERE WILL BE NO TALKING, LAUGHING, etc.
3. Cheerleaders will stand at attention during prayer. THERE WILL BE NO TALKING, LAUGHING, etc.
4. Mastery of the cheers, chants/sidelines, and stunts is required.
5. Cheerleaders will have ALL hair that is shoulder length or longer in a ponytail. Clips are acceptable. Bangs hanging lower than the eyebrow MUST be pinned up out of the face.
6. Fingernails must be short enough that they cannot be seen from the palm side of the hand. There is to be NO polish worn while in uniform unless it is clear or a French manicure.
7. NO jewelry is to be worn at practice or at any time in uniform. This includes tongue and belly piercing as well as ALL ears and any other piercing.

#### C. Tardiness and Absenteeism

1. Practice will be held on Tuesdays and Thursdays beginning promptly at 3:30pm. Practice will end at 5:00 unless otherwise advised. Cheerleaders must have transportation to leave by 5:00pm.
2. Cheerleaders are responsible to check the Cheerleading website Calendar for all changes to the normal schedule and for arrival times for games. NO EXCEPTIONS!
3. Be on time..... All the time
4. Everyone MUST attend EVERY practice. The coach must approve excused absences prior to practice (not 5 minutes). You must call your coach if you are going to be absent. Coach Flynn's cell phone number is 772-528-8315 there is voicemail and texting capability. Excused absences include illness of yourself, death in the immediate family, or religious obligations. All other absences will be considered UNEXCUSED and you will not be permitted to cheer at the next game. (I.e. if you miss the practice 2 weeks prior to the start of the season, you will SIT OUT the first game).
5. For all cheerleaders who work in the afternoon you MUST schedule your work around your cheer schedule. Keep in mind that Varsity games are held on Fridays and JV games are primarily held on Thursdays for football season.

6. Make all appointments, including doctor's appointments, on days when there is NO practice or games. If this is a problem, prior approval must be obtained from the coach.
7. A portion of practice time may be used to make signs for home games and pep rallies. NO ONE will be excused until the task is complete.
8. Any cheerleader who misses a practice for an unexcused reason will not be allowed to cheer at the next game and will have to run laps at the next practice.
9. All cheerleaders must attend school on practice and game days.
10. Each cheerleader is responsible for transportation to and from home games and practice. The coach will arrange out of town transportation for Varsity games if applicable. All cheerleaders will travel to and from out of town games by the provided transportation unless there is a special situation, and then their parent(s) must accompany them. Parents must speak in person to the coach to make these arrangements.
11. Leaving practice or a game early may result in dismissal from the squad.
12. Sniffles, headaches, reoccurring stomach problems (including cramps) are not considered sufficiently debilitating reasons to prevent a cheerleader from participating in practice or a game. Aspirin, cough drops, etc. Will not be given out by the coach.
13. Serving of ISS or weekend detention will result in not cheering in that week's games. However, you will be required to attend and sit out next to the coach on the sidelines. Serving of 2 ISS or Weekend detentions will result in removal from the squad.

#### D. Uniforms

1. The school will provide each cheerleader with a shell and a bottom (skirt for girls, pant for boys). These items will be returned at the end of the season clean and in good condition. A fine may be assessed for any damage to the uniform. If the uniform is permanently damaged, the cheerleader will pay the full replacement price for the uniform (approximately \$150). Cheerleaders will be placed on the obligation list until the uniform is returned and any damages are paid for.
2. Uniforms should be treated with excellent care – always clean and ready to wear.
3. Uniforms shall be worn only by the assigned cheerleader unless prior approval from the coach is obtained.

4. NO uniform may be cut or permanently altered.
5. Cheerleaders are required to replace all items lost or stolen at their own expense.
6. Cheerleaders will be required to wear assigned spirit items to school on game days and other spirit days as dictated.

#### E. Discipline: Consequences

One of the goals of this program is to produce young men/women who are willing and able to accept discipline. There are certain standards of conduct and evidence of lack of effort, which are unacceptable to any sound program.

- ❖ Consistent lack of effort
- ❖ Refusal to accept the discipline related to the rules of the squad.

Should these situations occur, a cheerleader will, by failure to alter his/her behavior, be removed from the squad.

1. Missed practice(s) (UNEXCUSED)
  - a. First offense- run laps at the next practice and will not be permitted to cheer half the next game.
  - b. Second offense-Not permitted to cheer during the entire next scheduled game (but will be present in uniform on the sidelines) and will run laps at the next practice.
  - c. Third offense-Dismissal from the squad.
2. Missed Game(s) (UNEXCUSED)
  - a. Not permitted to cheer during the entire next scheduled game (will be present on the sidelines in full uniform) and will run laps at the next practice.
  - b. Dismissal from the squad.
3. Tardiness to practice(s) (UNEXCUSED)
- 4.

- a. First offense-1 lap for each minute late to be done after practice, no excuses.
- b. Second offense-2 laps for each minute late to be done after practice, no excuses.
- c. Third offense-Dismissal from the squad.

4. Tardiness to Game(s) (UNEXCUSED)

- a. First offense-Not permitted to cheer during the first quarter of game. (will sit beside coach) Laps will be run at next practice
- b. Second offense-Not permitted to cheer during first half of next scheduled game (will sit beside coach). Laps will be run at next practice.
- c. Third offense-Dismissal from the squad.

# Acknowledgement

## Student

I \_\_\_\_\_ acknowledge that I have read and agree with all the terms and conditions of the cheerleading rule book. I agree that I will abide by the rules set in this book and acknowledge that failure to do so could result in consequences which may include termination from the squad and or the privilege to try out next year.

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

## Parent

I \_\_\_\_\_ Parent of \_\_\_\_\_ acknowledge that I have read and agree with all the terms and conditions of the cheerleading rule book. I acknowledge that I am aware of the consequences that my child may be subject to for failure to follow the set rules and guidelines. I agree to guide my child in following such rules set in this book and acknowledge that failure to do so could result in consequences which may include termination from the squad and or the privilege to try out next year.

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