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Room 111 Room 705

**Hardaway Cheerleading Program**

We are looking forward to the 2013-2014 Cheerleading season! We trust that we will make lasting memories while being positive role models for our student body. In this packet, you will find valuable information with regards to being on the Hardaway Cheerleading Program.

**Philosophy**

The cheerleading program at Hardaway High School will provide its participants with many opportunities involving leadership, spirit, teamwork, enthusiasm and support. Objectives of the program are to promote school support, spirit, and enthusiasm for the athletic teams at HHS. They will also be working on their own abilities as cheerleaders with regards to technique and other skills.

**Cheerleader Constitution**

The HHS Cheer program is part of the Athletic Department. Therefore, ALL cheerleaders are subject to all policies set forth in the Hardaway High School Athletic Guidelines. (See attachment)

**I. Purpose of a cheerleader**

The purpose of a cheerleader is:

* To provide leadership
* To help promote school spirit, enthusiasm, and good sportsmanship
* To promote unification of the crowd’s involvement during the athletic event
* To strive to uphold the highest personal, as well as cheerleading standards
* To strive to build better relationships between the schools
* To contribute to the self-growth of the cheerleader

**II. Athletic Eligibility**

* All cheerleaders are athletes and must meet all the eligibility requirements stated in the Hardaway High School handbook and Athletic Guidelines. All cheerleaders must meet GHSA requirements. All athletes must pass 3 out of 4 classes at the end of the previous semester. Failure to maintain grades may result in suspension, removal from the team, or demerits.

**III. Attitude and behavior**

A cheerleader is responsible for his/her actions both on and off the field.

* Cheerleaders are expected to follow all rules as outlined in the HHS athletic guidelines and student handbook.
* Cheerleaders must maintain good rapport with the HHS staff and administration both on and off the school grounds.
* A cheerleader is a role model for the fans and must remain positive and display good sportsmanship toward the other cheerleaders, teams, coaches and officials at all times. She is to cheer for her own team and never against the opposing team.
* Code of Conduct: All cheerleaders will be expected to conduct themselves in the appropriate manner at all times – whether in uniform or not. Cheerleaders need to remember that they represent the school, the community, and their team.

**THE FOLLOWING OFFENCES MAY RESULT IN IMMEDIATE REMOVAL**

**FROM THE TEAM:**

1. Smoking
2. Drinking
3. Drugs
4. Use Of Foul Language
5. Failure To Display Proper Sportsmanship
6. Failure To Display Respect To Any Administrator, Coach, Faculty Member, Or Parent
7. Failure To Participate In Fundraising Activities
8. Inappropriate behavior as determined by coaches

**THE FOLLOWING OFFENCES MAY RESULT IN DEMERITS, SUSPENSIONS, OR IN REMOVAL FROM THE TEAM:**

1. Failure to wear appropriate uniform
2. Failure to attend practice, games, or other required activities
3. Failure to wear appropriate attire to practice, camps, clinics, or school
4. Uncooperative attitude
5. Wearing nail polish, long nails, jewelry, hair in an inappropriate way (i.e. color, style)
6. Failure to be picked up on time from practice, games, camps, etc.
7. Wearing a uniform outside of cheerleading or loaning any part of a uniform to anyone outside of cheerleading
8. Chewing gum
9. Failure to turn in money on time for fundraising

**IV. Academic Expectations**

* You will be expected to present a weekly progress report every week to your coach (see schedule). The progress report form will be provided each week and must be completed by ALL of your teachers.
* Mandatory Study Hall will be given if you are receiving less than a 75/C average in any given class – this includes electives. This may cause you to miss practice which will result in the assignment of demerits.
* Please review the HHS handbook and Athletic Guidelines for additional “student grades” policies.

**V. Financial Responsibilities**

* All expenses must be paid on time.
* Failure to pay expenses may result in a cheerleader being removed from current team or unable to try out for the next year’s team.
* All cheerleaders will participate in fundraiser activities. Failure to participate may result in a suspension or dismissal from the team.
* A rental fee of $75 will be charged for all uniforms issued by the school.

**V. Responsibilities during Athletic Games/Events**

* As stated in the HHS Athletic Guidelines, you must be at school for more than half of the day to participate in athletic activities/events.
* Attendance– Attendance at all team games/events is required.
* Each cheerleader will be given a weekly duty pertaining to athletic games. Duties will be rotated each week. (More information to follow.)
* During team athletic games/events:

1. Pay attention to the game (not social time).
2. Arrive to designated area on time (please see schedule).
3. Never cheer against or boo the opposing teams or officials.
4. NO food or drink while you are cheering – Water or Gatorade only on the sidelines.
5. Return to bench 7 minutes prior to the start of the game and after halftime.
6. Be ready to cheer.
7. No jewelry, gum, heavy makeup, nail polish, or glitter is allowed.
8. **NO CELL PHONES DURING GAMES!** You may only use your cell phone if you have asked permission to call a parent or guardian.
9. Must have all parts of uniform on at all times for game--bows, socks, etc…
10. Must arrive to and leave from games in your proper cheer attire which is your uniform and cheer warm-ups.
11. Absence from a game must be approved prior to the game. Excused circumstances: medical appointment with a note, major illness/death in the family.
12. NEVER leave an athletic event without first signing-off with your coach.

**VI. Responsibilities during Practice**

* Attendance of practices – All practices are mandatory unless excused. (Please note that practices on Wednesdays are optional, though games are not.) Except for an emergency, being absent from practice (or games) is unexcused without prior approval from your coach. The coach will determine whether the absence is excused or unexcused. Giving notice does not make the absence excused. Sample excused circumstances: medical appointment with note, serious illness/death in family, academic trip OR make-up test for classes.
* Attached is the practice schedule. As the season progresses, we may reduce the amount of practices.
* Practices start promptly; tardiness is unacceptable. Should you need to be tardy to practice, you must FIRST notify your coach and/or the team captain. You must also bring a note from that teacher upon arriving to practice.
* Proper shoes and clothing should be worn at every practice. (See practice schedule.)
* You are expected to be picked-up on time, after every practice. We have other obligations and responsibilities with our own families. They should not suffer because your transportation is late. Always have a Plan B to avoid demerits. ☺

**VII. Transportation**

* Cheerleaders may drive to games that are held in town. Any demonstration of unsafe skills may result in a loss of a team member’s privilege to drive.
* No team member may drive to out of town games or activities.
* Cheerleaders are not allowed to ride in a car with a young man while in uniform. She will be required to change clothes before riding in a car with a young man.
* All cheerleaders must ride to and from games in the same car. If a girl will be riding in a different car, notice must be given to the coach prior to the game.
* Failure to follow transportation rules may result in suspensions, demerits, or removal from the team.

**VII. Uniforms**

The official cheer uniform is released on a rental basis. Please note the following to avoid consequences:

* Each cheerleader is responsible for any lost, stolen or damaged items and will be charged at the new price that must be paid in full.
* Uniforms are to be worn during designated events. (More information on this will follow.)
* You are not to allow other people that are not cheerleaders to wear any part of your uniform or spirit wear.
* During games and other cheer events, hair must be pulled back from face and make-up should be worn at a minimum. “Loud” nail polish or long nails are forbidden, as well as glitter. Jewelry is not to be worn; there are NO exceptions. Band-Aids are not allowed to be worn over jewelry and spacers/clear studs cannot replace jewelry. This is because jewelry is **not** allowed – at all.
* Failure to turn in uniforms on time may result in a cheerleader being unable to try out for the next year’s team
* Cheerleaders are responsible for maintaining their uniforms.
* Uniforms need to be machine washed before each game. Do not put uniforms in the dryer – air-dry all uniforms. DO NOT dry-clean, bleach, iron, or use fabric softeners on uniforms.
* Repairs should be made prior to return and name on all tags.
* At the end of the season, all uniforms must be marked and turned in together in a plastic bag.
* Date for turning in uniforms will be determined at the end of the season.

**VIII. Demerit System:** As soon as practices begin a demerit system will be enforced in order to assist you with meeting all of the Hardaway Cheerleading Program expectations.

* Demerit Consequences/Probation:

1. 4 = “Sign Time” or School Community Service
2. 5 = No participation in pep rally/other public shows AND cannot dress in HHS cheer attire while at school.
3. 6 = Sit out first quarter.
4. 7 = Sit out first and second quarter.
5. 8 = Sit out first, second, and third quarter.
6. 9 = Sit out entire game, BUT must attend.
7. 10 = Removal from the Cheer Squad

* Working off Demerits:

1. Make appropriate/ approved sign = 1 demerit
2. Appropriate writing assignment/letter = 1 demerit
3. Completing assigned school community service/ 30 mins. = 1 demerit

* Demerits are assigned for the following reason:

1. (1) Late to practice/meeting/game
2. (1) Late transportation from practice/meeting/game – After 15 minutes of waiting, (1) demerit & one hill will be earned. For every 5 minute period thereafter, (1) demerit and one hill will be given until transportation arrives.
3. (1) Leave early from practice/meeting/game
4. (1) Uniform infringement
5. (1) Failure to complete job or duty
6. (1) PDA – public display of affection – This includes holding hands in uniform, hugging, kissing, and sitting in laps, etc.
7. (1) Late progress report
8. (2) Missed practice
9. (3) Failing grade per class – These are only deleted when the grade becomes a 70/C.
10. (3) Missed game
11. (3) Administrative Detention
12. (6) ISS – Plus punishment as defined in the HHS Athletic Department Guidelines.
13. (9) OSS – Plus punishment as defined in the HHS Athletic Department Guidelines.
14. (1-3) Confrontation/Conduct/Cussing – This includes with other squad members, students, coaches, opposing team members, teachers, referees, any adult, etc.
15. (Will Not Cheer) – Failure to present progress report.
16. (Will Not Cheer) – Failure to meet the HHS Athletic Department Guidelines