

MY SHS CHEER HANDBOOK



SHS Cheer Guidelines

PURPOSE:

The purpose of the SHS Cheerleading program is to work in harmony with high school administrators, coaches, directors, fans, other high schools, and the Georgia High School Association (GHSA). It is the ultimate responsibility of SHS Cheer to promote as well as uphold team spirit and to develop good sportsmanship among fans, players, and other cheerleaders. As a member of SHS Cheer you are also responsible for supporting athletic events sponsored by Stockbridge High School and developing a positive relationship within the community. **Cheerleaders are to set an example of good behavior at all times, in or out of uniform.** Good behavior should be displayed in the classroom, at games and all other school functions. Every person that is chosen to be a part of SHS Cheer is required to participate in **all** squad activities: fundraisers, games, sign making, pep-rallies, parades, competitions, and community events.

GOALS:

The goals that have been set for the SHS Cheerleading program are to learn the proper technique, skills, and attitude required for being a successful cheerleader. To become a competitive cheerleader by faithfully participating and enhancing exercise drills, jumps, voice projection, motions, cheer and chant techniques, stunts, tumbling skills, and other skills needed to improve the image of the squad collectively.

I. General Requirements

A. Grades (Passing)

1. All cheerleaders **must** be passing **3 out of 4 classes** each semester that they cheer.

B. Physical Examination

1. Each cheerleader must have a physical examination completed **YEARLY**.
2. Your exam should be completed prior to beginning any SHS Cheer activity.
3. If an exam has not been completed at the beginning of the semester you will not be permitted to participate in any SHS Cheer activity until it has been completed.
4. An exam deadline will be determined by the coach/advisor.

II. Attendance Requirements

- A. Practices will be held on **Tuesday and Wednesday from 3:45PM – 6:45PM** (practices may vary from season to season and due to the game schedule).

ALL CHEERLEADERS ARE REQUIRED TO BE PRESENT AND ON TIME.

All cheerleaders must attend all practices and games unless the coach/advisor has been notified prior to the practice or game. The coach/advisor will determine when an absence is excused or unexcused and will also assign the necessary consequences.

Practice dates and times are subject to change at the discretion of the coach/advisor.

- B. Prior to Homecoming Week and/or during Homecoming Week there will be additional practices to prepare for the annual Homecoming performance (pep-rally and/or homecoming game). The additional practice dates and times will be determined at a later date and will be issued to each squad member in an ample amount of time.

III. Being Late or Absent (Practice)

- A. Roll will be taken at the beginning of each practice. All tardies and absences will be recorded at the beginning of practice. **Exceptions will only be made for those members with a valid reason (i.e. after school tutorials, school organization meetings, and family emergencies).** If you have been granted approval to be tardy or absent from practice, **you may still be penalized.**
- B. If you are not at practice when rolls call begins, **you are late.**
- C. **If you are going to be late or absent for any reason, you MUST notify Coach Everett via the Band App and let her know immediately.** In the event that Coach Everett is not notified, there will be a penalty. Penalties will be decided on a case to case basis. **DO NOT ASSUME JUST BECAUSE YOU SENT A TEXT OR UTILIZED THE BAND APP TO SEND A MESSAGE, YOU ARE EXCUSED. IF YOU DO NOT GET A RESPONSE BACK, SEND IT AGAIN. A RESPONSE BACK FROM A COACH IS REQUIRED IN ORDER FOR YOU TO BE EXCUSED.**
- D. If you have a job, please provide the coach/advisor with a work schedule. If you are scheduled to work, your being absent may still result in a penalty.

IV. Being Late or Absent (Game Day)

- A. If you have been restricted from cheering during any portion of the game, **you must dress out in the proper attire and be seated in the designated area for cheerleaders.**
 - 1. If you miss practice before a game, you will **not** be able to cheer at the game following that practice.
 - 2. If you are late on Game Day, you will **not** cheer.
 - 3. Penalization for absences will be determined by the coach/advisor.

V. Practice Rules

- A. No excessive talking.
- B. No horse play (to avoid unnecessary injury)
- C. **All cell phones must be NOT be on the practice floor and on VIBRATE at all times.**
- D. When “set” is called everyone needs to be at attention.
- E. No homework at practice, unless otherwise specified.
- F. **NO JEWELRY** of any kind should be worn to practice (**that includes stud earrings**).
- G. No jeans or jean shorts. Athletic attire only.
- H. Cheer shoes should be worn at all times.
- I. No chewing gum, candy or food of any kind in practice at all.
- J. Cheerleaders may not leave practice for any reason without permission.
- K. **You must be able to take constructive criticism from the coach/advisor, captains and other squad members.**

VI. Game Rules

- A. Show spirit at all times.
- B. **Stand at attention when not cheering.**
- C. No cell phones are to be on the line or being used during the game for any reason (unless given permission by the coach/advisor).
- D. Do not cheer when a player is injured.
- E. **Pay close attention to cheerleaders who may be calling cheers/chants.**
- F. **NO JEWELRY** of any kind should be worn to practice (**that includes stud earrings**).
- G. Cheerleaders are not allowed to sit in the stands with parents, relatives or friends during the game.

- H. Cheerleaders may not leave the field/court for any reason without permission from the coach/advisor or captain.
- I. **SMILE, SMILE, SMILE!**
- J. No eating, chewing gum or candy while cheering.
- K. All grooming must take place prior to entering the stadium/gymnasium.
- L. You must be on the line to cheer two (2) minutes prior to the start of the game. **If you are late you will have to sit out the first half of the game.**
- M. Be familiar with the rules of football/basketball.

VII. Cheerleader Appearance

- A. **NO JEWELRY! (Including stud earrings).**
- B. No acrylic nails or natural nails **longer than 1/8 of an inch.** This is for your safety as well as the safety of your fellow cheerleaders. A fist should be able to be made comfortably.
- C. No excessive makeup. Light makeup (mini beat) is allowed. No glitter, no excessive eye shadow or lipstick with extreme colors.
- D. Hairstyles must be pulled away from the face, and off the neck and shoulders. **Hair color should be as close to a natural color as possible.** No large plastic or metal clips.
- E. **Uniforms must be kept clean and spotless at all times.** Uniforms should be neatly pressed and in good condition. Cheerleading shoes/socks, warm-up, uniform, etc. are not to be worn as everyday wear.
- F. **Do not wear your cheerleading shoes unless you are at practice or on the stadium track/gymnasium floor.**

VIII. Personal Hygiene and Cleanliness

- A. Ensure your appearance is neat at **all times.**
- B. Keep your uniform and shoes clean at all times.
- C. If you wear a sanitary napkin/tampon, make sure that it is not visible when you do your jumps.
- D. Make sure you cannot see undergarments under your briefs.
- E. Always wear underwear with your briefs.

****Other Things to Keep in Mind****

1. Lunch Detention = 1 demerit and sitting out 1 quarter.
2. In School Suspension = 2 demerits and sitting out a game.
3. Out of School Suspension = suspension/expulsion from the squad at the discretion of the coach.

4. Wearing jewelry to practice or games = 1 demerit and conditioning.
5. Coming to practice in non-athletic wear = 1 demerit and conditioning.

Final Thoughts:

Each cheerleader must be an asset to the squad and believe in their abilities to learn. Cheerleaders must not talk negatively about fellow cheerleaders or behave in a manner to promote disunity on the squad. Cheerleaders must be able to take constructive criticism from the coach/advisor, captains, squad members or other team coaches.

As you continue to be the best and uphold a positive image, remember the words of Marcus Garvey:

“If you have no confidence in self, you are twice defeated in the race of life. With confidence you have won even before you have started.”

We hope to have a lot of fun and create wonderful memories to be cherished always. We believe in all of our cheerleaders and we **EXPECT** the **BEST!!!**

CHEERLEADER AGREEMENT

Cheerleaders understand that teamwork and the maintenance of discipline is the key to success of the spirit of the program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program rules and regulations is vital to achieve goals. All members realize that the manner, in which they conduct themselves in or out of uniform, directly reflects on the entire team, squad, and school.

It is recognized that these rules and regulations are necessary to maintain morale, discipline, and effective learning. Consistent enforcement of these rules and regulations is also necessary to ensure the safety and general well-being of each individual cheerleader. Participation in cheerleading is voluntary not mandatory. It is a privilege not a right and may be revoked by the school personnel when a cheerleader violates rules and regulations. SHS/GHSA by-laws as outlined in the student handbook and rules apply first and foremost.

I _____, agree that as a member of the Stockbridge High School Junior Varsity Cheerleading Team, I will fully participate in all cheerleading activities and I will be a positive influence on the team, and will show school pride. I will honor myself and my teammates and ask for help when needed. I will also represent Stockbridge High School with pride and dignity and will maintain a respected reputation in our community. As a member of the Stockbridge High School Junior Varsity Cheerleading Team, I will adhere to all rules, regulations, expectations, and consequences and I have read all materials in the cheerleading packet. I agree to the clothing, jewelry, hair, and makeup regulations. Any questions or concerns I have will be addressed to the coach/advisor. If I am a minor, my parents or legal guardians have given me permission to participate fully in cheerleading. If I am unable to fulfill any of my expected duties without reasonable excuse, my position will be forfeited. By signing below, I agree to all of the terms listed above and in the cheerleading handbook.

Cheerleader Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

SOCIAL MEDIA AGREEMENT

Cheerleaders are representatives of Stockbridge High School and the surrounding community. The SHS Cheer program requires ALL cheerleaders/athletes to exercise good judgement in their usage of social media platforms, and to conduct these activities in a **responsible and respectful manner**. Your membership as a SHS Cheerleader is a privilege, not a right and your “online” reputation is an extension of your “real life” reputation and reflects upon the SHS Cheer Program.

It is prohibited for a cheerleader/athlete to post information, photos, or other representation of sexual content, inappropriate behavior (e.g., drug or alcohol use), inappropriate language, or items that could be interpreted as demeaning or inflammatory.

It is not acceptable to comment on injuries, and any decision made by the coach, or team matters that could be expected to be confidential to team members.

ALL cheerleaders/athletes are required to follow all respective social media platform rules.

Best Practices and Reminders:

- **Think twice before you post.** If you would not want your coach, parents, or future employer to see your post, do not post it. Once it is posted, it is **permanent**.
- **Be respectful and positive.** Never post anything negative about a coach or fellow team member.
- **Remember, many different audiences view your post.** This includes coaches, parents, student body, faculty and staff, administration, fans, alumni, kids, local authorities, etc.
- **The internet is permanent.** Even if you delete something, it is still out there somewhere. Be in the right state of mind when you make a post. The public will see your social media websites. Potential employers often use social media websites to screen candidates. Use the privacy/security settings made available on these platforms.

As a representative of Stockbridge High School and a leader of the school, you are held to a higher standard. Be sure to represent the school and yourself with pride at all times!

Cheerleader Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

****We will conduct random social media checks as we see necessary to ensure that the social media agreement is being honored. In order to monitor social media activity, we will require each athlete to allow the SHS Cheer social media platform to follow them and grant access to their page.**

SOCIAL MEDIA AGREEMENT (CONT).

Please initial next to each of the following statements that you agree with and can hold yourself to this standard.

_____ I take full responsibility for my online profile(s), including my posts, videos, and photos. This includes photos, new feeds, and videos posted by others in which I appear.

_____ I will not degrade my team's opponents, my team, coaches, or officials.

_____ I will not engage in online bullying. I will report any offenses to the appropriate adult or my coaches.

_____ I will not send or post sexually explicit photos of myself or others through social media or text messages.

_____ I will not send or post pictures of myself or others engaging in illegal activity.

_____ I will not use profanity or foul language in my social media posts.

_____ I will use social media to positively represent SHS Cheer and my community.

If you have inappropriate material/content on your social media accounts, your parent will be contacted, you will be asked to remove it immediately, and you may receive a cheer demerit or other consequence at the discretion of the coach. If the problem continues, your parent will be contacted and you may be removed from the squad. Severe or illegal offenses may be grounds for immediate dismissal.

Cheerleader Name (first and last)

Cheerleader Signature

Date

Parent Agreement

I understand the high expectations of the SHS Cheerleaders. I will do my best to assure that my athlete is a positive contributing member to the team at all times, both inside and outside of school as well as inside and outside of uniform. I understand the consequences for my athlete if they do not abide by appropriate online behavior, which could include dismissal from the cheer program.

Parent Name (first and last)

Parent Signature

Date