

Eastern High School



Cheerleading Manual

Eastern High School Cheerleader Guidelines

Purpose

The purpose of Eastern High School cheerleaders is to promote school spirit and a positive school climate by participating at athletic events, extra-curricular activities and competitions as deemed appropriate by the campus administration and Cheerleading Advisor. Cheerleaders are expected to be positive role models, serving as high school ambassadors at school, in the district, and community. The information provided in this manual explains qualifications and responsibilities of EHS cheerleaders. This information has been approved by the Eastern Camden County Regional School District administrators. The guidelines are reviewed annually.

Types of Cheerleading at Eastern High School	Page 1
Required Qualifications to Tryout.....	Page 2
Selection Process.....	Page 3
Size of Squad and Special Positions	Page 4
Responsibilities of Cheerleaders.....	Page 5
Summary of School/Parent/Cheerleader Responsibilities.....	Page 7
Discipline and Consequences	Page 8
Football Cheerleading and Competition Cheerleading Rules and Expectations.....	Page 10
Information Sheet.....	Page 14
Student and Parent Agreement to Rules and Expectations	Page 15

The contents of this handbook are not contractual, and do not give rise to a claim of breach of contract against Eastern High School District. Furthermore, the contents of this handbook apply to all students involved in cheerleading at of Eastern High School, as the contents now appear in the handbook or may be amended in the future.

May 2011
P. Smart

Types of Cheerleading at Eastern High School

Football/Competition Cheerleading

Tryouts. August 15, 2011

Start of Practice. Practice starts twenty-five (25) days prior to the school's first scheduled game, August 15, 2011

Start of Regular Schedule. Friday before the Second Saturday of September.

End of Season December 2011

All NJSIAA Rules and Regulations are to apply to Cheerleading.

Required Qualifications to Tryout

Grade Level

- Varsity and Junior Varsity cheerleader tryouts are limited to students enrolled at Eastern High School.

Academic Standing

Cheerleader candidates must:

- Meet NJSIAA and school academic requirements
- Students must have good attendance. Excessive absences and/or tardies, as well as truancies will result in deductions from the candidates tryout score.

School Behavior

Candidates must have exhibited appropriate conduct in the classroom and other school and community settings.

Athletic Participation Form

Candidates must submit an Athletic Participation Form prior to trying out.

Essential physical functions of a cheerleader are:

- Perform jumps and other physical moves that are part of cheerleader routines.
- Perform stunts that involve climbing, balance, agility, and upper body strength.
- Exhibit rhythm and coordination in performing cheerleader routines.
- Demonstrate stamina in performing regular physical activities that involve physical endurance and fitness.
- Perform routines in both indoor and outdoor settings, in the heat and in cold weather.
- Demonstrate clear diction and strong vocal qualities.

Tryouts

It is mandatory for candidates to attend each day of practice in order to be evaluated. Evaluations will be the first 6 practice sessions.

Parent Meeting

On August 15^h at 7pm in Room 10/11, each candidate and his/her parent or guardian must attend an orientation to the cheerleading selection process and cheerleading responsibilities. Any parent/guardian who is unable to attend this meeting must contact the Cheerleading Advisor to schedule an individual conference in order for their student to participate in the cheerleading.

Documents to Cheer and Tryout

Students must submit specified documents by their published due date in order to be a cheerleader candidate. Documents include, but are not limited to,

- *Athletic Participation Permission Form*
- *Student and Parent Agreement to Cheerleader Regulations & Guidelines*
- *Pre-participation Physical Evaluation – Medical History* (p.#)
- *Pre-participation Physical Evaluation – Physical Examination* (p. #)
- *Steroid Consent Form*
- *Athletic Participation Fee*

Selection Process

The selection of EHS cheerleaders is done by the head and/or assistant coach(es) observing the candidates in a series of activities performed during the first six practice sessions. Upon request, parents may discuss their student's **performance** in conference with the cheerleading advisor. All original tryout records remain the property of the cheerleading advisor. Conferences will only be granted at the request of the parent or student.

The candidates will be informed by the Cheerleading Coach by e-mail the afternoon of the last day of the evaluation process. Students not making the team will have an opportunity to conference with the coach.

Size of Squad and Special Positions

Size of Squad

- The maximum number of cheerleaders on a varsity cheer squad is twenty-five (25).
- The maximum number of cheerleaders on a junior varsity cheer squad is twenty-five (25).
- Competition Cheerleading – The creation of a JV competition squad is reliant on the number of interested, viable athletes trying out. In the event that there are not enough students to create two competitive teams, a single team created with at least four girls named as alternates. Alternates will practice and travel with the team. This decision will be made by the cheerleading coaches and the Vice Principal of Athletics.

Special Positions

- **Mascot** – There will be one mascot as part of the football cheerleading program. Tryouts will be held on a separate date. All qualifications for cheerleading will apply.
- **Squad Captain(s)** – Squad members interested in serving as captain may submit a letter of intent to the coaches no later than August 24, 2010. Letters of intent should discuss why you want to be captain and what leadership and cheerleading skills you have to offer the squad. From there, captains will be selected by the coaches. Squads can have a minimum of 2 captains and a maximum of 4. Captains DO NOT have to be seniors.

Responsibilities of Cheerleaders

Time Commitments

Cheerleading is a time consuming activity and it is the responsibility of each cheerleader to be present at each activity and perform to the best of his/her ability. Because of the many hours involved in practicing, planning pep rallies, painting signs, and actually cheering at games and competitions, other school and non-school activities will have to be limited. It may not be feasible, nor in the best interest of the student, the squad, or the school for a student to be a cheerleader and hold another major position which requires major time expenditure.

The Cheerleading Advisor and the other sponsor/coach will review school participation conflicts in an attempt to solve the problem while considering the best interests of the individual, as well as the interests of the cheerleading squad and other school organizations. Everyone must share equally in the behind the scenes work, as well as the cheering before the crowd. Since cheerleading is a team activity, loyalty and dedication to the team is a key ingredient in gaining the most valuable elements from the association. It is difficult for cheerleaders/mascots to have after school jobs because of the time required in both afternoon and evening practice/games. If a student does have a job, missing practice or an event because of work will be considered an unexcused absence. The responsibilities of cheerleading and consequences for not meeting responsibilities are assumed at the time the selected cheerleaders are announced.

Cheerleading Activities

Cheerleaders are expected to attend a variety of events as specified by the advisor beginning in the summer following selection. Activities include:

- attend scheduled practices that may including summer, after school, evening and weekends
- attend varsity athletic events as specified by the advisor
- attend assigned junior varsity athletic events
- participate in campus pep rallies as scheduled by administration
- participate in campus and community events as specified by administration/ advisor
- participate in competition at the selection of the advisor and approval of the Vice Principal of Athletics
- support designated fundraising activities

School Year Practice

Cheerleading practice dates and times are specified by the Cheerleading Advisor. In general, practice occurs during after school and/or in the evening everyday. Cheerleaders must have confirmed transportation home. Securing a ride, school or personal transportation, to and from practice is part of a cheerleader's responsibilities.

Attendance

- Attendance at Events

Attendance at assigned events is required of cheerleaders. If a cheerleader is unable to attend an assigned activity, the Cheerleading advisor or his/her designee must be notified in advance of the absence with written verification provided. Students with unexcused absences from cheerleader events (including practices) are subject to penalties and restrictions established by the cheerleading coach. **All** cheerleading squad members are to travel to required/assigned events in the Eastern High School provided transportation. Junior Varsity cheerleaders may perform at sub-varsity level home games and at other times/events as requested by the principal and Cheerleading Advisor.

- Attendance at School

In order to participate in a cheerleading event, a student must be present at school for classes for at least 4.5 hrs of the school day or by 10am on the day of the event.

Cost to Families

Eastern High School will provide uniforms, transportation to local events and pay the entry fees for local competitions. "Nationals" and other non-local competitions are not paid for by the Eastern Camden County Board of Education. Financial costs will be kept to a minimum and fund raising activities will be provided to assist families. Inquiries regarding financial responsibilities should be addressed, individually, with the Cheerleading Coach and/or Vice Principal of Athletics. All fundraising must be approved by the Vice Principal of Athletics and the Vice Principal of Student Activities. Funds will be deposited in to the Cheerleading Student Activity Account.

Academics and Behavior

Cheerleaders are expected to maintain high standards in academic performance and behavior and to serve as positive role models for the student body. Cheerleaders who do not meet these standards are subject to school disciplinary consequences and cheerleading consequences including suspension and dismissal.

Summary of School/Parent/Cheerleader Responsibilities

Responsibilities of Administrators

- Review extracurricular contracts, constitutions, by-laws and/or guidelines on an annual basis.
- Ensure fair and consistent enforcement of the high standards of student conduct outlined for students in extracurricular activities.
- Establish a cooperative relationship between parents, students, and school personnel involved with cheerleader organizations.
- Serve as an appropriate role model for students, in accordance with the standards of the teaching profession.
- Make certain that the student code of conduct for cheerleaders contains rules and expectations that are clear to the reader.

Responsibilities of Cheerleading Advisor/Coach(es)

- Establish clear written rules and regulations.
- Provide students with written expectations and potential consequences for violation of the organization's/District's rules and/or regulations.
- Ensure fair and consistent enforcement of rules and regulations.
- Prepare and distribute a schedule of practices and events to students and their parents at the beginning of each month.
- Give advanced notice of schedule changes to allow students and parents sufficient time to make necessary arrangements.
- Adhere to published practice schedules, beginning and ending on time.
- Serve as an appropriate role model for students, in accordance with the standards of the teaching profession.
- Establish a cooperative relationship between parents, students and school personnel by writing and implementing extracurricular contracts, guidelines, etc.

Responsibilities of Cheerleaders

- Sign and adhere to all rules and regulations outlined in the Student Handbook.
- Sign and adhere to appropriate extracurricular, rules and expectations, regulations, and established higher standards of behavior.
- Cooperate with the advisor, coaches and administration in investigations involving disciplinary infractions.
- Seek changes in the organization's rules/procedures in an orderly and responsible manner through appropriate channels.
- Exhibit an attitude of respect toward individuals and property by conducting oneself in a responsible manner.
- Serve as an appropriate role model for other students.
- Maintain required standards of academic performance.
- Arrive prepared and on time for all practices and performances.
- Fulfill all financial responsibilities as required by membership on the squad. Any financial concerns should be addressed with the campus Cheerleading Coach and/or Vice Principal of Activities

Responsibilities of Parents

- Stay informed of the rules and expectations, regulations, and procedures that are applicable to the extracurricular organization.
- Provide transportation, as needed, to ensure that the student arrives on time for practices and performances.
- Pick up students on time after practice and events.
- Attend parent orientation meetings, as appropriate and volunteer to serve on a cheerleading committee.
- Cooperate with school administrators and Cheerleading Coach in establishing and maintaining a quality organization.
- Submit any concerns, ideas for improvement, and/or guidelines/procedural changes directly to the Cheerleading Coach.
- Execute proposed changes or challenges to organizational rules/procedures in an orderly and responsible manner through appropriate channels.
- Encourage student adherence to established rules, regulations, procedures, etc.

- Insure fulfillment of all financial responsibilities required of the student as a member of the squad. Any financial concerns should be addressed with the Cheerleading Coach and/or Vice Principal of Activities.

Discipline and Consequences

Code of Conduct for Students Involved in Extracurricular Activities

All students are expected to adhere to the Eastern High School Student Code of Conduct. Higher standards of conduct are expected of students representing the district in extracurricular activities, which are considered a privilege. Students will be asked to sign a written agreement to adhere to a higher standard of conduct as outlined in the EHS cheerleader guidelines. Students who violate the Discipline Policy and Student Code of Conduct will be assessed appropriate disciplinary consequences for the infraction. Disciplinary infractions may also result in a student's dismissal from the squad or limited participation in an extracurricular activity, if the disciplinary action or level of offense violates the higher standards of conduct specified by the student's extracurricular agreement. A cheerleader who is found to have been untruthful during a disciplinary investigation will receive a more stringent disciplinary sanction than would normally be imposed. This consequence might involve a longer suspension period or dismissal from the squad.

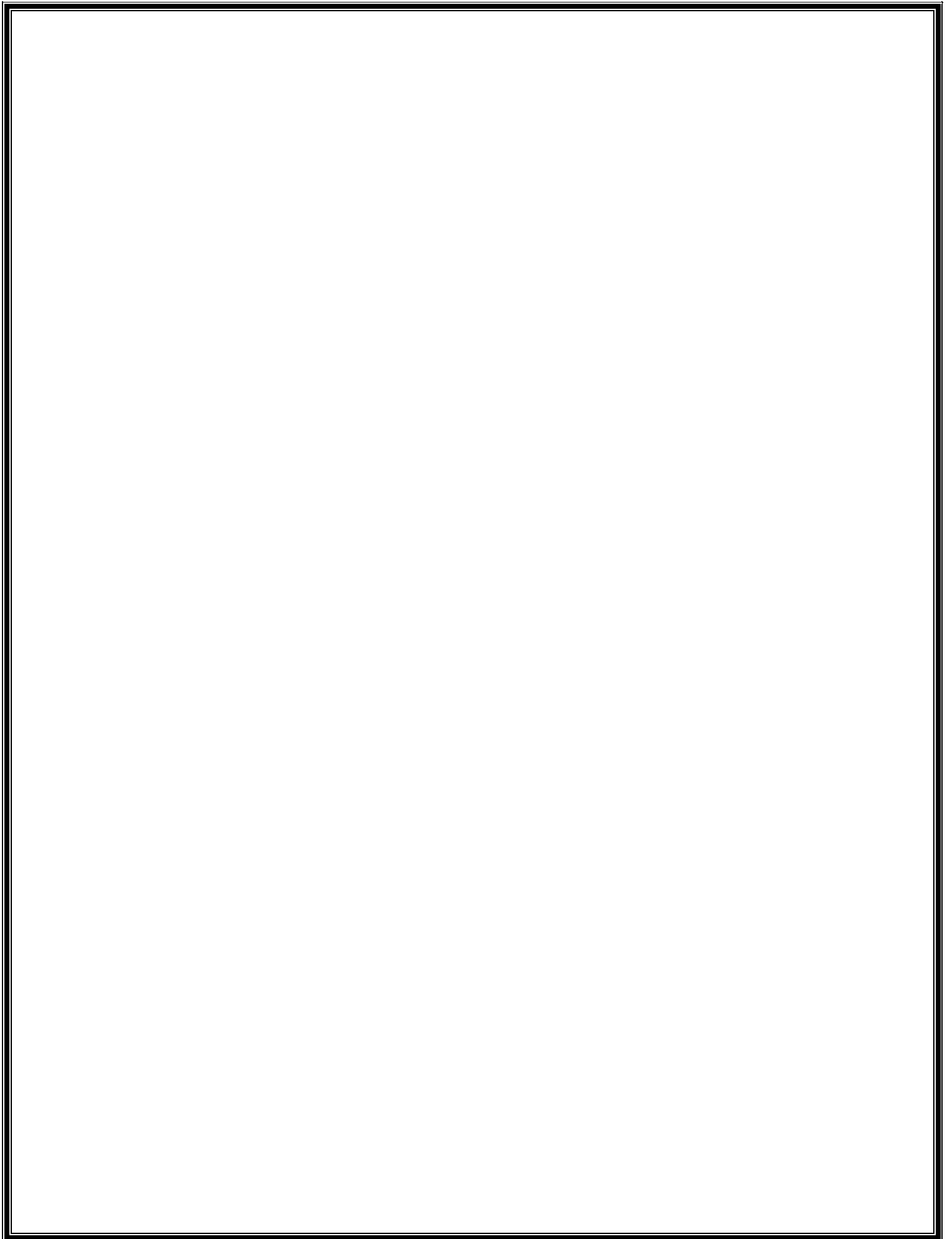
Suspension

Definition: A participant on suspension is not permitted to perform at any contest, game, activity or pep rally for the period of the suspension.

Dismissal

Definition: Students who are dismissed from the cheerleading squad may no longer participate in any cheerleading activity or wear cheerleading uniform/components for the remainder of the school year at school or school events. Cheerleaders who are dismissed from the squad will not be awarded a cheerleading letter.

Welcome to Eastern Vikings Cheerleading 2011-12!





Eastern Cheerleading

Football/Competition Cheerleading

Rules and Expectations



Eastern High Schools' Varsity and Junior Varsity squad members will be held to a high standard of conduct. Accordingly, the rules and regulations to follow must be signed by both the cheerleader and a parent/guardian and returned to the coach. All rules and expectations are to adhere to the policies and disciplinary codes of Eastern Regional High Schools.

10 Demerits = Suspension from one game or competition by an alternate (must be present, in uniform, and sitting with the coach at all times)

15 Demerits = Dismissal from squad

Behavior Not Tolerated Resulting in Immediate Dismissal from Squad:

1. *Smoking: Anywhere*
2. *Drinking of alcoholic beverages: Anywhere*
3. *Drugs: Anywhere*
4. *Vandalism: Anywhere*
5. *Cutting School*
6. *Physical Altercations: Any kind*

Behavior Resulting in 2 Demerits Each:

1. ***Jewelry (ears and body):*** Shall not be worn at practice, games, or competitions
2. ***Nails:*** No acrylic/silk/gel nails allowed! Must be short and neat. THIS IS A SAFETY ISSUE!
3. ***Lack of proper practice clothing:*** Girls must wear shorts/athletic pants, short-sleeved crewneck tees, socks, and pre-approved sneakers to practice every time. No midriff tops allowed!
4. ***Lack of uniform at game/competition:*** Full uniform, including white socks, is required. Lack of uniform also means sitting out of the day's activity.
5. ***Unexcused lateness to practice, game, or competition:*** Lateness must be either previously approved or accompanied with a doctor's note
6. ***Usage of cell phones at practice, game, or competition:*** Cell phones will be turned off or placed on silent at all times, unless otherwise stated by a coach.
7. ***Chewing gum:*** Will not be chewed at practice, games, or competitions
8. ***Inappropriate language:*** Will not be used at practice, games, or competitions
9. ***Eating:*** Impermissible at practice and tumbling. Eating is only permitted during halftime at football games and while in the stands at a competition.

Behavior Resulting in 3 Demerits Each:

1. ***Unexcused absence from practice, game, or competition***
2. ***Disrespect towards coaches, teammates, faculty, staff, or opposing teams at any time, this includes Myspace, Facebook, IM, text messages, e-mail, etc.***
3. ***ANY form of detention***
4. ***Inappropriate internet conduct:*** REMEMBER! You represent Eastern High School and the squad at ALL times. Do not post anything that could potentially embarrass or demoralize yourself or your squad members.

Behavior Resulting in 6 Demerits Each:

1. ANY form of school suspension

Football Game Regulations

- Varsity squad members are required to cheer at ALL Varsity football games. This means both home and away.
- Junior Varsity squad members are required to cheer at all home, sub-varsity football games. This means Junior Varsity, Sophomore, and Freshman home games.
- Squad members should arrive 30 minutes early to all football games.
- Squad members are not permitted in the stands unless instructed to, by the coach, for fundraising purposes. *You are there to cheer, not socialize!*
- You should have the following items on or with you at each game: shell, skirt, bloomers, bodysuit, cheer sneakers, white socks, bow, and warm-up
- Poms will be handed out before and collected after each game
- Hair must be pulled back neatly, in a ponytail, with your bow. Hair may not be partially up, unless otherwise instructed. Hair may never be fully down.

Competition Regulations

- Please be advised, your commitment to Eastern's squad comes FIRST! Choosing to compete with an All-Star or Rec team over Eastern will not be tolerated.
- Squad members should arrive to school 30 minutes prior to departure for all competitions.
- Hair should be taken care of the night before and must be pulled up in a high ponytail with all pieces curled in foam rollers. It is recommended you wrap your curlers in a scarf for protection, until taking them out. Bows will not go in until right before the competition.
- "Cheer Hair" is permitted.
- You should have the following items on or with you at each competition: shell, skirt, bloomers, bodysuit, cheer sneakers, white socks, bow, warm-up, extra hair elastics, bobby pins, hairspray, and cosmetics

Attendance, Lateness, and Dismissal Policy

- Cheerleaders are permitted 3 excused absences per season
 - Each subsequent absence, excused or not, will receive 3 demerits
- ALL UNEXCUSED ABSENCES CARRY 3 DEMERITS EACH
- Cheerleaders are permitted to be tardy 3 times, with previous approval from the coach, to practice/games/competitions per season
 - Each subsequent tardy to practice/games/competitions, excused or not, will receive 2 demerits
- ALL UNEXCUSED TARDIES CARRY 2 DEMERITS EACH
- CHEERLEADERS ARE NOT PERMITTED TO LEAVE PRACTICE, GAMES, OR COMPETITIONS EARLY WITHOUT ADVANCED APPROVAL FROM THE COACH.
 - Cheerleaders are permitted 2 excused early exits per season, each subsequent early exit will result in 2 demerits
 - FAILURE TO COMPLY WITH THIS POLICY WILL RESULT IN 2 DEMERITS PER EARLY EXIT.
- Prior to each practice/game/competition, cheerleaders must sign in with the coach to verify the time they have arrived.
 - Failure to sign in will result in 1 demerit for each occurrence.
- Cheerleaders may only be dismissed from practice/games/competitions after ALL equipment has been accounted for and put away, this means the squad will be dismissed together. No one is permitted to leave before anyone else.
 - Dismissing one's self prior to the rest of the squad will be treated as an early exit and will carry 2 demerits per occurrence



Practice Procedures

- Cheerleaders will be provided with a calendar and will be held to this schedule unless otherwise stipulated.
- Practices will be held after school during the specified times.
- All girls must wear shorts/sweatpants, short-sleeved crewneck tees (no midriff tops), socks, and pre-approved sneakers to practice
- Hair must be pulled back at all times.
- Squad members are responsible for setting up and putting away the cheer mats for each practice. Mats are located in the storage room near Gym 2.
- Group stretching and warm-up will begin promptly after mats are set up.
- PRACTICES ARE CLOSED SESSIONS! NO FAMILY OR FRIENDS UNLESS INVITED BY THE COACH.



Captains Policy

Squad members interested in serving as captain may submit a letter of intent to the coaches no later than August 24, 2010. Letters of intent should discuss why you want to be captain and what leadership qualities and cheerleading skills you have to offer the squad. From there, captains will be selected by the coaches. Squads can have a minimum of 2 captains and a maximum of 4. Captains DO NOT have to be seniors.

PLEASE NOTE: If a captain receives 6 demerit points, that captain will be removed and a new one will be appointed. Serving as captain is a privilege, not a right.

Be ready for practice!

- Shorts or athletic pants
- Short-sleeved tees
- Socks
- Sneakers
- Hair must be tied back
- No jewelry
- Nails cut short



Student Information

Please Print

Student's Name – Last:	First:	MI:
Street Address:	City:	Zip:
Subdivision (if applicable):		
Birth Date (month/date/year):	Age:	Grade:
Home Phone: ()		
E-mail address:		

Father's Information

Please Print

Father's Name – Last:	First:	MI:
Street Address (if different):	City:	Zip:
Father Employed By:		
Father's Home Phone: ()	Work Phone: ()	
Father's Cell Phone: ()		
E-mail address:		

Mother's Information

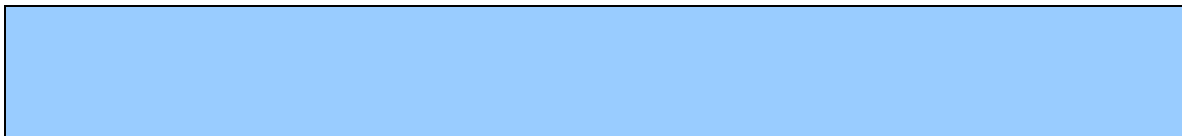
Please Print

Mother's Name – Last:	First:	MI:
Street Address (if different):	City:	Zip:
Mother Employed By:		
Mother's Home Phone: ()	Work Phone: ()	
Mother's Cell Phone: ()		
E-mail address:		

Insurance Information

Please Print

Insured Name – Last:	First:	MI:
Insurance Company:		
Group #:	Certificate/Policy#:	
Insurance Company Address:		
Insurance Company Phone: ()		
City:	State:	Zip:
Insurance Type: <input type="checkbox"/> HMO <input type="checkbox"/> PPO <input type="checkbox"/> Medicaid <input type="checkbox"/> Medicare		



Student and Parent Agreement to Rules and Expectations

Student's Name: (Print) _____ <div style="text-align: right; margin-right: 100px;">ID# _____</div>	<i>Indicate squad choice(s)</i> Varsity Cheer <input type="radio"/> Junior Varsity <input type="radio"/>			
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; border-bottom: 1px solid black;">Last</td> <td style="width: 33%; border-bottom: 1px solid black;">First</td> <td style="width: 33%; border-bottom: 1px solid black;">Middle</td> </tr> </table>	Last	First	Middle	
Last	First	Middle		

All forms must be signed and returned to the Cheerleading Coach by the announced date prior to cheerleader tryouts. In addition, the Parental Permission Form must be completed prior to tryouts.

STUDENT SECTION

I have read and understand the Eastern High School Cheerleading Manual and Rules and Regulations. My signature below signifies that I have read and agree to abide by all published guidelines and that I am not presently on deferred adjudication or probation for any law violation that will continue past the date of the scheduled tryouts. I understand that willfully falsifying any personal information in the application/participation process will result in my immediate dismissal from the tryout process or from the squad, if selected. I agree to abide by these regulations if I am selected as a cheerleader.

Student Signature: _____	Date: _____
--------------------------	-------------

PARENT/GUARDIAN SECTION

I have read and understand Eastern High School Cheerleader Manual and Rules and Regulations. I give my student permission to participate in cheerleader tryouts. I have discussed the requirements, responsibilities, and rules with my student. I agree to support and uphold these cheerleading regulations if my student is selected as a cheerleader.

Parent/Guardian Signature: _____	Date: _____
----------------------------------	-------------

Information/Photos pertaining to my child may be used in news releases, publications and the web site.

YES NO

Parent/Guardian Signature: _____	Date: _____
----------------------------------	-------------

