**Century High School**

**Cheerleader Handbook**

All cheerleaders are expected to abide by the rules outlined in the Century Middle/High School handbook. However, there are additional rules and expectations if you are a member of the Century High School Cheerleading squad. Below is a list of rules you will be required to abide by in order to continue as a Century cheerleader. This list is not all-inclusive and the sponsors and administration will settle questions that arise.

**Conduct**

As a cheerleader, you are an ambassador for the school and community. Your behavior should at all times reflect this responsibility, which you have taken upon yourself. We expect you to treat your sponsors, fellow squad members, the team, the opponents, and the crowd with respect. No unsportsman-like behavior will be tolerated. If your behavior does not meet expectations, disciplinary actions may result in game suspension or dismissal from the squad.

**Eligibility**

Any cheerleader with a failing grade during weekly checks will not be allowed to participate in any cheerleading activity the following week. This includes, but not limited to, practices and cheering at games. In addition to failing grades, anyone with a grade lower than a C- will be required to attend the after-school tutoring sponsored by the school until his/her grade reached C- level or above.

Students must be in attendance for the full day of the game or the last day of the week for Saturday games in order to participate unless a doctor’s excuse is given.

Please refer to the Century Middle/High School handbook for a complete listing of eligibility requirements.

**Squad Organization**

* The squad may have up to twelve (12) core cheerleaders.
* All members are expected to attend each practice.
* Captains are chosen for the season by the coaches based on seniority and leadership.

**Discipline**

Students are expected to have the highest level of conduct. If school discipline is necessary, there are also consequences as a member of the squad. When school discipline is applied, the following procedure will be followed:

* 1st detention- ½ game suspension
* 2nd detention- full game suspension
* 3rd detention- removal from the squad
* 1st suspension- 2 game suspensions
* 2nd suspension- removal from the squad

Cheerleaders are expected to attend games during their game suspension. They will sit on the sidelines with the team. Failure to attend will be counted as an unexcused absence.

**Practice**

Practice will be scheduled after school and/or in the evenings. You are expected to attend all practices and participate fully while there. Practice attendance will be kept and unexcused absences will be grounds for game suspension(s) or removal from the squad. Detention and suspension will be counted as unexcused absences. During practice, you will be required to wear athletic shorts or pants, t-shirts, socks, and athletic shoes. Your hair must be pulled back off of the face and neck. No stunts or lifts are to be practiced without the presence of the sponsor(s). Not following safety rules is grounds for game/practice suspension or dismissal from the squad.

**Dance Routines**

We want the squad members to have a variety of experiences. Doing dance routines is a way of doing this. The sponsor(s) must approve all dance music. Also, no lewd or suggestive dance moves may be demonstrated.

**Game Day**

Cheerleaders are expected to attend all games during the season, both home and away. You have a responsibility to the squad, the basketball team, and the school. If you have an unexcused absence from a game, there will be a one game suspension. Two unexcused absences may result in dismissal from the team.

You should be at the school ready-to-go 15 minutes prior to the start of the game or before the bus is scheduled to leave. Ready-to-go means you are dressed, your hair is fixed, make-up is on, and **JEWELRY IS REMOVED**. You are expected to be in the gym whenever your team is on the floor competing. You may leave the gym during half time and between games.

Cheerleaders must ride at the front of the bus with the sponsor(s)/coaches. Appropriate conduct is expected. If you will not be riding the bus home, you must make arrangements prior to the game. We must have a parent’s signature on file in the office. A parent must also sign a release at the game. There will be no exceptions to this rule. If you think you *might* not be riding the bus home, fill out the necessary paperwork. You can always ride the bus home if you change your mind.

**Uniform Care**

Uniforms are to be washed in cold water with mild detergent. Uniforms must be lined dried. If your uniform has a stain that does not come out during normal washing, bring it to your sponsor(s) immediately. Arrangements will be made for treating stubborn stains, rips/tears, etc. Uniforms will be turned in at the end of the season. They are expected to be returned in excellent condition with minimal wear and tear. Any uniform lost or damaged beyond repair will be replaced at the student’s expense.

Cheer shoes should only be worn with the uniform. They are not for casual wear and should not be worn outside. Change shoes after arrival. Cheerleaders are expected to pay for their shoes, midriff, socks, and bow. (Total is usually around $90).

**Fundraisers**

All members **MUST** participate in any fundraiser. If you chose not to participate, you will be required to pay out-of-pocket any expenses the fundraisers covers.

**Sign-Up and Parental Permission Form**

I have read the Cheerleader Constitution and I agree that I will at all times abide by the rules as long as I am a member of the Century High School Cheerleading Squad. I promise to uphold the high standards of the squad in a way that will always be a credit to my school. I realize that failure to comply with these rules can mean my dismissal from the squad.

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Cheerleader Signature Date

­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has signified a desire to become a cheerleader at Century High School. There are certain responsibilities and obligation which must be assumed in order to remain a member of the squad. I have read the rules and regulations set forth in the Cheerleader Constitution. I will do my best to see that these rules and regulations are carried out. I will, whenever questions arise, contact the cheerleading coaches for clarification. I agree that my son/daughter will participate in all responsibilities as listed.

I herby give my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ permission to take part in cheerleading activities at Century High School.

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Parent Signature Date

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Home Phone Mobile Phone Work Phone

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**Century Cheerleader Constitution**

**2015-2016**

1. Cheerleaders are to be **respectful, dependable, responsible,** and **cooperative** at **ALL** times.
2. Cheerleaders are to promote school spirit within the building, at events, and in their social media presence.
3. Cheerleaders must be passing **ALL** classes, as well as maintain a ‘C’ average. In case of a failing grade, if intervention is not effective, suspension from the team will result.
4. Practices will be scheduled and determined by the coaches.
5. Cheerleaders are expected to be **ON TIME** and **AT ALL** practices and games. Exceptions must be pre-arranged with the coach at least 24 hours in advance.
6. Cheerleaders will wear shorts and t-shirts to practices that are school dress-code appropriate.
7. There will be **NO** cell phones at practice, games, or other events we attend as a team.
8. If a cheerleader is absent from school, they cannot attend practice without a doctor’s note.
9. Possession or use of alcohol, tobacco, or illegal drugs is prohibited.
10. Cheerleaders are to display proper behavior, as described by the coaches, at **ALL** times, especially in uniform. Don’t do anything to embarrass you, the team, the coach, or the school.
11. Cheerleaders are to do everything as a team, and to promote teamwork by encouraging one another.
12. Cheerleaders are responsible for keeping uniforms and shoes in excellent condition throughout the season.
13. Cheerleaders are to wear hair up, off of shoulders and out of face, no jewelry, no gum, natural makeup, and fingernails no longer than the tip of the finger with no or neutral polish. This is for all practices and games.
14. Hair must be of a natural color. No unnatural hair colors such as green, blue, pink, purple, etc.
15. Cheerleaders will have no visible tattoos or piercings or other jewelry at practices, games, or any event we attend as a team.
16. Cheerleaders are to wear their complete uniform (including warm up and bow) to and from all games. **NO** jeans. Wear other shoes to and from games.
17. Cheerleaders are responsible for having all items needed. Missing any piece of uniform will result in being benched for that event.
18. Cheerleaders must have a current physical.
19. Cheerleaders **WILL** ride the bus to all team activities/games. A **PARENT** or prearranged parent designee will come to the coach to sign you out, or you will ride the bus back.
20. If a cheerleader is removed or quits the team they will be ineligible to try out for the team the following year.

Discipline decisions on the above rules and others not covered will be made by the coaches in conjunction with the goals and objectives of this program. This includes, but is not limited to: running extra laps, being benched, and/or removal/suspension from the team.

Coaches’ Note: Benched means you will still attend the game in uniform and sit with the coach at the event and support other team members.

**Century Cheerleaders** are a team that **PROUDLY** supports **CES/CJH/CHS** and our **COMMUNITY!!!!!**

Please sign and return the bottom portion to your coach. Please keep the top portion for your records.

I have received and agree to abide by the rules in the above Century Cheerleading Constitution.

Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

**Permission for Medical Treatment Form**

In the event of an emergency occurring while my son/daughter is on a school-sponsored practice, performance, or trip, I hereby grant permission to the school and to its employees to take whatever action is deemed necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter, to receive medical treatment.

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Person to be notified other than parent or guardian in emergency:

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Emergency Person Phone

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Family Doctor Phone

If you do not give permission or authorization for consent to medical treatment, what procedure should be followed? (Please state) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Insurance Information: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent Signature Date

Please fill out and return the following forms to your coach:

* Sign-Up and Parental Permission Form
* Bottom portion of Century Cheerleader Constitution
* Permission for Medical Treatment Form
* Bottom portion of Demerit System Form

\*Please complete your sports physical form and return to the nurse or high school office.