

NORTH HIGH SCHOOL CHEERLEADER POLICIES AND PROCEDURES

EXPECTATIONS AND STANDARDS

- Grades – Cheerleaders will abide by the district policy on eligibility requirements and must remain eligible to cheer without interruption.

- Conduct – There will be no smoking, drinking, use of drugs or any other conduct unbecoming to the squad. All squad problems should be discussed with the coach by the entire squad whenever possible. No public show of affection – especially in uniform. During the national Anthem, and at any public event, the cheerleaders must be at attention in her correct position, facing the flag. **Absence at any time during the public event (while cheering) should be discouraged.** If such action is necessary, the coach should be consulted and give approval. Cheerleaders should not partake of refreshments during any athletic event and while on duty. Cheerleaders should not take pictures during the game. They should arrange for someone to take pictures for them, or to take them during halftime, before or after the game. Cheerleaders must not leave the squad to talk to their friends during the game. Cheerleaders may not use cell phones during the game or time-outs. They may not use them before or after the game until the squad has been dismissed.

- Practices – cheerleaders will report, appropriately dressed and ready to practice as given in each team schedule. Work and personal business must be scheduled after that time. Any absence from practice must be cleared through the coach in the following manner:
 - *Phone call to the coach prior to practice;*
 - *A note from parent indicating family vacation, obligation, etc;*
 - *Excused absence from school.***Failure to make a phone call prior to practice or to bring a note following the absence will result in an unexcused absence. Squad members may not participate in any practice or game activity on the days they are absent from school.**

- Appearance:
 - Uniforms must be kept neat and clean.
 - **Hair must be out of face:** long hair should be tied back in a ponytail holder. Bows, ribbons and clips are appropriate. **Keep hair under control.**
 - Nail polish must be clear or pale shades. **No bright colors may be worn.**
 - Jewelry – **absolutely no chains, earrings, necklaces, rings, bracelets or body piercing. Do not wear them!**
 - No gum chewing during practices, games or assemblies.
 - Shoes must be worn at all practices. Basketball/competition shoes must NEVER be worn outside of performances or games – **DO NOT WEAR THEM OUTSIDE!**

- Games – each squad member is required to attend all games for which they cheer at the time designated by the coach. Squad members must be back within 2 minutes before the team returns to the field/court from halftime. **When cheering, the squad will wear the official uniform** (School issued North High uniform, sleeves, black/orange bloomers, proper socks, team shoes, ribbon and hair out of your face). Be prepared at every game with designated team warm-ups/hoodies.

Revised 6/2014

The following is a list gives the consequence for not following rules during this cheerleading season. Failure to comply with any above rule will result in the consequence listed below. All cheerleaders are expected to be at ALL games unless discussed AND approved by advisor prior to the game. Missing three games will result in meeting with parent, cheerleader and advisor. Missing of three games may result in dissmal from team.

1. Unexcused tardy to a practice/game or coming back to half-time – extra laps at practice
2. Unexcused absence from practice (not the day before the game) – bench for one quarter
3. Unexcused missing of a game – bench from next game
4. Not showing respect/cooperation towards advisors, cheerleaders and teachers during school/practice, etc. – bench for one quarter
5. Gum chewing, jewelry, nail polish – extra laps at practice
6. Talking during National Anthem and/or when coach is talking – bench for one quarter
7. Leaving the squad during any game by yourself – bench for one quarter

When sitting out a game squad member must sit with coaches fully dressed.

The following offenses will be dealt with on a one on one basis according to the North High Athletic Coda of Conduct:

- Conduct unbecoming of a representative of North High School
- The accumulation of unexcused absences and marks.
- The use of drugs, tobacco, or alcohol
- Appearing at school or a school function under the influence of drugs and/or alcohol
- Conviction of a crime
- Suspension from school due to fighting or drinking

I have read the policies and procedures and understand them. Please sign below:

(Print name of cheerleader)

(Signature of cheerleader)

(Signature of parent)

(Signature of coach)

(Date)