

Tulpehocken High School Cheerleading | 2019-20 Winter Basketball Season

Welcome to the squad; we are so excited to have you! We are looking forward to a fun filled season. These guidelines are provided to inform students and parents of the expectations of participating in the cheerleading program at THS. Cheerleaders selected for the cheerleading teams must be in agreement with these guidelines and must adhere to them during their tenure on the squad. **Team members may not participate in the first official practice until this form is signed and returned to the coaching staff.**

Philosophy

The philosophy of the cheerleading program at THS has three major goals: to be a support group for all athletic teams, encouraging school spirit; to strive to be a successful competitive program; and to help our cheerleader athletes develop qualities that will enable them to achieve success in all future endeavors.

Standards for Cheerleaders

Cheerleaders by title are role-models. Remember that there are people watching everything you say and do. Because of this, the THS cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To achieve these ends, the cheerleaders will:

- Sign and abide by the provisions of this contract and the Tulpehocken Athletic Code.
- Maintain academic and attendance requirements required by the PIAA/BCIAA guidelines for high school athletes.
- Attend all scheduled practices/games/performances, unless it is an excused absence.
- Set an example of good behavior at all times (whether in uniform or not) in class, games, and at all school functions (this includes PDA and adhering to the school dress code).
- Cooperate with each other and follow the instruction of the cheerleading coaches.

***Any violation of the rules outlined in this contract will result in one or more of the following consequences administered at the discretion of the cheerleading coach and/or school administration: verbal warning, parent conference, temporary suspension from game(s), or permanent removal from the team.**

Points to Remember

- In this program, we WILL be competing! Keep in mind that by nature, the time commitment and demands are much greater. All athletes are required to uphold their commitment to the team.
- Everyone must have a solid working knowledge of all cheers, chants, stunts, and routines.
- While we recognize doctor and dental appointments are necessary, every attempt should be made to schedule these appointments around practices and games.
- During game suspensions, the squad member will sit in uniform with the coach/advisor. This is not a time to socialize.

Behavior

- Classroom and social behavior should be exemplary at all times.
- In any disciplinary action set forth by administration such as ISS/OSS the following punishment will be rendered:
 1. ISS-Suspension from practice/game the day of ISS. This will be considered an unexcused absence.
 2. OSS-may result in immediate dismissal or long-term suspension from the team.
- **Each squad member will treat coaches, game officials, and other athletics staff with respect at all times. This attitude should also extend to members of this and other cheerleading squads.**
- Always come to practices and games with a positive attitude and a commitment to giving your very best effort! We encourage and support you to learn and grow as a person, athlete and cheerleader. Do not be afraid to ask questions and make mistakes. Please also understand it is our job to provide you with constructive feedback and make decisions in the best interest of the team. We are here to help! We will respect you and expect respect from you in return.
- Coaches' discretion will be final regarding inappropriate behavior or attitude.

Attendance

- **Student-athletes must be in attendance at school for at least half a day to be eligible to participate in practice or performances for that day.** You must be eligible both by grades and attendance to cheer. Unexcused absences from school will be considered an unexcused absence from practice as well.

- If you are at school, you are expected to be at practice that day. We will, to the best of our ability, put together a schedule to assist each member in arranging their schedules. However, these times are subject to change. As quickly as possible, all changes will be communicated and it's the responsibility of the cheerleader to adjust plans accordingly.
- **It is the responsibility of the cheerleader to notify the coaches by phone or text of any potential tardy or absence. Unless there is an emergency, significant notification must be provided to allow the coaches to prepare a revised practice schedule.**
- Conflicts with work or other extracurricular activities are not valid excuses.
- Members must arrive at events/practices on time already ***dressed, taped, and ready to warm-up by the designated time provided by coaches.*** Unless it's an emergency or the coach is contacted, the entire team will run for late members.
- Practice will usually be 3-5 days a week depending on game schedule. November 18, 2019 will begin the official cheering season. When school is off for holiday closures, practice times and days will change.
- Coaches will consider the following acceptable reasons for missed practices, games, and appearances:
 1. Injury — The member must still attend practice/games (unless physically unable) but will not participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.
 2. Illness — A member may only miss practice with a phone call or text message from the athlete verifying an illness (mild cramps, headaches, etc. are not considered acceptable illnesses).
 3. Family Emergencies/Funerals.
 4. Class requirement that cannot be fulfilled at another time.
- *Failure to contact a coach about missing practice for any reason will result in an unexcused absence.
- **The coach has the discretion to remove a cheerleader from the team for excessive tardiness and poor attendance.**

Practice Expectations

- In addition to water provided by the coach, each girl should always remember to bring a water bottle and an ample supply of water with them to every practice regardless of what the practice schedule may be.
- Practice attire includes tennis shoes, appropriate length shorts/capris/athletic pants, t-shirt, hair up in a secure ponytail. This must be taken care of before practice time. Bring all medical needs (inhalers, insulin pumps, epi pins, etc.) to all practice and games.
- Remember, practices are closed to family and friends. Showcases will be scheduled for friends and family to watch.
- If being picked up from practice by someone else, PLEASE be on time. If *consistent tardiness* is a problem, it could mean dismissal from the team. Coaches are not allowed to leave until all athletes have left campus.
- Cell phones should be turned off prior to practice. Phones may not be checked during water breaks. If we start to have an issue with cell phone use, we will begin collecting them at the beginning of practice/games. Please be present when with the team. Put the phones away and engage with your teammates — get to know each other and have fun!

Game Expectations

- **Arrive early.** Due to safety reasons, you will be benched for a portion of the game if you are excessively late, regardless of the excuse. Members may not leave the game early without prior approval.
- Members must ride to and from away games (when applicable) and competitions with the team unless prior written approval is on file with the athletic department. Missing games is absolutely unacceptable.
- You are responsible for the upkeep of your uniform. Uniforms shall be returned to the coach at the end of the season. Make sure you do not dry clean these uniforms. They should be washed in cold water and hung to dry.
- Cheerleaders are to remain in the cheering area during the game. **DO NOT socialize with players, crowd members, or parents during the game.**
- Perform only the stunts that have been perfected and approved by the coach.

Safety

- Stunting/Tumbling/Strength Training must only take place in the presence of a qualified supervisor.
- NFHS Spirit Rules will be enforced at all times (see <http://www.nfhs.org>).

Expenses

- Cheerleaders will be responsible for the items in which they keep (shoes, bows, warm-ups, team t-shirts).
- Required Items with Tentative Prices:
 - Warm up jacket with left chest embroidery — \$34

- Warm up pants – \$20
- V-neck bodyliner – \$15
- Metallic bloomers – \$14
- Cheer shoes – *all cheerleaders will be provided new shoes by Tulpehocken High School Cheerleading.
- White bow – \$4.50
- Gold glitter bow – \$6
- Pink glitter bow – \$6
- Pom poms – \$15
- Cheer bag – \$30
- Black Soffe shorts – \$7
- Royal blue Soffe shorts – \$7
- Blue lined white socks - \$3 (minimum of 2 pairs)
- Ankle weights (please purchase at store of your choice)
- Fundraising will take place. More information to come. All members are expected to participate to the best of their abilities in all fundraising efforts.
- Please keep in mind that all cheerleaders in grades 9 through 11 will be responsible for senior gifts for all senior cheerleaders on senior night. More information to come.
- Any donations made by parents for food supplies/water/etc. during games/events are welcome.

Coach's Discretion

All Tulpehocken cheerleading rules will be interpreted and carried out by the THS cheer coaches, under the guidance of the THS Administration.

These team rules will remain the same throughout the entire year and will be applied equitably to each squad member. No exceptions will be provided to any team member. These are the 2019-2020 THS cheerleading rules and regulations reviewed and approved by the THS Administration. I have read and understand the above rules and regulations.

Signed:

Athlete

Legal parent/guardian

Head Coaches Information:

Dominique (Nikki) Alspaugh – 717-639-1336 | Davey Whitmoyer – 717-507-8477

Assistant Coach Information: Vanessa Graham – 215-900-7441