

2009-2010 HCHS Cheerleading Handbook

Purpose

1. Cheerleaders promote spirit and pride.
2. Cheerleaders instill a sense of sportsmanship to students and adults.
3. Cheerleaders will involve the crowd at each athletic event.
4. Cheerleaders have very high standards, whether as a team member, or personally.
5. Cheerleaders will **respect** their parents, coach and team members, along with all other faculty and community members and anyone from the opposing team and community.
6. **Have fun!**

KSHSAA

1. KSHSAA rules state: **NO** student is eligible to represent his/her high school in a spirit group until a physical form is completed and filed with the school.
2. Students representing their school in a spirit group must be listed on the KSHSAA Activity Eligibility Certificate.
3. No jewelry may be worn at practice or at events. This is for your own safety, as well as your teammates.

HCHS

Substance and Alcohol Use

1. Cheerleaders will follow school policy regarding student conduct for Drug Free Schools. Violation of this policy will be subject to **suspension and or dismissal**.

Practice

1. Cheerleaders will be on time (this means 5 minutes early to each scheduled practice).
2. Anyone who is late (without a valid reason) will be asked to sit out the amount of minutes they were late at the following event.
3. Practice is scheduled for a specific time, therefore all the work and other personal activities may be scheduled around cheerleading.
4. All absences (other than illness) must be cleared by the coach before practice. The next day or two afterwards doesn't count.
5. Cheer Team members must be in school at least ½ of the day and in uniform for that ½ of day to be allowed to participate in the activity that day.

Games

1. ALL cheerleaders will cheer at ALL games.
2. Each cheerleader must be at the field/court in front of the stands 30 minutes before game time. (This is so there is time to stretch to prevent injuries, prepare the run-thru, and the flag must also be ready.)
3. Each cheerleader must be in front of the stands 3 minutes prior to the end of halftime.
4. If you are late to an event or after halftime, you will not be able to cheer until the beginning of the next quarter (unless excused by a coach). You will be required to sit in the pep club in uniform and cheer from there.
5. If you are ill, or there is a family emergency, please notify your coach before the game.
6. If you do not cheer, (unexcused absence) you will not receive merits. In case of illness, please notify the coach ASAP.
7. If your absence is unexcused, you will not be cheering at the next event.

Coaches Expectations

1. YOU have made the choice to be a HCHS Cheerleader.
2. This means it is your responsibility to do your best representing our school, our team, our community, and yourself.
3. Be proud of yourself and your team for all of your hard work and dedication!
4. Dedication: You must be dedicated to “our” team, to call yourself a team member—be at all practices and events on time, properly dressed.
5. Team members do not spread gossip and will support each other whether on the field, court, during school, and any other time you are representing the high school.

Uniforms

Definition: having the same appearance: being or looking the same.

1. All HCHS cheerleaders will always be in the designated uniform on game days. Violations in uniforms appearance will be that you must sit with the pep club during that event.
2. Uniforms are checked out on a first come, first serve basis, an effort is made to assure that all girls receive uniforms that fit.
3. Hair must be kept up in an appropriate manner off the shoulders. Bobby pins may be worn to keep bangs off of the face.
4. Make-up must be tasteful and comply with KSHSAA rules.
5. Nails must be trimmed to prevent injury.
6. Jewelry does not have a place in cheerleading! No earrings, bracelets, necklaces, rings, belly-button rings, or any other type of jewelry may be worn while in uniform, while cheering, or during practice.
7. Natural smiles, good grooming and attitude should be noticeable.
8. When there is not a cheer in progress, cheerleaders should stand in cheer position. You must stay in your formation and maintain composure at all times during games.
9. There will be no clustering/grouping on the field or court.
10. All actions to the school song will be known. This is a given at every event.
11. Actions and words to cheers are necessary to perform. You will be required to know all of the cheers and chants learned during practices.
12. Keep talking or visiting with friends minimal while you are in formation.
13. Jackets, leggings, and body liners will be worn to and from school and at football games when weather is cold. Jackets and body liners will only be worn with your cheer uniform.
14. If you are ineligible, injured (taking into consideration the injury), or suspended, you will wear your uniform according to the schedule. You will be required to sit in the pep club during games and cheer from there. Refusal to do this will result in demerits, suspension, or dismissal if deemed necessary by the coaches.

Pep Club

As a cheerleader, you are automatically a member of the Pep Club. You must attend every meeting. As a cheerleader you are expected to be an active member of Pep Club. If you would like a Pep Club shirt, you must pay for the shirt.

Lettering

Positive points may be awarded at anytime at the coach’s discretion. You must have 90% of the points possible, and be a member of the team for the complete school year to earn a Varsity Letter. Positive points/merits will be awarded as follows:

1. Practice attendance: 5 pts.
2. Weights attendance: 2 pts.
3. Game attendance: 10 pts.
4. Pep Club Meetings: 5 pts.
5. Fundraising: 5 pts./activity
6. Spirit planning: 5 pts.

(Poster, Pep Rallies)