



# West Valley High School Cheerleading

## *CODE OF CONDUCT HANDBOOK (2010-2011)*

### *Mission Statement*

*Increase school spirit through enthusiastic and dedicated involvement during athletic events and school programs. To be an integral, well-coordinated part of the secondary school curriculum and represent the WV High School student body, staff and administration in the highest regard at all times.*

## **WEST VALLEY HIGH SCHOOL CHEERLEADING CODE OF CONDUCT**

*As a member of the Ram's cheerleading squad, you must agree to and abide by the following code of conduct at all times. Failure to abide by the Cheerleading Code of Conduct will result in dismissal from the team (See strike policy).*

### **RAM CHEERLEADING MISSION**

- Promote and uphold school spirit, unity and pride
- To be an integral, well-coordinated part of the secondary school curriculum
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (in or out of uniform)
- Promote the development of lifelong values and skills

### **EDUCATIONAL VALUE TO WEST VALLEY HIGH SCHOOL**

Membership on the WV Cheer Squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading.

Members of the WV Cheer Squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with co-curricular and personal activities.

### **TEAM GOALS**

- Cheer at all football games and men's/women's basketball games including pre-season games, regular season games, playoffs and state tournaments (if applicable).
- Create weekly posters and game plans to support the WV Rams as well as the visiting teams.
- Continuously support all athletics and activities through inspiration and recognition.
- Support and perform at all pep and recognition assemblies.
- Provide assistance to the school and community when needed.

### **CODE OF ETHICS**

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school, district and league rules.
- Show courtesy to all visiting teams, competitors, fans and officials.
- Respect the integrity and judgment of all sports officials and coaches.

### **PROGRAM STANDARDS**

- Cheerleaders understand that teamwork and maintenance of discipline is key to the success of a spirit program.

- Cheerleaders are dedicated to promoting spirit, enthusiasm, and positive winning attitude through example.
- Cheerleaders take seriously the responsibility to represent WV High School positively and respectfully at all times.
- These standards are required to maintain squad morale, squad and individual discipline, and effective learning on the cheer mat and in the classroom.
- Cheerleaders understand cheerleading was voluntary, not mandatory. It is a privilege, not a right.

## *ELIGIBILITY*

- Students must maintain a C- grade to remain off probation
- Students who are academically suspended will not be allowed to cheer/perform at the following game/performance (including practices, games, pep assemblies, community events, ect.) When ineligible to cheer, cheerleaders are required to sit in the stands with the cheer coach, in uniform and help as needed, and required to attend all events and practices.
- Members must maintain good citizenship marks, attendance, class performance and teacher recommendations during the time on the squad and for try-outs.
- All members must sign and abide by the WVHS athletic code.
- All practices, games, performances and summer camp activities are mandatory.
- All members are expected to take part in fundraisers (team bonding experience).
- All members are expected to take part in all scheduled team-bonding activities.
- If you do not complete the season(s) for which you tried-out for due to disciplinary action or personal decision, you are not eligible to tryout the following year.

## *CAPTAINS*

- The purpose of the cheer captain(s) is motivation, leading the squad at games, liaison between coach and squad, liaison with the Athletic Director, coach, and athletic secretary.
- Cheer captains will organize and lead Monday Planning.
- All final decisions regarding game plan, extra activities, performances and any other cheer related matter are the coaches, not the cheer captains.
- Cheer captains are expected to be the first to get to practice/games, and the last to leave.
- Captains will have weekly meetings with the cheer coach.

## *CHEERLEADER CONDUCT*

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection are not allowed in uniform, at games or in school setting. (Hand holding is ok)
- Proper appearance is required at all times, with clothing appropriate to the occasion
- By being part of the spirit squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of West Valley High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary situation.

## ABSENCES

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent or tardy.
- Absences should always be avoided when possible.
- Absences must be excused prior to practice/game. You must have a note from a doctor if you had an appointment or a call or note from you or your parent if you are sick.
- Call must be received at least 30 minutes prior to start time of practice and 24 hours for games, or the absence will be considered unexcused. Failures to notify your coach will result in a strike.
- Missing a scheduled practice the day before a game will result in the individual not performing/cheering at the game.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence. You will also not be able to cheer at the game.

## PRACTICE

- Practices are mandatory
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Hair needs to be out of the eyes and in a secured ponytail if shoulder length or below.
- Absolutely NO cell phones allowed during practice and breaks. NO exceptions (if there is an emergency- parents may contact the cheer coaches cell phone and visa versa).
- Chewing gum or eating during practices is prohibited. Only water or sports drinks allowed during practice- NO pop or juice. No jewelry
- All taping or visits to the trainer must be done prior to start time.
- NO SITTING. You will not be allowed to sit during practice unless directed by your coaches or your captains. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, tumbling, new cheers, etc.
- Side conversation during practice especially during stunts, will result in team laps after practice.
- Make a habit of bringing a notebook and/or calendar and pen to practice. You will need to write down important times and dates, formations and new cheers.
- If you have to miss practice for any reason, you are required to call the cheer coach at least 30 minutes prior to the start of practice. Failures to notify your coach will result in an automatic ½ strike for an unexcused absence.
- If you do not attend ALL classes the day of practice, you cannot attend practice. Coach needs to be notified by either you or your parent. Call must be received at least 30 minutes prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an automatic ½ strike for not calling.
- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- If for any reason a cheerleader is unable to practice, she/he will still be expected to assist, as instructed by the coach.

- Missing the last practice before a game, performance, will result in ineligibility to participate.
- Safety is our first priority. No horse-playing during practice or breaks will be tolerated.
- Stunting is not allowed, under any circumstance, without the presence and approval of the coach.

## GAMES

- All games are mandatory.
- Members are required to arrive at least 1 hour before the game time.
- All taping or visits to the trainer must be done prior to the “1 hour before game” time.
- All spirit squad members must know all the cheers and routines for the game. Sitting out is unacceptable and will result in a strike.
- Members are required to dress in full uniform.
- Hair must be pulled back away from the face and secured in a ponytail if shoulder length or below. Bangs must not cover the eyes. Hair ties need to be uniform.
- Make-up should be worn, but in moderation.
- No jewelry or nail color. Nails need to be athletic length- no nail past finger length.
- No chewing gum or eating during games. Snack provided by “team mom” is allowed during ½ time ONLY. No pop or juice at games, pre-game or ½ time. Eat a small dinner at least 45 minutes before pre-game begins.
- Socializing with friends/family while the game is in progress is not allowed.
- Absolutely NO cell phones allowed during games/performances or ½ time. NO exceptions (if there is an emergency- parents may contact the cheer coach’s cell phone and visa versa).
- If you do not attend all classes the day of the game/competition/performance, you cannot attend the event. Coach needs to be notified by either you or your parent 24 hours prior to the game time. Failures to notify your coach will result in an automatic strike.
- During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game and help where needed. No exceptions.

## UNIFORMS/APPEARANCE

- Uniforms must be clean and pressed- do not iron without a towel on top ☺.
- Team athletic shoes must be free of excessive dirt, grass or track stains and are to be worn ONLY for cheerleading practice, games and performances.
- Do not use profanity, or misbehave while in your cheerleader apparel (uniform, T-shirts, jackets. warm-ups) or while representing WVHS at any event
- No jewelry is allowed during practices, performances or games.
- You may not wear your cheerleader uniform off-campus, to any event, parades, competitions, etc. without the permission of your coach.
- Do not wear colored bras under uniforms. If you wear a strapped bra it must be completely hidden.
- Fingernails must be sports length. Nail polish, if worn, must be clear or natural (skin) color only. NO artificial nails allowed- no exceptions!
- No gum chewing, pop or juice during practices, performances or games.

- Hair must be in a secured full ponytail if shoulder length or below. Bangs must be out of the eyes.
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days. Failure to do this will result in not cheering at the game and a strike.

## *PERFORMANCES AND CHEER LINES*

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance or be moved to the back of the formation/lines.

## *TRANSPORTATION*

- Cheerleaders are not allowed to drive to away games or competitions unless authorized by the Athletic Director and Cheer Coach and the proper form(s) completed. Everyone must ride in either school transportation or authorized transportation.
- Cheerleaders are expected to ride home with the team; pre-arraigned travel home from games can be made only if deemed necessary by the Athletic Director and Cheer Coach and is based on an individual basis. I prefer remaining a team until arriving back to the school; therefore, I highly discourage this.
- Cheerleader must arrive 10 minutes prior to departure time. We will not wait for anyone, and being tardy will result in a ½ strike. If we leave without a cheerleader, they may not drive to an event and cheer, and will receive a full strike for missing the game.
- Cheerleaders must be “ready to cheer”- in uniform and warm-ups including cheer shoes when they arrive to ride the school transportation. Hair and make-up must be done. ONLY the purchased team bag may travel with the cheerleader. This is to promote team unity and identity.

## *DISCIPLINE POLICY*

The following violations will be grounds for immediate dismissal from the cheer squad.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substance.
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member.
- Breaking any law (driving violations that do not include the aforementioned items will be given a strike).
- Gross display of vulgar disrespect to the cheer coach, WVHS staff/administration, or another team member.

\*\*You are recognized as a WVHS cheerleader whether in or out of uniform. You're actions and behavior is reflected upon all members of the team, as well as the cheer coach. These matters will not be taken lightly.

## **STRIKE POLICY**

Minor offenses will be determined on a strike scale. When a cheerleader has earned 3 strikes, they are immediately removed from the team.

- 1 strike will result in notification and probationary contract of the cheerleader and parent(s).
- 2 strikes will result in a meeting between the cheer coach, parent, cheerleader and Athletic Director and/or Principal.
- 3 strikes will result in the immediate dismissal from the cheerleading squad. If you are a basketball cheerleader- your strikes WILL carry through both seasons and do not start over at the beginning of the next season.
- Strikes are taken into consideration in scoring of the next year's tryouts.
- The strike system will be put into effect immediately. Spring practices, summer camp and summer practices/events are all applicable to the disciplinary policy. You are a WVHS Cheerleader from try-outs forward.

### **1/2 STRIKE DEMERITS**

- Tardiness (1/4 strike per tardy- tardy is defined as arriving to practice or pre-game after the designated time of start- no grace period. More than 5 minutes tardy equals an automatic unexcused missed practice).
- Unexcused missed practice
- Wearing ANY jewelry- One warning will be given.
- Arriving to a game or event without hair pulled back- ribbon in, inappropriate make-up (lack of make-up), or uniform that is not clean and pressed
- Arriving to the bus departure without full-uniform, game ready attire/presence.
- Using profanity, excessive display of affection, unsportsmanlike conduct while in uniform, or any part of the uniform (including Cheer wear, warm-ups, sweatshirts, ect.)
- Excessive talking during practice or games- One warning will be given.
- Failure to be "online" when there are 2 minutes left on running ½ time clock (Be online with poms ready to cheer/dance).
- Cell phone violation- NO cell phones during practice, games, ½ times or pre-game activities- no exceptions!
- Disrespect at practice or games that does not require removal from an event.
- Inappropriate nail length or color- requiring removal of color or clipping of nail length.
- Failure to post assigned locker signs and/or posters by designated time.
- Leaving practice early, before dismissed by the cheer coach. Includes leaving a game before team huddle and dismissal from coach.

### **1 STRIKE DEMERITS**

- Unexcused absence from a game (Includes missing the bus departure).
- Disrespect that requires the removal from an event- including practice, community events, games and any other WVHS Cheer function.
- Stunting without the approval and presence of the cheer coach.
- Receiving an F in any class that results in the suspension at any game or performance.
- Cheating in the classroom.

## ***CHEER PROGRAM FINANCES***

- Uniforms are required for participation on the spirit squad and are financial responsibility of the member.
- Uniforms are to be kept in good condition and clean at all times. The individual, at their own expense, will replace uniforms ruined, lost or stolen.
- Camp attendance is mandatory in order to participate on the cheer squad. Camp fees are the responsibility of the member.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered- no exceptions.
- Deposits made for cheer clothes, shoes, trips, competitions and/or camps are non-refundable.
- Additional expenses such as hair ties, camp clothes, and team sweats are the responsibility of the squad member.
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses. It is expected that all members participate in the cheer fundraisers (team bonding activities and experience).
- All fundraising money marked for a cheerleader will be used to pay for cheerleader's bill. Statements will be available upon request and after any funds are added to your account.
- If you choose not to participate in a fundraiser, you will not earn funds for the fundraiser. What you sell, the time you put in and the money raised from those efforts will be applied only to that cheerleaders account.
- Any funds raised in excess of one's uniform costs will remain part of the WVHS Cheerleader ASB Account and used at the discretion of the Cheer Coach/Activities Director/Athletic Director for other team equipment needs, awards, or other miscellaneous expenses.

**ACKNOWLEDGEMENT**

*I have read and understand the West Valley High School Cheerleading Code of Conduct. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the coach. I agree to represent WVHS and its community with honor and respect. I agree to the WVHS Cheer Code of Conduct AND Athletic code.*

\_\_\_\_\_  
Cheerleader's Signature

\_\_\_\_\_  
Date

*I have read and understand the West Valley High School Cheerleading Code of Conduct. I agree to support these standards and policies as well as assure my son/daughter upholds the values and standards provided within the WVHS Cheer Code of Conduct AND WVHS Athletic Code.*

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date

**\*\*PLEASE keep the code of conduct for your reference and return only page 9. Thank you!**