

## Welcome to the West Seneca West Varsity and JV Cheerleading Program!

The following handbook has been prepared to acquaint you with the basic expectations of our program so that you and your parents/guardians will know exactly what is expected of you as a Cheerleader. Please note JV and Varsity may have additional expectations for their individual teams, in which you will be informed of when the season begins.

### Attendance

Participating in any school sport requires a great deal of time and dedication. Please note that any excessive tardiness or absences may comprise an athlete's spot on the team at the coaches' discretion. This is the type of team sport that 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.

Cheerleaders are expected to attend ALL cheerleading events, which include practices, games, cheer camp, competitions, and any other events.

Outside commitments (including but are not limited to: Allstar Cheer\*, Dance, gymnastics, work, being grounded, outside sports, other school extracurricular activities\*) should not conflict with any student's cheerleading duties. Please consult the practice and cheer calendar BEFORE making personal appointments. West Cheer must come first.

- *\*\*We would not hold the participation in Allstar against an athlete. School concerts required for a class is an acceptable absence.*

Having two or more unexcused absences a season, including games or practices will result in punishment/removal from the team at the coaches' discretion. If the cheerleader will be late or missing an event **A PHONE CALL** (always leave a message) is required to be made by the Cheerleader to the Coach. **ALL VACATION/MISSING DATES ARE DUE DAY ONE OF THE SEASON!**

**\*\*Telling a friend to relay the message is NOT acceptable. \*\***

If a cheerleader is absent from school, a phone call to the coaches is still required. **Athletes must attend school that day to participate in games/practices/competitions.**

### Practices

Please arrive a minimum of 10 minutes prior to practice. Be ready to go and in proper attire, jewelry removed, etc. The time that a practice starts is the time it starts, not for the cheerleader to be arriving, as mats need to be set up ahead of time. Athletes are also required to roll up the mats at the end of practice.

**\*\*If a practice is cancelled for any reason, coaches or captains will contact the team.**

### Physical Exams

The cheerleader needs to have an annual physical on file with the school BY TRYOUTS to be eligible to cheer. Physicals are good for one year. This needs to happen before TRYOUTS or the athlete *cannot* participate.

### Transportation

Any type of event that requires transportation (games, competitions, etc) requires the cheerleader to travel to the destination with the team on the bus; however; with written permission from a parent, signed and dated properly the cheerleader may travel home with parent/family member.

### School Policies

#### Code of Conduct

Student athletes are very visible within the school and are often admired and respected. Therefore, it is imperative that student athletes in the WSCSD conduct themselves properly. In addition, student athletes are representing the school system and community while participating in interscholastic athletics.

Student athletes are expected to be cooperative, orderly, and respectful to faculty, staff, and students. Conduct which is insubordinate or which endangers the safety, morals, health, and welfare of others will be subjected to disciplinary action. Student athletes are encouraged to maintain reasonable standards in the areas of dress and grooming.

Code of Conduct- *continued*.

While representing WSCSD on the playing field, student athletes should: refrain from profanity and vulgarity; never resort to dangerous and illegal tactics; show respect for officials, opposing coaches, opponents, and spectators; be gracious in defeat and humble in victory and avoid physical and verbal confrontations.

**Academic Eligibility Standards** that we put in place, can be found on the district's live website. (by signing this document, you are stating you have read and understood all district polices)

**Uniforms and Poms**

Uniforms and Poms are provided by and owned by the program. This includes a skirt, shell, and a pair of poms. Cheerleaders are expected to keep their uniforms clean and presentable.

If a cheerleader loses her uniform or poms, she will be required to pay for the replacement. Uniforms and poms must be returned, cleaned in their original condition. Cheerleaders and their parents are expected to pay for cleaning expenses and/or replacement costs for uniforms that are soiled and/or damaged. Cheer uniforms must be worn only in conjunction with school events at designated times. Cheerleaders will not loan out any piece of their uniform to anyone. The cheer uniform shall not be altered in any way without prior approval by the Coach.

These policies will ensure the safety of our athletes using proper communication and documentation. Any infraction of any policies will be result in appropriate punishment.

As coaches, we want the girls to have a fun! High school is such a memorable experience, and we are here to mentor our athletes and make sure they are all being the best they can be. We appreciate any help from the parents, and are sensitive to any serious issues or concerns. It is best to communicate problems directly to us.

**Please feel free to address any questions or concerns with the Coaches**

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Acknowledgment of the Cheerleading Handbook

I have read and understand the above rules and regulations. I will conduct myself according to these rules to set a positive example always on behalf of myself, team, and school. I also understand that if I do not follow the rules/procedures, I may be unable to participate or removal from the team at any time. The school administration and/or coaches' have the right to any consequences.

Cheerleader's Name \_\_\_\_\_ Date \_\_\_\_\_

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

I understand the policies and procedures of the West Seneca West cheerleading program. I understand what is expected of me as a parent/guardian, and will work with the school and coaches to create a positive experience for my child. I understand any infraction of the rules may result in my child losing her spot on the team, and that constant communication may prevent this from happening. I support these policies put forth by the school and coaches and understand that your cheerleader should not be grounded from cheerleading. It only impacts the team negatively.

Parent/Guardian Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

My signature indicates that I have read this handbook and will abide by the guidelines and code therein. I realize that my failure to follows this policy could result in my, (my athletes) dismissal from the team.