

JHS CHEER EXPECTATIONS OVERVIEW

PRACTICE

- Attendance
 - Mandatory from the beginning to the end of each practice
 - Regular dental, ortho, doctor and other appointments should be scheduled at other times and will not be excused.
 - Excused Absences: In order for an absence to be excused, it must be communicated directly to your coach via cell, email, text or in person at least 2 weeks in advance. You must include the reason and your coach has the final say on what is an excused absence.
 - Unexcused Absences: 2 unexcused absences will result in dismissal from the team.
 - Sickness or injury: If you are in school you are expected to attend practice and watch. If you leave school early due to illness/injury, you must notify the coach as soon as possible. If you are not in school, you must notify your coach by 8:00am to be considered excused.
 - Late to practice: Late is considered as arriving 5 minutes or more after practice has started. Two lates are considered one unexcused absence.
- Attitude
 - Dressed in practice clothes and ready prior to practice start time
 - Wear cheer shoes, t-shirt and shorts. No jewelry, hoods or zippered clothing. Fingernails must be cut to appropriate “cheerleader” length.
 - 100% focus...pay attention to and be respectful of your coach...no talking or getting others to do so
 - Cell phones off
 - Closed practices-do not invite friends. However, parents are always welcome.
- Team Specific requirements
 - Practice times and locations will be discussed with the separate teams (sideline/comp and/or V/JV)
 - Practice attire may also be discussed with the separate teams (sideline/comp and/or V/JV)

COMPETITIONS (Competition Teams Only)

There are 10-12 competitions, on weekends, between November and February. All competitions require a waiver signed by a parent in order for the cheerleader to compete...NO WAIVER, NO COMPETING! For competitions in the metro area, the teams will take a bus, paid for by JHS. For competitions out of the metro area, the cheerleaders must find their own transportation...usually car pools.

- Attendance
 - Mandatory
 - Excused Absences: In order for an absence to be excused, it must be communicated directly to your coach via cell, email, text or in person at least 4 weeks in advance. You must include the reason and your coach has the final say on what is an excused absence.
 - Unexcused Absences: 2 unexcused absences will result in dismissal from the team.
 - Sickness or injury: Minor illness (cold etc) plan to participate. Flu- If possible call your coach prior to the day of the competition and if you wake up with the flu, call your coach immediately. The routine will need to be revised so it is essential that your coach is notified ASAP...failure to do so may result in an unexcused absence. If you are injured or serving a suspension, you must dress as if you are competing, travel with the team and cheer them on.
 - Late: Late is considered as arriving 5 minutes or more after the stated arrival time. If you are more than 15 minutes late it will be considered an unexcused absence. If you miss the bus, you must get a ride to the competition. Two lates are considered one unexcused absence.
- Competition Preparation
 - No sleepovers the night before (the exception is team sleepovers)
 - No late nights or exhausting activities the night before – we need alert and ready to go cheerleaders on our team!

- Arrive at the bus dressed, hair done (or as your coach has communicated to the team), shoes in bag and waiver turned in. If not, it will be considered a “late”.
- Attitude
 - Words and attitude toward cheerleaders on the JHS team(s) and other teams is always positive encouraging and constructive
 - Cheer other teams on
 - Two “attitude calls” by your coach will be one unexcused absence

GAMES (sideline only)

The number of games depends on the season/team. The fall Varsity sideline team will cheer for all Varsity football games; home and away. The fall Junior Varsity team will cheer all home Varsity soccer games. Winter sideline Varsity and JV teams will cheer all home Varsity and JV basketball games respectively.

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 - Unexcused Absences: 2 unexcused absences will result in dismissal from the team.
 - Sickness or injury: Minor illness (cold etc) plan to participate. Flu- If possible call your coach prior to the day of the competition and if you wake up with the flu, call your coach immediately...failure to do so may result in an unexcused absence. If you are injured or serving a suspension, you must dress as if you are cheering and be at the game.
 - Late: Late in considered as arriving 5 minutes or more after the stated arrival time. If you are more than 15 minutes late it will be considered an unexcused absence. Two lates are considered one unexcused absence.
- Game Preparation
 - Arrive at the field at the time that the coach has communicated. Please have your hair done, uniform on, shoes on, nail polish off etc. In other words, come ready to cheer. If not, it will be considered a “late”.
- Attitude
 - Words and attitude toward cheerleaders on the JHS team(s) and other teams is always positive encouraging and constructive
 - Cheer other teams on
 - Two “attitude calls” by your coach will be one unexcused absence

TUMBLING

- Tumbling is mandatory and classes will be held twice a week, either at JHS or an outside gym.
- The parent/cheerleader is responsible for transportation to and from tumbling.
- The parent/cheerleader is responsible to pay the tumbling fees.

CONSEQUENCES

Any disciplinary action from the school will result in a warning to the cheerleader (in addition to fulfilling the actions required by the school). A second disciplinary action will result in immediate dismissal from the team.

FEES

- The budget is based on dividing costs by the total number of team members, therefore, if a cheerleader quits or is dismissed, the money paid to date is not refunded.
- The payments must be made by the due date for each installment.

- If the Varsity competition team attends Nationals in Orlando, there are additional costs. Please see the attached Nationals sheet for details.
- If the cheerleader has an outstanding balance from the previous cheerleading season, they can tryout for the current season but, if they make a team, they will not be allowed to participate until the previous season and the current season's payments are up to date.

TIME COMMITMENT

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- Sideline:
 - Practice 2 times a week in the summer and once a week in the fall. We will try to make these practices before or after comp practices so if they are on both teams, they can have one longer time. During the sport season, they may be right before the games to eliminate extra travel.
 - Games will be during the week however, the night will depend on the team for whom you are cheering.
- Competition:
 - May practice 3+ times per week for 2-3 hours from May to February
 - There will be 10-12 competitions held between November and February, including Nationals for Varsity. These are held on weekends; mostly Saturdays although there may be an occasional Sunday competition.
- Both Sideline and Competition teams
 - Tumbling 2 times a week
 - Occasional team bonding opportunities including team dinners