

2019-2020 POULSBO MIDDLE SCHOOL CHEERLEADING CONTRACT

Items in this contract may be edited by the discretion of administration, coach, and advisor

PARENT & STUDENT MUST READ EACH SECTION AND INITIAL

OVERALL RESPONSIBILITIES

- Sign and adhere to all rules and regulations for the Poulsbo Middle School Cheerleading Squad and Student Code of Conduct.
- Respect your coaches and fellow squad members.
- Respect the integrity and judgment of all sports and competition officials, coaches, advisor and administration.
- By being part of the cheer 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 recognized as a representative of Poulsbo Middle School.
- Maintain required standards of academic performance.
- Exhibit an attitude of respect toward individuals and property by conducting oneself in a responsible manner.
- Arrive prepared and on time for all practices and performances.
- Encourage school spirit, unity, and pride in Poulsbo Middle School.

Parent initials: _____ **Student initials:** _____

GOALS

- Cheer at Varsity Football and girls' & boys' basketball games.
- Support and perform at pep and recognition assemblies.
- Show courtesy to all visiting teams, competitors, hosts and officials.
- Uphold and follow school, district, league and WIAA rules and regulations.

Parent initials: _____ **Student initials:** _____

STANDARDS AND REGULATIONS

- Cheerleaders understand that team work and the maintenance of discipline are key to the success of the spirit program.
- Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieving these goals.
- It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning.
- It is a privilege, not a right, and may be revoked by the school personnel when a spirit leader violates the rules and regulations.

Parent initials: _____ **Student initials:** _____

ELIGIBILITY

- For each grading period, members must be passing in all classes.
- Members must maintain good citizenship marks, attendance, and class performance during the time on the squad.
- All members must have a signed contract on file with the advisor.
- All practices and games are mandatory.
- We will do periodic spot checks with teachers on classroom behavior.

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CONDUCT

- Members must not use foul language at practices, in uniform and at school.
- Public displays of affection are never considered appropriate, especially in uniform, at games or in school.
- Cheerleaders must follow school policy on dress code.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.
- Cheerleaders will refrain from displaying any inappropriate pictures, language, content, etc. on social networking sites.
- Students will follow the district anti-harassment rules. These rules should be followed in and out of school and online.
- Any violation of the above items will result in disciplinary action by administration, advisor and coach. Each case of discipline will be judged individually.
- The advisor/coach, with the administration if deemed necessary, has the final decision in any discipline situation.
- Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.
- Student has the right to appeal discipline decisions with administration, coach and advisor.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time.

Parent initials: _____ Student initials: _____

TRANSPORTATION

- Cheerleaders will provide own transportation to home games and practices.
- Coaches and Advisor are not allowed to provide personal transportation for cheerleaders.
- Cheerleaders must be picked up no later than **15 minutes** after each activity.
- The advisor or coach will issue a violation after **20 minutes** of waiting.

Parent initials: _____ Student initials: _____

ATTENDANCE

- It is important not to inconvenience the practice time of the entire squad by being absent.
- Excused absences should always be avoided when possible and the coaches **MUST** be informed 24 hours before practice begins by email or in person. Please call or send an email from your parent if you are sick before practice starts.
- Being tardy or missing a scheduled practice the day before a game will result in the individual not performing at the game.
- Excused absences by parent or doctor does not guarantee participation in a performance especially, if a team member does not have the routine clean enough they may be asked to sit out.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered unable to cheer and will be counted as an unexcused absence.
- Cheerleader will be asked to sit with coach and support the team if unable to cheer at performances.

Parent initials: _____ Student initials: _____

AT SCHOOL

- In order to participate in a cheerleading event, a student must be present at school for all classes on the day of the event.
- Being at school is a cheerleader's top priority to maintain grades and receive their education, if there are excessive tardiness or unexcused absences, this could result in probation or dismissal from the squad.

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PRACTICES

- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.

Practice clothing consists of:

- Athletic shoes, socks, running shorts, mid-thigh shorts, or yoga pants (for bottoms), t-shirt and sports bra for ladies, sweats if outside.
- 8 Practices are required before cheering for first game.
- Hair needs to be out of the eyes and in a secured ponytail.
- Members should be present at all scheduled practices from beginning to scheduled end.
- Other activities must be scheduled around practices.
- Missing practices that have valid excuses can still lead to being removed from a routine position or stunt, due to not physically being available to practice.
- No jewelry. (WIAA rule) Safety is our first priority
- No Cell phones (keep them in your bags for practice or the coach will put in bucket).
- PARENTS PLEASE DO NOT CONTACT YOUR Daughter/Son during practice (for emergency contact coaches).
- All practices are closed. No friends or family may attend.

Parent initials: _____ Student initials: _____

GAMES

- Cheerleaders are expected to be upbeat and positive during games and scheduled performances.
- Cheerleaders are expected to refrain from socializing with team mates and crowd during games.
- All games are mandatory unless with coach or advisors prior approval.
- Members are required to arrive at least 30 minutes before the football game time, 20 minutes before Basketball game time, unless earlier time as announced by coach or captains. Members are required be in full uniform on arrival.
- All squad members must know all the cheers and routines for the game.
- All are expected to perform unless injured or ineligible.
- Make-up should be worn in moderation.
- No jewelry or nail color. Nails need to be athletic length. (WIAA rule)
- There is no chewing gum or eating during cheering. Break time only.

Parent initials: _____ Student initials: _____

UNIFORMS

- Uniforms must be cleaned and pressed.
- Team athletic shoes must be clean.
- All Squad members must have the same uniform look.
- Cheerleaders will not loan out any piece of their uniform to anyone.
- Cheerleaders must wear their full uniforms.

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DISCIPLINE POLICY

- Any violation of these rules or conduct deemed improper and unsuitable for a cheerleader will result in one or more of the following consequences, administered at the discretion of the cheerleading coach and/or administration:
 - Step 1 - Verbal warning.
 - Step 2 - Written infraction.
 - Step 3 - Parent conference with administrator and coach.

Coach, advisor and administration decision is final.

- A cheerleader may be put on probation for academic or disciplinary reasons. The time of the probation will depend on the offense.
- Benching for disciplinary reasons will consist of cheerleader not cheering at games. They are not excused from practice unless given permission by the coach.
- Two or more unexcused absences or tardiness from practice or games may result in suspension or removal from the squad. An excused absence is one that a parent or guardian has approved and contacted the coach all others will be considered unexcused.
- Infractions must be signed by both the cheerleader and the parent.

The following violations will be grounds for immediate dismissal from the spirit squad:

- **Participating in fights or bullying.**
- **Defiance or extreme disrespect against Poulsbo Middle School Staff, coaches and teammates.**
- **If they intentionally put another cheerleader's safety at risk.**
- Student has the right to appeal in writing with the coach, advisor and administration.

Parent initials: _____ Student initials: _____

CHEER PROGRAM FINANCES

- All cheerleaders are required to purchase an ASB card. If an ASB card is not purchased, the student will not be able to cheer. The participation fee must also be paid.
- Uniforms are required for participation on the spirit squad and are **NOT** provided by the school. Uniforms are to be kept in good condition and clean at all times.
- Uniforms/poms ruined, lost or stolen will be replaced by the individual at their own expense.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.
- Additional expenses such as hair ties, socks and miscellaneous items are the responsibility of the squad member.

Parent initials: _____ Student initials: _____

ACKNOWLEDGEMENT

I have read and understand the Poulsbo Middle School Cheer Squad Contract. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the advisor.

Student's Signature: _____ Student Number: _____

I have read and understand the Poulsbo Middle School Cheer Squad Contract. I agree to support these standards and policies.

Parent's/Guardian's Signature: _____

Parent's/Guardian's Signature: _____

Parent's Email _____

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Parent's Phone Number _____