



Grayson High School Cheerleading Policies and Expectations

2018-19

- I. Philosophy**
It shall be the purpose of the organization to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to promote good relations in the community, and to support the high school athletic teams. The organizational goal is to work in harmony with the coaches, faculty, athletic programs, student body, and the community of Grayson. The overarching goal is to provide valuable learning experiences, which will help the students become better citizens. Participants must understand the impact their behaviors can have on others based on their role as a student athlete. Therefore, high levels of leadership and character must be exhibited at all times.
- II. Requirements**
- All participants must meet all eligibility requirements mandated by GHSA. Failure to uphold those requirements will result in immediate dismissal from the squad. These GHSA academic requirements are as follows:
 - Must be enrolled in five classes for credit toward graduation.
 - Must pass five classes each semester and be on track for graduation.
 - Each cheerleader must be physically able to participate in long periods of vigorous activity with undue fatigue or pain.
 - Each cheerleader must have on file a parental consent form, insurance information, and yearly physical.
 - Respectful and cooperative attitude towards faculty, peers, and coaches.
 - Abide by the rules and guidelines presented in this document. Cheerleaders should understand the spirit behind the rules and any situation not covered specifically will be handled in the best interest of Grayson cheerleading.
 - Each cheerleader will pay a \$250 fundraising fee. The cheerleading booster club will offer one fundraising opportunity to recoup the \$200 fee. In addition, you will be able to earn up to \$50 back by selling tickets for our annual GAA cookout. Concerns regarding payment of fees or camp(s) should be directed to the head coach or booster club president.
 - For any previous cheerleader, it is MANDATORY that you contact the treasurer to clear up late dues or fees on your account
- III. Commitment**
- If a cheerleader is selected as a Grayson High School cheerleader, she is expected to fulfill her commitment and cheer for the duration of the season, including playoffs. This includes participation in all mandatory activities.
 - Parents and cheerleaders will be given a copy of the game schedule and practice schedule. It is expected that each cheerleader is at every game and every practice. After school help, doctors appointments, etc should be scheduled on a non-practice/game day.
 - Your Grayson High School cheer squad is your top priority. After-school jobs, activities, or other cheerleading teams should not interfere with your duties as a Grayson High School cheerleader.
 - If a cheerleader cannot cheer for any reason, he/she must meet with the head coach and the coach of his/her squad immediately.
 - Acceptable reasons for being dismissed from a squad or choosing not to cheer are:
 - Failing 2 or more classes
 - Dire health circumstances, which would not allow a cheerleader to participate
 - If a cheerleader chooses not to fulfill his or her commitment to the Grayson High School cheerleading program for any reason other than those specified above, the following consequences will apply:
 - She will not be allowed to attend the banquet and will not earn a varsity letter.
 - If the cheerleader is a junior, sophomore, or freshman, he/she will be ineligible to try out for cheerleading the following year.
- IV. Camp**
All cheerleaders are strongly encouraged to attend summer camp. If a cheerleader doesn't attend camp, it is his/her responsibility to learn everything taught at camp prior to the first game of their season.
- V. Safety**
These rules are set forth by the Georgia High School Association (GHSA). It is expected that all cheerleaders follow these rules.
- Jewelry cannot be worn during cheerleading activities.
 - Hair must be secured away from the face and off of the shoulders for all games and practices.** No hard clips, etc... should be used.
 - Fingernails must be short (can make a tight fist comfortably).
 - No stunting or tumbling unless under the direct supervision of the coach.
 - Appropriate clothing and shoes must be worn at all times. Cheer shoes are required at games and practices.
 - No chewing gum while engaging in cheer activities.
 - Never perform stunts and/or tumbling during public appearances that have not been practiced to perfection.
 - There are inherent risks, mostly due to stunting and tumbling, for cheerleaders. All safety guidelines must be followed to insure the utmost safety of all participants. Therefore, a coach should approve any new stunt and/or tumbling skill before it is attempted.
 - Cheerleaders must be attentive and focused while engaged in cheerleading activities. This is especially important during basketball games due to the proximity of the cheerleaders to the game.
 - Cheerleaders must report any physical problems to their coach as soon as the problem arises. Failure to do so could cause further problems and jeopardize the safety of others.
 - Cheerleaders must obtain a doctor's release before resuming any cheerleading activity after an injury or illness requiring a doctor's visit.
- VI. Appearance**
- Uniforms and shoes should be well kept at all times.
 - Hair cannot be dyed an unnatural color (ex. Bright red, pink purple, blue, etc).
 - Short fingernails and only neutral/clear fingernail polish may be worn during performances/appearances.
 - At all public functions, hair should be in a high ponytail with designated bow.
 - Cheerleaders will be given a uniform schedule that will detail the appropriate uniform, bow, bloomers, and school attire to wear on game days. Game day attire is mandatory.
 - Cheerleaders should exhibit mature and appropriate behavior at all public cheer functions.
- VII. Transportation**
- Cheerleaders are required to ride the bus to and from away games. Any exceptions must be requested in writing and be pre-approved by the head coach. All football girls must ride the bus to and from games. Each girl has a responsibility due to the equipment needed at the games.
 - All cheerleaders should wait on rides at the designated area. Coaches are required to stay with all participants until their rides arrive. Parents should make appropriate arrangements so that coaches do not have to wait for an excessive amount of time.
 - A cheerleader is not allowed to drive to an away function without approval from the head coach.
 - If the county cannot provide transportation, parent volunteers will be used to transport participants. A GCPS form is required if you are willing to transport and/or give permission for your child to ride with another parent.
- VIII. Attendance Expectations**
- Cheerleaders are not allowed to attend practice or games if they have missed more than three periods of school (certain circumstances are approved by GHSA - example funerals; any exception must be approved by the athletic director).
 - A cheerleader must have a doctor's excuse on every missed function after the third absence. Missing a function due to a regular check-up does not count. Parents should schedule regular check-ups around cheerleading activities. Failure to obtain appropriate documentation will result in a one game suspension.
 - If a cheerleader needs to miss any part of a cheerleading function, she must tell the coach in person prior to the event (do not send a message with a friend, text, or email unless you are absent from school due to illness).
 - The coach must approve the absence. Any unapproved/unexcused absence will result in a one game suspension.
 - Excused: illness, death in the family.
 - Unexcused: college visits, work, family reunions, weddings, family birthdays, etc.
 - Failure to attend a cheerleading function, including practice, without notification of the coach is a serious problem and will be dealt with according to the discipline policy.
 - Punctuality is vital. Tardiness will not be tolerated.

- Any cheerleader who is unable to participate due to health reasons is still considered part of the team and is expected to attend all functions. For games, injured cheerleaders should wear warm-ups.
 - Mandatory practices begin August 1st. Practice/event schedules will be sent home in advance so that conflicts may be avoided.
 - When absent from school, or checking in/out, the coach should be notified ASAP.
 - Participation in other activities or jobs should not interfere with your role as a GHS cheerleader.
- B. Absences at Practice**
- Excused Absences = illness, death in the family.
 - Unexcused Absences:
 - 1(one) unexcused absence allowed
-Should be used for college visits, work, family reunions, weddings, family birthdays, etc.
-Requires a parent phone call to the coach 1 week in advance.
 - 2 (two) unexcused absences = meeting with coaches and parents and possible dismissal.
 - 3 (three) unexcused absences = automatic dismissal from the team.
- C. Attendance is expected at all games!!! Schedules are given out in advance. Please plan accordingly.**
- C. Tardiness**
- Less than 15 minutes late to practice, game, event = Sit out 1st quarter of next game and/or conditioning
 - 15 to 30 minutes late = Sit out 2 quarters of next game, and/or conditioning
 - 30 to 60 minutes late = Sit out full game, and/or conditioning
 - More than 60 minutes = unexcused absence, sit out next 2 games and/or conditioning
- IX. Uniforms/Cheer Apparel**
- All uniforms are school property. If lost, damaged, or stolen the cheerleader is responsible for paying replacement costs.
 - Care of uniforms is to be excellent at all times.
 - Do not let anyone borrow your uniform or spirit wear (t-shirts, jackets, sweats, etc).**
 - Uniforms must be washed prior to returning at the end of a season.
 - Do not perform any alterations on your uniform.** The booster club will make arrangements for alterations and all alterations must be pre-approved by the coach.
 - Uniform schedules will be passed out at the beginning of each season. This schedule will include game day attire for school. Cheerleaders are expected to follow and keep up with this schedule.
 - Please follow the directions for washing and caring for your uniform.
 - I understand that my daughter's uniform cannot be altered in any way unless approved by the head coach. If uniforms are altered, you will be charged for a new uniform piece (~ \$130). In addition, I understand that I must follow the washing/care instructions for the uniform and keep the uniform in good condition. If any uniform piece is returned dirty, soiled, or in poor condition, I understand that I will be charged for a new uniform piece (~ \$130).
- X. Conflict Resolution**
Communication between cheerleaders, parents, and coaches is a crucial factor in determining the success of the program. If a problem or concern arises, it is important that the appropriate chain of command is followed. Chain of command: 1st = Cheerleader to Coach, 2nd = Parent to Coach, 3rd = Parent to Head Coach, 4th = Parent/Head Coach to Athletic Director, 5th = Parent/Head Coach to Principal.
- XI. Game Suspension and Dismissal from Program**
- Out of school suspension can result in dismissal from the program.
 - Unexcused absences for any cheerleading function will result in a one game suspension.
 - After TWO unexcused absences, a cheerleader will be dismissed from the program.
 - If a cheerleader is suspended for a game, she must sit with the coach and be in uniform.
 - Failure to uphold the spirit of this constitution can result in extra conditioning, suspension, and/or dismissal. The consequences will be determined based on the frequency and magnitude of the infraction(s) and prior discipline history.
 - Cheerleaders will be pulled from the line-up if they are acting inappropriately, performing below expectations, and/or do not know the material. Failure to correct may result in dismissal.
 - If a cheerleader quits a squad or is removed from the squad, she will not be allowed to try-out for a squad the following school year.
 - Once a cheerleader quits a squad or is removed from the squad, she is no longer part of the GHS cheerleading program and will lose all banquet privileges.
 - If a cheerleader is dismissed from a squad for any reason, no refunds will be made.
- XII. Awards**
- Best All Around Cheerleader and Most Spirited Cheerleader awards will be presented at the end of season banquet. Cheerleaders' will vote on these awards.
 - The coach will select the Most Athletic Award, Most Dedicated Award, Leadership Award, and the Coaches Award.
 - All awards will be presented at the end of year banquet.
- XIII. Team Room**
- The team room is a privilege for cheerleaders. It is the responsibility of each cheerleader to keep the team room clean at all times.
 - The team room is not to be used during the school day.
 - The team room should not be used by girls who are not cheerleaders. Please do not let your friends use your locker or hang out in the team room.
 - Cheerleaders should not be in the team room unless they have permission from their coach.
 - Lockers must be cleaned out at the end of your cheerleading season.
 - Team room privileges will be revoked for failure to follow the above guidelines.
- XIV. Lettering Requirements**
- Lettering is only available to cheerleaders on a varsity squad.
 - Cheerleaders may earn one or two spirit squad letters per year.
 - One letter (G megaphone patch): Cheers the entire season of football or basketball.
 - One letter/One bar: Cheers the entire season of football AND basketball.
 - All letters will be awarded at the end of year of the season. Football in December and Basketball in February.
 - The G with the megaphone patch will only be given if a cheerleader does not already have a varsity letter. If a cheerleader does have a letter from any sport/club/award, they will receive a bar.
 - Cheerleaders must fulfill all commitments to all squads to receive all letters.
 - Megaphone sleeve patches will be provided for any team winning region and/or advancing to the state level.
 - The head coach has the right to award or revoke any letters.

I, _____, and my daughter, _____, have been given a copy of the Grayson High School Cheerleading Policies and Expectations. I am aware of the expectations and will comply with the Cheerleading Policies and Expectations of Grayson High School.

Signature of Parent: _____

Signature of Cheerleader: _____

Date: _____