

2009-2010
MARIAN HIGH SCHOOL
CHEERLEADING

PURPOSE, PRIORITIES & POLICIES

STATEMENT OF PURPOSE

Cheerleading at Marian High School is a sport created to support MHS athletic events and promote school spirit. All levels of ability and experience are welcomed and encouraged to join. Cheerleaders/lifters are expected to set an appropriate example of good behavior; in class, athletic events, church and community functions (whether in uniform or not). Each cheerleader/lifter must be aware that she/he is a representative of Marian and has the responsibility to obey the school rules as stated in the Athletic Code of Conduct handbook, IHSAA rules as defined in the National Federation of High School Associations Spirit Rules Book, Marian High School Code of Conduct, drug and alcohol policies and MHS cheer policies.

The coaching staff and cheerleaders/lifters will promote and uphold the goals, ideals, and high standards of Marian High School representing the school with the highest level of good character, discipline, cooperativeness and Christian leadership.

PRIORITIES

1. Academic Studies:

Education should not be compromised by participation in the cheerleading program. A cheerleader/lifter's first responsibility is to her/his academic studies.

2. Supporting MHS athletics:

The primary function of all cheer squads is to support MHS athletics by creating enthusiasm and spirit at sporting events and promoting positive crowd participation with cheers, chants, stunting, dance, jumps and tumbling.

3. Public Relations:

Cheer squads at Marian have the responsibility to uphold, to reflect, and to project the goals and ideals of MHS serving as the public relations arm

of the athletic department in promotion of all athletic events and school programs.

4. Competition:

MHS cheer squads may compete at area 4H Fair competitions during the summer and various local, regional and state competitions in the fall and/or spring. The decision to participate in competitions will be made by the coaches with the approval of the Athletic Director and MHS administration. MHS cheerleaders and coaches will never lose sight of the fact that our primary function is to support Marian athletics and a competition will never come before football and basketball games.

EVENTS COVERAGE

Freshmen (only freshmen will be members of the freshmen squad if there are enough cheerleaders to field a freshmen team)

- Freshmen fall cheerleaders will cheer for all home football games
- Freshmen winter cheerleaders will cheer for all boy's and girls' home basketball games and their tournaments.

JV (Freshmen, Sophomores, and Juniors may be members of the JV squad)

- JV fall cheerleaders will cheer all home and away JV football games and may be invited to cheer at some home Varsity games
- JV winter cheerleaders will cheer for all home and away JV boys' basketball games and tournaments and all of the girls' NIC games basketball games and tournaments (that don't overlap with the boys' tournaments).

Varsity (Freshmen, Sophomores, Juniors and Seniors may be members of the varsity squad)

- Varsity fall cheerleaders will cheer for all home and away Varsity football games (does not include scrimmages or Blue/Silver game when the squad will support the team in the stands)
- Varsity winter cheerleaders will cheer for all home and away Varsity boys' basketball games, tournaments and sectional games. Varsity will also cheer for all of the girls' Varsity NIC basketball games, the tournaments (that don't overlap with the boys' tournaments) and sectional games.

TEAMWORK

Cheerleading is different from most other sports because all the squad members are on the floor or field at the same time in coordinated performance. Team mates depend on each other within their stunt groups and as a whole squad to achieve success in stunting and accomplish goals as set forth for the team. All squad members must work together as team unity is prized above individual talents and no single individual makes a squad successful; teams become successful through the collective talents and best efforts of all the members. Squad members have the responsibility to work together with respect and support that goes beyond any personal grievance or conflict.

TRANSPORTATION

Transportation will be provided to and from all away games (with the exception of basketball holiday tournaments). Cheerleaders and lifters must ride the provided transportation. Only in the case of emergency or special circumstance may permission be given to ride home with parents. A written request for approval (Permission to Transport Home Form) found on line or requested from Athletic Department must be completed and given to the athletic director at least 24 hours prior to transportation time.

ATTENDANCE

Cheerleading is an unusual sport in that sudden substitutions can not be made. Working together in stunt groups is a very sophisticated mode of communication and cooperation that requires time and preparation to ensure safety. When one person is missing unexpectedly, the rest of the group is typically grounded since the roles are not always interchangeable. It is imperative that the cheerleader/lifter have open and direct communication with the coaches regarding attendance so that practices can be planned to be ready for games. The program works hard to accommodate the needs of each person but each person must also work hard to accommodate the program! All high school sports require total commitment from the athletes and the rewards are worth the investment.

Attendance is required at all games, practices, camps and special events (orientation, open house, pep rallies, clinics, competitions etc). Appointments (doctor, dentist, hair, etc) are asked to be scheduled on Mondays during the football season since there is no practice on Monday. No matter what the valid reason is for missing any scheduled game, practice or special event, it is the responsibility of the cheerleader/lifter to notify the coach directly or the Athletic

Department (not through another student) prior to the start of practice or game. If there is no direct notification, the absence will be declared unexcused and will result in benching of half of the next game. The second unexcused absence during the season may result in suspension from the squad. The third unexcused absence may result in the dismissal from the squad. Managing one's time in regard to schoolwork is the responsibility of the athlete and absences from required Cheerleading functions to do schoolwork shows that the individual is not keeping the priorities straight and may result in benching. School policy dictates that any athlete who misses the practice before a game is not eligible to play at that game and in order for a squad member to participate in a practice, game or event, she/he must be in attendance for at least the second half of the classes for that day. If there is a field trip or another reason that a significant number of cheerleaders/lifters will be absent from practice, the game preparation practice may be moved to another day.

Cheerleaders/lifters that need to stay after school for class or another club resulting in late arrival to practice must bring a note from the teacher or sponsor to be excused from consequences for being late. Cheerleaders/lifters need to be completely ready for practice when practice begins, not just in the vicinity! Consequences will be distributed at the coach's discretion and may include running, baileys or another form of exercise to make up for what the cheerleader has missed from being late.

INJURIES

All sports have an inherent risk of injury and despite the best efforts to ensure safety, injuries can and do occur. The school trainer is brought in when an injury occurs on site. If a doctor is consulted, a written note must be turned in to the Athletic Office that includes any limitations for the athlete. A written release is required before the athlete is allowed full participation.

Even if an athlete is injured, attendance policy is still in effect. Injured players are still members of a team and are included to the extent possible. Staying informed of what is going on with your team and supporting your fellow team mates are valuable ways to be part of the team.

STRENGTH TRAINING

It is the goal of the Cheerleading program to incorporate the BFS (Better, Faster, Stronger) strength training program into the practice schedule. Gaining in strength

and confidence as an athlete is an invaluable investment. Twice a week during practice, a regimented set of weight lifting will be completed by each athlete that is recorded and monitored. Increased strength, endurance and flexibility for multi sport athletes are hallmarks of this program. Improving strength will prepare the cheerleaders for advanced stunting and skills in all areas of cheerleading.

CAPTAINCY

Varsity teams at Marian High School will recognize team captains as set forth by the coaches of each sport. The role and number of the captains will be determined by the coaches and may vary from year to year. Method of selection of captains in Cheerleading will be made at the coaches' discretion and may include an interview process, voting by team mates and/or appointment by coaches. It is important to remember that this role is one of responsibility and service to the team and should not be confused with athletic skill level or the right to be bossy! The main criteria required are leadership, communication and reliability. Leadership is critical because captains will lead the team in many ways and must set a good example of sportsmanship and conduct. Good communication skills are required both with the coaches and team mates as the captains will be consulted and relied upon to know what is going on and must be capable of connecting people in a cooperative, non judgmental way. The only way to be successful as a leader who communicates well is to be reliable in attendance and attitude. Each individual athlete brings a different assortment of gifts to the team and captains will value every athlete on the team and will work with the coaches to develop the potential of each athlete for the sake of that particular person and the program at large.

UNIFORMS/EQUIPMENT

All uniforms and equipment that are not purchased and paid for by the athlete are issued on a loan basis and are the property of Marian High School. All equipment is to be properly cared for and returned at the request of the coach at the end of the season or at the time an athlete is no longer a member of the squad. Lost or damaged uniforms, due to neglect, will be paid for by the cheerleader/lifter at a fair rate (approximately \$150).

Squad members will be required to purchase designated items to be worn with uniforms such as briefs, socks, body suit, shoes and camp clothing. All items will be ordered and purchased at the same time from the same supplier. Please see attached for itemized projected costs for the season.

PROJECTED COSTS

Required for uniform

Athletic Fee per student per year	\$100
Body suit/crop top (white)	\$20
Cheer shoes	\$50-\$60
Briefs (blue)	\$10
Socks (blue)	\$5.00 per pair
Warm ups (blue & personalized)	\$60-\$70
Gym bag (blue & personalized)	\$20-\$30

Summer & other possible costs

Overnight Cheer Camp at Marian	\$
Camp clothing	\$50
Tumbling/stunting clinics (per session)	\$10-\$60
Spirit wear (optional)	\$15 - \$100

The cheer program often has funds available to help cover costs if needed. Please contact the coach directly to work out arrangements (phone number available through the Marian High School athletic office 259-5858).

EXPECTATIONS AND RULES

1. A cheerleader/lifter will attend all activities including summer workouts, cheer events, practices, camps and clinics.
2. No gum, pop or food allowed during practice or games. Eating and drinking is allowed during breaks.
3. All jewelry is prohibited except medical or religious medals. If such medals are worn, they need to be taped to the body under the uniform. Belly button rings must be removed or covered with tape or bandaid. No writing on body and tattoos must be covered.
4. Cheerleaders/lifters must be in complete and correct uniform and be ready at scheduled game or departure time. It is recommended to keep all hair ribbons and other needed items in gym bag so that it is always available when needed.
5. Members must be in appropriate attire and ready at scheduled practice time. No tank tops and no bare midriffs. Athletic bras are strongly recommended.
6. Cheerleaders/lifters will wear warm ups to and from games when weather requires that more than a uniform be worn.
7. Cheerleaders/lifters will not use foul language at practice, school, games, camp, competition, etc.
8. When representing the school in uniform, personal relationships need to remain at a team mate level – no public display of affection with boyfriends/girlfriends.
9. Rumors, personal disagreements, poor attitudes, unkind comments and other matters not pertaining to the cheer event will not be tolerated.
10. Each cheerleader is responsible for knowing the school rules and policies as stated in the Marian High School handbook.
11. All squad members are expected to maintain the highest standard of behavior and conduct. Any behavior deviating from this standard or failure to comply with these expectations and rules will be dealt with in a manner decided upon by the coaches and/or athletic director.
12. Any issues not covered in this handout or the MHS student handbook or the Athletic Code of Conduct, will be dealt with in a manner decided upon by the coach and/or athletic director.
13. For the basketball season, Varsity remains in stands sitting together supporting the JV game and JV remains in the stands for the Varsity game. Penalties apply as a missed practice if not followed.

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Acknowledgement of Purpose, Priorities & Policies

I have read and accept the policies, expectations and rules in this handout and understand that it is my responsibility to comply with these standards.

_____ student

_____ date

I have read and accept the policies, expectations and rules in this handout and understand that it is my responsibility to work with the coaches to support my child and the cheerleading program at Marian High School.

_____ parent

_____ date

Medical Release

STUDENT'S NAME _____

SCHOOL _____ GRADE _____

I certify that _____ is physically capable and able to fulfill requirements to try out for a position as a cheerleader/lifter. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my daughter/son, in the event of illness or injury during any squad related activity when either parent is cannot be reached. If there is any physical or medical reason why she/he should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during tryouts.

_____ parent

_____ date