

Central Crossing High School Cheerleading
Comet Rules and Expectations
BASKETBALL 2009-2010

This is to let you know what is expected of a cheerleader on the CCHS Comet Cheerleading Squad. Rules and expectations are there for a reason - to make this cheerleading program and the athletes involved the best that they can be. Abiding by and enforcing the rules is a part of the coach's and athlete's responsibilities. These are not made to alienate or to "pick on" any certain athlete. They are made and expected to be followed by all participants involved.

Each cheerleader and one of her parents or guardians need to read, sign and return this to Coach Bourquin before tryouts. **Without this signed form, grade sheet and information sheet, you may not try out.**

Costs

Uniforms as well as warm ups are provided by the school. Cheerleaders are expected to keep them clean and in good condition. The pay to participate fee is \$150. In addition there are other items the girls are required to have with them at all times, as well as additional costs (camp is one such possibility) that may be incurred this year. Below is an *estimated* cost of the items you will need for the season.

- *Pay to Participate - \$150
- *Sneakers - \$60-\$75
- *Short WHITE socks (not visible when wearing shoes) - \$5
- *Briefs - \$15
- *Bodysuits - \$30
- *Team bag (to be used only for cheerleading) - \$25 (optional)
- *1 roll of tape for signs (removable painter's tape) - \$5

Fundraising

We will be fundraising throughout the year for the various costs that arise. **Dates will be decided over the course of the next few weeks.** Attendance and participation are required of all cheerleaders. Exceptions will be determined at the coaches' discretion. Cheerleaders may be asked to do some prep or follow up work on their own time if they cannot participate on the day of a particular fundraiser.

Attendance

Cheerleaders will be given a monthly calendar of all events-PLEASE READ IT AND USE IT!!!! You know the schedule ahead of time, and you should be planning accordingly. This applies to practices, games, and fundraising events. If you have an unexcused absence, plan on serving the consequences (i.e. extra conditioning, game suspension). Please see the last page for consequences. The cheerleader must notify a coach prior to the absence in writing or by a phone call at least one hour prior to the game or practice.

Excused Absences

- Absence from school, if excused, is automatically excused for a practice or game; however, a phone call to the coach is still required and a doctor's or parental excuse is to be given to Coach at the next practice or game.
- Personal: funeral, illness, family emergency, etc. They must fall within the guidelines set forth by Central Crossing High School.
- Please remember that all circumstances are different, and that the coaches have the final say.

Unexcused Absences

- Work is never excused.
- Please do not schedule appointments during practice times.
- If you are in school you are at practice.

Games

Attendance at all games is required.

Home games

You must be here at the time appointed by your coach, typically about 45 minutes before the start of the game. Travel to and from home games is the responsibility of the cheerleader.

Away games

The squad will travel to away games by bus. All cheerleaders are expected to be at the appointed bus stop **10 minutes** before departure. After that time, you will be considered late and consequences will be decided at the coaches' discretion. When leaving away games, cheerleaders must leave on the bus. The **ONLY** way you will be permitted to leave an away game not on the bus is if your coach has a signed note from a PARENT OR GUARDIAN that you are leaving with a PARENT OR GUARDIAN. No friend's parent may take you home. Only your legal guardian.

Practice

Practices are mandatory. Everyone will be given a practice schedule. Practice will begin promptly at the designated time. Lateness is punishable by extra conditioning and possible game suspension. You must tell your coach **BEFORE** you are going to be late, and in order for it to be excused it must fall under the same qualifications as excused attendance.

Academics & Weekly Grade Sheets

Grades are very important. If you have an important test and you need to see a teacher after school, make arrangements 2 days in advance so that you can avoid being late for practice. You should not leave studying and assignments to the night before they are due, as schoolwork is not an excuse to miss practice. This is a great time to learn how to manage your time wisely.

Grade sheets are due to your coach by each Friday. They are to be signed by every teacher, or they are incomplete and will be considered unacceptable. Failure to produce a grade sheet will result in a ½ game suspension. **If you are failing more than one class for the week, you will be ineligible to cheer.**

Cheerleaders must follow the CCHS Athletic eligibility requirements.

Study Tables

If a cheerleader is ineligible to cheer for any two weeks (not necessarily consecutive), or determined to be ineligible by the school after a 6 weeks grading period, the cheerleader may be required to participate in study tables with Coach Bourquin. These will be once or twice a week for one hour after school, and will be similar to a tutoring session.

Attire and Appearance

Practice attire: Shirts, shoes, and shorts or athletic pants must be worn to each practice and be appropriate. Failure to be prepared for practice will result in ½ game suspension.

Game attire: All girls will arrive at the games in complete uniform. White socks, cheer shoes (you may change into those once at the game), your hair should be completely back and makeup should be done before you arrive. **NO** colored nail polish and **NO** jewelry. If these guidelines are not followed, you will not be cheering.

Signs

Locker signs will be made for every Friday game. You will be assigned a list of players' lockers to decorate every Friday. Please keep it simple. Paper signs and a few streamers will suffice. This **MUST** be done for every Friday game. You will supply your own tape (removable painter's tape). In addition, you will be assigned a sport that you will make 1 sign for and hang it up each week. Failure to decorate lockers or hang signs may result in game suspension. Remember you are the spirit of this school. Decorations are an important part of that feature.

Quitting

If at any time during the season you make the decision to quit the team you may not try out again. The coaching staff is looking for girls who are committed to CCHS and their team. We will not tolerate actions that are detrimental to team morale.

Being a Great Cheerleader

Being a cheerleader means exactly that, you lead cheers. You have signed up to cheer at games, not talk to your friends or each other, not primp, not flirt with boys, etc. You will be cheering the entire game; you will be jumping after EVERY chant. You will be smiling; cheering implies that you have a smile on your face. You are a representative of Central Crossing High School, and as such, your behavior as a cheerleader at games is reflective of Central Crossing High School. You are expected to behave accordingly. Rules outlined in the Central Crossing Student Handbook are to be adhered to at all times.

A good attitude is also imperative. That begins with respecting your coaches, teammates and yourself. Leave your problems at the door. If you need to talk to someone, any one of the three coaches will be happy to talk to you. Otherwise, you need to be focused on practice. Any problems you may have with other cheerleaders that you cannot settle between yourselves, you need to discuss it with a coach or with your parents, **NOT WITH PEOPLE OUTSIDE THE PROGRAM**. Cheerleading business is only that of the squad's and no one else's.

After an infraction of any kind, repercussions will be examined by the coaches based on the CCHS Athletic Handbook (1st offense-lose 20% of the season, 2nd offense lose 50% of the season, 3rd offense you will be asked to leave the team). Please do not put yourself in the position to be reviewed by the coaching staff. If a cheerleader is involved in a fight they will be removed from the team for the remainder of the school year. You serve as an ambassador of the high school and violence will not be tolerated.

Open communication between coach, athlete, and parent is the key to a successful program. At no time will another athlete's situation be discussed with anyone other than the parties directly involved. If a situation occurs at a game or practice, please make an appointment to communicate with Coach Bourquin at a later time.

We are looking forward to a great year. We want it to be fun and enjoyable for all. Parents and cheerleaders please do not hesitate to call or email any of us if you have any concerns as we will be calling upon you for help on numerous occasions. As a side note you will have our unlisted phone numbers, so please use them wisely. Thank you in advance for all your help and support.

2009 – 2010 Basketball Consequences

If you miss a **GAME (unless excused)**

You will be suspended... 1 game

If you miss a **PRACTICE (unless excused)**

You will be suspended... 1 game

If you **FAIL to produce a note for a missed game or practice**

You may be suspended... 1 game

If you are involved in a **DISCIPLINE** related **SCHOOL ISSUE**

You may be suspended at least... 1 game

If you are **LATE**

You will either be required to do extra conditioning or may be suspended at least ½ game.

If you fail to bring your **WEEKLY GRADE SHEET** to the **FRIDAY** game

You may be suspended... 1/2 game

If you are **UNPREPARED FOR PRACTICE** (no clothes, shoes, etc.)

You will be suspended... 1/2 game

Anything after 2 excused absences will result in a 1 game suspension.

Game suspension does not mean you do not come to the game. It means you come to the game as planned, in uniform, and sit with your coach.

Random locker decorations and sign checks will be conducted. Failure to decorate or hang signs may result in game suspension at the coach's discretion.

****If you are suspended from cheering for a total of 3 games, you may be dismissed from the squad!**

*****Please remember that all circumstances are different and that the coach has the final say regarding extra conditioning, game suspensions, squad dismissal, etc.**

Coach Alexa Bourquin

419-304-8190 (cell)

614-987-5496 (home)

email: allakuhr@yahoo.com

CCHS Cheer Contract

Please sign the bottom of this sheet. Return it to Coach Bourquin by tryouts. Without this signed form you may not try out.

I, _____ have read all rules and regulations that govern the Central Crossing High School Cheerleading Squad. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2009-2010 school year. I realize that there will be consequences for poor behavior or inappropriate actions. I will do what I can to display Comet Pride and to respect my coaches and teammates.

Cheerleader's Signature _____

Date _____

I, the undersigned, have read and fully understand the rules and regulations which will govern my son/daughter if he/she is chosen to represent Central Crossing as a cheerleader. I further understand that this is an extracurricular activity and that attendance at all practices, games and special functions is a requirement of the cheerleader.

I hereby give consent to my son/daughter, _____, to tryout for cheerleader at Central Crossing High School and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that, if chosen, my son/daughter will be required to pay for certain parts of their uniform. I also understand that there will be consequences for poor behavior or inappropriate actions.

Parent Signature _____

Date _____