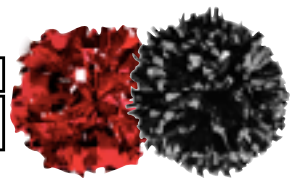


SRHS CHEERLEADING



Policies and Guidelines

GENERAL RULES

- Coaches have the final decision on the appointment of the squads and team captains.
- Each cheerleader must pass 4 of 4 classes each semester.
- Each cheerleader must have parental permission to participate
- Each cheerleader must carry some type of health insurance
- No competition squad member will be excused from any competition
- Everyone must participate in fundraising events
- Coaches reserve the right to move cheerleaders between squads as needed.

UNIFORMS

- Each cheerleader will be responsible for garments that need to be purchased
- Uniforms or any part of a uniform cannot be worn except for games, unless special permission is given from cheerleading coach.
- ONLY SRHS cheerleaders are allowed to wear SRHS Cheer uniforms.
- ONLY SRHS cheerleaders should wear SRHS Cheer gear, this includes: warm-ups & hoodies
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CARE FOR UNIFORMS SHOULD BE EXCELLENT AT ALL TIMES

Uniforms should be washed separately from other laundry

Uniforms should be washed after each game

Uniforms should be hung to dry

Uniforms will be turned in at the end of the season. This should be done by the deadline given by the coach. A \$5 late fee will be charged each day the uniform is late. If uniforms do not get turned cheerleaders will have to pay for the uniform in full.

Any time a cheerleader is not wearing correct uniform pieces (white socks, bra showing, etc will be counted as a disciplinary infraction)

TRAVEL

- Cheerleaders MUST travel to and from games and competitions by transportation provided by the school and with the coach.
- Basketball season cheerleaders by ride back with their parents if parent signs them out with the coach. Parent must be present or the cheerleader will ride back on the bus.
- Provisions for special situations can be made with prior written approval.
- Cheerleaders must arrive 15 minutes prior to departure time for away games

PRACTICES, GAMES, PEP RALLIES

- Everyone must wear appropriate clothing and cheer shoes to practice
- Hair must be up and secured off the shoulders away from the face
- **NO JEWELRY during any time that cheerleading skills could be performed.** This includes all ear piercings, belly rings, etc.
- NO soft drinks or food should be consumed during games or practices. (only water & sports drinks)
- NO Tumbling or Stunting without presence of a coach

ATTENDANCE

Absences, tardiness, and leaving early from cheerleading practice and games are strongly discouraged. Cheerleading is dependent upon all members being present at all times.

- Absences for work related reasons will not be tolerated
- ALL appointments need to be made around the cheerleading calendar
- Tardiness will not be tolerated
- Excused absences will be given only for sickness with a doctor's note, death in the family, and other situations at the coach's discretion (ex: possible Drivers Ed Conflicts)
 - PROMPT notification required (ex: if you're sick and not coming to school coach needs a text that morning)
 - Punishment will not accrue; however, changes made to stunts, etc during absence will be honored

UNEXCUSED Absences and Tardiness will carry disciplinary action

COMPETITION SEASON - Unexcused absences that occur the week before or during a scheduled competition will be grounds for dismissal

CONDUCT

While representing South Rowan High School, cheerleaders are expected to promote a positive

- Cheerleaders are to be expected to act responsibly and with maturity
- Follow Rowan-Salisbury School dress code
- Abstain from public displays of affection while representing SRHS Cheerleading (this means at any time cheerleader is on the team)
- Disrespect to team members and or coaches will NOT be tolerated
- Cheerleaders should be aware of what they post on social media. Any foul language or inappropriate content are grounds for disciplinary action

Grounds for Disciplinary action which could result in squad dismissal

- Excessive Absences
- ISS/OSS
- Disrespect to coach/teacher, administrator, or teammate
- Inappropriate use of technology (Social Media)

DISCIPLINARY ACTIONS

Any infraction to the rules posted on this paper will be handled by discretion of the coach.

Punishments may include but not limited to:

Sitting out of 1/2 a game

Sitting out of a whole game

Being benched for competitions

Running/Conditioning

If a cheerleader misses a game without notification it will result in an automatic dismissal from the team

GRIEVANCES

- Coaches will be available to discuss problems or situations when necessary provided the following guides are adhered to:
 - Coaches will NOT be available immediately before, during, or following a practice or game.
 - If a problem or situation arises, please call or email the coach to make an appointment for a conference
 - Administration can attend conferences upon request.