

Piedmont Middle Cheerleading

Rules and Expectations

Please read the rules and expectations very carefully. All guidelines will be enforced.

I. Purpose

1. Encouraging the spectators to become involved.
2. Maintaining and promoting school, spirit, loyalty, and pride.
3. Providing service to the team, school, and community through continued support of the teams.
4. Encouraging and upholding of good sportsmanship on and off the floor.

II. Conduct

1. Cheerleaders are expected to be school leaders at all times and to uphold the highest personal standards.
2. You must act in a respectable manner at all times, remembering that you represent Piedmont Middle School.
3. Cheerleaders are to practice good sportsmanship at all times, promote sportsmanship among all spectators and avoid emotional outbursts, whether the team wins or loses.
4. Be familiar with all cheers, as well as game rules, and be ready to lead cheers at appropriate times.
5. You will not drink, eat, chew gum, comb hair, or visit with friends during performances. Bathroom stops should be taken before a game, at half-time, or after the game.
6. Be able to accept constructive criticism for the improvement of the group.
7. Display team work and unity at all cheerleading activities.
8. Follow all athletic and cheerleading conduct rules.

III. Uniforms

1. All parts of the uniform (basic uniform, shoes, socks, bow, etc.) shall be the same for all members of the squad.
2. The uniform is the property of the school and will be required to be turned in at the end of the cheerleader's season. Failure to return the uniform will result in being charged a replacement cost for each piece missing on the students' account. All parts of the uniform are to be kept clean, pressed, and repaired throughout the season. All cleaning and repairs will be responsibility of each member. All uniforms are to be spotted, pressed, and cleaned before being turned in at the end of the season.
3. Jewelry is not part of the uniform. No jewelry is to be worn during the games. This rule includes nose rings, belly button rings, eyebrow rings, or any piercing. Plastic replacements for metal jewelry are not accepted. Stud earrings are the ONLY exception.
4. Hair cannot be dyed a color that can't naturally occur. (Blue, green, purple...)
5. Grooming is essential. Do not use makeup that will take away from the uniformity of the cheerleading squad while cheering. While in uniform, only clear nail or French polish is allowed. No acrylic or gel nails.

6. Cell phones must be off and out away during practice and game time or they will be confiscated to the school student center.
7. When you arrive at games/practice at the assigned time, you must be dressed, fed, and ready to cheer/practice.

IV. Practices

1. Practices will be held on Mondays during the season or as needed.
2. It is mandatory that you attend all practices NO EXCEPTIONS.
3. You must be dressed down (PE type clothing) and ready for practice on time. NO EXCEPTIONS.
4. When practice has been scheduled, it is mandatory that you attend. Please do not schedule any appointments during games or practice times.

V. Attendance-Practice, games, and school

1. All practices, games and meetings called by the coach are mandatory for all members of the squad. 100% attendance is expected at all games and practices.
2. One unexcused missed practice means being benched for the following game.
3. No member may attend a practice or game if you have been absent from school that day. If you become ill during a cheer event, you may either sit with the coach or go home as needed.
4. A cheerleader is to arrive to an event at the designated time. Utilize this time to immediately stretch and warm up jumps and stunts.
5. Two unexcused tardies will be equivalent to one unexcused practice.

VI. Suspensions and Dismissal

1. Cheerleaders will be suspended or dismissed for one or more of the following major violations:
 - i. Any violation as defined in the school conduct code, cheerleading handbook and athletic policy.
 - ii. Use of tobacco, alcohol, or drugs at any time
 - iii. Use of profane or obscene language or gestures
 - iv. Excessive boy/girl relationship on school grounds
 - v. Failure to attend practices or games
 - vi. Uncooperative attitude within the squad or at school
 1. Any problem will be discussed with coaches in private
 2. Concerns of any member will be solved within the group and not become a school problem
 3. Cheerleaders will reflect team effort rather than individual concerns
 4. Disrespect shown to a coach or another team member will not be acceptable and will result in disciplinary action
 - vii. Un-sportsmanlike behavior
 - viii. Traveling by unapproved means of transportation
 - ix. Leaving a game without permission
 - x. Skipping a class

2. Suspension denies the member the right to perform but does not relieve them of practice and attending all events in uniform.
3. All suspensions and dismissal will be at the discretion and final word of the coach/principal. Parents will be notified when a suspension or dismissal occurs.

VII. Discipline procedure will be as follows:

- Unexcused tardy to practice = conditioning at the end of practice
- Unexcused missed practice/game = benched for the following game
- Unexcused tardy to game = benched for ½ of the following game
- Miscellaneous violations (all of the above that do not pertain to drugs, alcohol, school conduct code and cheer attendance) = conditioning

THIRD OFFENSE TO ALL OF THE ABOVE VIOLATIONS WILL RESULT IN SUSPENSION FOR THE DURATION OF THE SEASON FROM ALL CHEERLEADING ACTIVITIES.

***ANY SCHOOL DISCIPLINE POLICY IN EFFECT AT THE TIME THAT MAY BE MORE RESTRICTIVE WILL TAKE PRECEDENCE OVER THE CHEER POLICY.**

VIII. Expenditures

1. Cheerleader will be responsible for purchasing socks, shoes, crop, briefs, bows, warm-ups, and bag.

IX. Transportation

1. Cheerleaders will ride the activity bus to all away games. They will be expected to ride the activity bus home unless they have provided a permission slip prior to the game. If the student is not riding the bus home, parents must directly check their student out with the coach before the student will be allowed to leave.
2. If you want your student to ride with another parent from away games, please complete a permission slip form stating which parent you would like the student to ride home with.

X. Academic Requirements

1. Cheerleaders must have and maintain an average of 77 or above in all 4 core subjects (Math, LA, Science and SS) and conduct grades must be satisfactory or above. If a student has an unsatisfactory (U) conduct grade or more conduct grades that reflect a need to improve (N) than outstanding (O) or satisfactory (S) conduct grades, the student will be placed on probation. Probation may include conditioning, benched for game(s), or tutoring until grades and conduct is improved. Student must meet with the teacher and with the coach to discuss the appropriate way to improve grades or conduct.

I HAVE READ THE PIEDMONT MIDDLE CHEERLEADING CONTRACT AND UNDERSTAND ALL THE COMMITMENTS OF BEING A CHEERLEADER AT PIEDMONT MIDDLE SCHOOL.

STUDENT SIGNATURE _____ **DATE** _____
PARENT SIGNATURE _____ **DATE** _____