

CUTHBERTSON HIGH SCHOOL CHEERLEADING 2019 -2020

Summer Workouts

June 24th- 9am- 12 pm (Aux)
June 25th -27th – 8am- 11am (Aux)
July 8th -11th TBA -7am- 9am (Aux)
July 22rd- 25th TBA – 8am – 11am (Aux)
July 29-31st TBA -10am- 1pm (Aux)

Athletic Packet Information

Due: July 26th

Mandatory Clinic and Tryouts

August 1st and the 2nd
TBA

OTHER IMPORTANT DATES

MANDATORY Parent Meeting – August 2nd, 2019 at 6pm
(This will contain everything you need for the fall
sports meeting as well)

IV/Varsity UCA Camp – UNC Chapel Hill

August 5-7
More details to come

Regular Summer Practices

August 8, 9, 12, 13, 14, 15, 16
TBA expect 4 hour days

Work Day Practices

19-23rd
3 to 6

SCHOOL YEAR PRACTICES:

JV- Mondays and Wednesdays 3 to 5:30
Varsity- Tuesdays and Wednesdays 3 to 5:30

Cuthbertson High School Cheerleading

The purpose of CHS cheerleading is to create, promote and uphold school spirit, in accordance with school rules and to represent CHS at athletic events and other activities as specified by the coach or administration. Cheerleaders promote leadership, sportsmanship, self-discipline, encourage high academic standards and good citizenship for school and fellow students. Cheerleaders plan and initiate activities which will promote student body and community support and involvement in the promotion of athletic events and other large school activities.

Structure

With administration approval, the coaches will determine the makeup of both the JV and Varsity teams.

Expectations

- All candidates must read and adhere to the rules and regulations of the Union County Student Handbook.
- All candidates must provide ALL FORMS listed on the CHS website on the first day of participation before participation is allowed.
- All cheerleaders must realize the manner in which they conduct themselves, in and out of uniform, directly reflects on the entire squad and school.
- All cheerleaders must read and sign the agreement contracts found at the end of this expectation sheet and return to the coach.
- All games, practices and scheduled events ARE mandatory.

Attendance

All games, practices and scheduled events are mandatory.

Excused absences are:

- Personal illness
- Death in family
- Special school activity with advance notice given to coach.
- **Please note that work, dental, or doctor appointments are not excused.**

An injury that prevents a cheerleader from participating will require a doctor's note or conference with the CHS trainer. Athlete is still required to attend practice unless they are missing it for physical therapy.

Cheerleaders must be in school for at least ½ of the school day in order to participate in any cheer activity, unless approved by the administration. Per UCPS policy.

NEW:

1. A note given 2 weeks in advance is required for any missed practice or game.
2. Cheerleaders will be on time for all practices and games and ready to participate. (This means dressed appropriately and hair up.)
3. Potential consequences for absence or tardy without prior notice AND permission include: additional workouts/conditioning at practice, bench 1/2 game, bench full game.

ISS or OSS

Cheerleaders who are assigned ISS must serve ISS before participation can occur AND benching for 1 game is a normal consequence.

Cheerleaders who receive OSS will be removed from the team.

The above rules are in place for the safety of the squad. Timing is an integral part of stunting and tumbling when doing incorps and routines. Accidents can occur when that timing is off.

Uniforms

Uniforms are owned and issued by the school. Therefore, any damaged or lost items will be the responsibility of the cheerleader.

When necessary, and approved by the coach, alterations may be made.

NO CUTTING! At the end of the season, before returning the uniform, alterations must be reversed, all at the cheerleader's expense.

All cheerleaders will dress uniformly. Full uniform means top, skirt, socks and cheer shoes OR warmup with cheer shoes OR warmup pants w/tee and jacket if needed, socks and cheer shoes.

Only wear/represent the uniform/school with coach's approval.

Cheerleaders must not loan their uniform to anyone and should only wear it at approved and scheduled events. Cheerleaders must not allow others to wear, not only the uniforms, but spirit wear as well.

The coach will determine if the uniform fits properly.

Fundraisers

All cheerleaders must participate in fundraising events and activities.

Cost

The cost of participating in the Cuthbertson cheer program will vary from year to year. An estimated expense sheet will be given at the informational meeting. This is only an estimation of the cost. All monies will be due when spirit wear is ordered. That order will be given/taken immediately following the selection of the team.

Grades

All cheerleaders will show the coach their progress reports and report cards. Any 2 "C's" or lower grades will result in mandatory tutoring until that grade improves.

Behavior

Cheerleaders will follow all Union County and CHS guidelines.

Cheerleaders must set good examples in the classroom and must have and display the following:

- Be honest and truthful
- Must exhibit moral standards
- Must be willing to display positive school spirit
- Must show good sportsmanship
- Must exhibit positive attitude toward the cheerleading program and fellow teammates.

Cheerleaders must wear the specific game day attire that will be decided on weekly basis.

Cheerleaders must inform the coach of their location at all practices and games, if not with the squad. Always travel in pairs.

Expect bumps, bruises and occasional injuries. This is all a part of cheerleading.

Resignation/Removal

Resignation is defined as a choice made by the individual cheerleader to no longer participate in the Cuthbertson cheer program. A resignation letter should be given to the coach signed by the cheerleader and parent/guardian.

Removal is defined as a disciplinary action taken according to the cheerleading rules and regulations or school policy.

The coach reserves the right to remove any cheerleader at her/his discretion. In either resignation or removal, the cheerleader must return the clean uniform(s) to the school within 5 days.

Automatic removal

Certain acts or violations will result in immediate removal. This would include, but not limited to the following:

- Placement in OSS

- Violating any rules set forth by coaches in any off campus trip.
- Behavior deemed “inappropriate” by coaches displayed on any social media.
- Sexually suggestive poses or dress or ANY action that would cause embarrassment to the school or cheer program.
- Blatant disrespect for coaches, teammates or school officials.
 - (ex. Cursing or inappropriate hand gestures, eye rolling)

Miscellaneous Information

1. Cheerleaders must attend all activities scheduled by the coach. All activities, trips, camps, expenses and fundraisers concerning the cheer program, must be approved by the coach.
2. The interpretation of all rules is the sole right of the coach, athletic director and administration. They have the right to change those things they feel must be changed for the benefit of the cheer program.
3. Participation in the CHS cheer program is voluntary, not mandatory. It is a privilege, not a right and can be revoked by school personnel and coaches when and if a cheerleader violates the rules and regulations.

