

Shakopee High School  
Winter Cheerleading Contract

**Purpose**

The purpose of this organization is to promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs and to develop positive relationships in the community and between schools during athletic events. The organizations goal is to work in harmony with the administration, faculty, band, athletic teams, and other school organizations.

**Eligibility**

Shakopee High School Cheerleaders must:

- ✓ Maintain grade standards that follow Shakopee High School Handbook guidelines
- ✓ Turn in a signed contract and application
- ✓ Meet the eligibility requirements set forth by MSHSL
- ✓ Turn in medical release and physical for the current year of participation
- ✓ Have current medical insurance coverage

**Academic Responsibilities**

- A. Being an SHS "Student Athlete" means being a STUDENT first!
- B. Each cheerleader is required to maintain at least a C average each quarter
- C. Grades will be monitored by the head coach. Grade checks will be made at interims and report cards.
- D. In the event of a failing grade in any subject at the time of a grade check:
  - a. Parents will be notified by the head coach
  - b. The cheerleader will be placed on Academic Probation until the grade is remediated
  - c. Academic probation includes suspension from games, practices and public events and/or appearances
  - d. When the grade is remediated, participation may resume
- E. Being on Academic Probation more than two times will result in dismissal from the team!
- F. Study Hall may be held before practice as the Coaching Staff feels the need. This will be time for cheerleaders to do homework, make up assignments for their classes, or receive tutoring.

**Sideline Cheerleading Team Membership**

- A. The varsity teams Wrestling, Hockey, Basketball will consist of between 6-8 cheerleaders each.
- B. Each sideline team will cheer for their respective home games, in addition to select away games (Wrestling travels with the wrestling team to all away meets)

**Uniforms, Practice Wear, and Equipment**

- A. Cheerleaders have the responsibility to respect the property of Shakopee High School and the SHS Cheerleading Program. The athlete will pay for any damaged equipment belonging to the school.
- B. Uniforms may be purchased by the school, as funds are available. Uniforms will remain the property of Shakopee High School. Uniforms belong to the school and must be returned at the end of the season undamaged.
- C. The cheerleader is responsible for all upkeep of uniforms. Uniforms may NOT be altered without the coach's approval.
- D. Any damage done to a uniform purchased by the school must be paid for by the cheerleader. Any uniforms damaged beyond repair must be paid for at replacement cost.

- E. Uniforms may only be worn by SHS Cheerleaders and for events designated by the coach (this includes practice and game day clothing).
- F. Cheerleading shoes are not to be worn as casual shoes and should be worn only for practices, games and pep fest.
- G. Cheerleaders in uniform or wearing any item of team identification must always conduct themselves in a manner becoming of an SHS Saber Cheerleader.
- H. Cheerleaders must wear a black sports bra whenever they are in full uniform. Failure to do so may result in loss of lettering points.

## **Appearance**

- A. Uniforms and shoes should be kept spotlessly clean at all times. Uniforms should be neat and tidy when worn.
- B. For safety reasons, jewelry or watches will not be worn during any time when cheering.
- C. Makeup should be natural and not excessive. Under no circumstances is make-up to be applied in front of the crowd.
- D. Fingernails must always be kept to a short length with no white showing when palms are facing up. No fingernail polish is permitted during performances.
- E. No visible tattoos are allowed. No additional tattoos should be added during the season.
- F. All hairstyles must be neat and off the neck and shoulders. If hair is long enough to touch the collar it is to be pulled back. Hairstyles worn for games should be simple and should not require adjusting during a game.

## **Practices**

- A. All practices, games and competitions will be supervised by the coaching staff or designated school official. Cheerleaders will NOT practice any stunts or gymnastics without the direct supervision of the coaching staff.
- B. A calendar will be given to each cheerleader by the coach with practices, games, and locations. Bus times will be provided by the Activity Director at the beginning of the week for away games.
- C. The amount of practices will vary due to events and season schedules. The coaching staff reserves the right to call extra practices when needed.
- D. All cheerleaders are expected to attend all practices. This includes Study Hall when it is in session.
- E. Cheerleaders must wear practice appropriate clothing and shoes to every practice. Hair must be tied back; no gum and ALL jewelry will be removed.
- F. Attention must be given to the coaches and captains at all times during practice.
- G. Cheerleaders must be present at the last practice prior to a game or performance in order to participate.

## **Games and Transportation**

- A. Each cheerleader is responsible for securing transportation to and from all home games.
- B. The cheerleader must be at the school at the designated time before the game to warm up and practice
- C. The coaching staff will arrange bus transportation when it is needed.
- D. All cheerleaders must ride the bus if it is provided to and from games unless they have received prior approval. A signed note from the parent must be on file for each occurrence.
- E. No friends or visitors will be permitted on the bus.
- F. If a cheerleader misses the bus, this will be considered an unexcused absence and the cheerleader will not be allowed to perform at the game.
- G. Rides should arrive promptly at the end of any game or event.
- H. Cheerleaders will not be allowed to leave before the end of any game or event.

## Attendance and Tardiness

- A. All cheerleading activities, including games, practices, pep rallies, fundraisers, camps, and competitions are mandatory.
- B. A student must be present by the start of 4<sup>th</sup> hour in order to participate in any game or event that day.
- C. Cheerleaders must be on time to all practices, games, events, and competitions. Tardiness will not be tolerated, and will result in loss of letter point(s).
- D. **UNEXCUSED ABSENCES:** family vacations, medical or dental appointments, college visits, work or common cold illnesses; unexcused absences will result in loss of lettering points.
- E. **EXCUSED ABSENCES:** hospitalization of the student, death in the family, personal religious obligations
- F. Every attempt should be made to schedule any family vacations and appointments around the cheerleading schedule. However, should a cheerleader know in advance of an absence for one of these reasons, they must give the coach AT LEAST two weeks' notice to be excused.
- G. In case of emergency or illness, the parent must contact the coach by phone on the day of the emergency at least 2 HOURS before the scheduled event, practice, game, etc.
- H. Student athletes missing an entire day of school must have their parents contact the coach by phone first thing to notify them of the absence and its nature.
- I. In the event of a suspension or injury, the cheerleader will still be required to attend all games, practices and functions. A suspended or injured cheerleader is expected to sit with the coach in the stands, not with friends.
- J. There will be no overlapping in non-school related sports or extra-curricular activities, college visits, doctor's office visits, social events or jobs. If these cannot be worked around cheerleading responsibilities then the cheerleader will be required to make a choice between splitting her time & will result in a loss of letter point(s) at the discretion of the coach. However, if there is a conflict with scheduling between cheer and a graded event like choir or band then the cheerleader will be excused.
- K. If a cheerleader does not attend the last practice prior to a game or performance, then they will not cheer and will be required to sit with the coach in the stands.
- L. All cheerleaders are required to attend squad social events that will be included on the season calendar. Any event added during the season will be voluntary and may receive letter points at coach's discretion.

## Conduct

- A. Cheerleaders must follow all rules and guidelines in the SHS Student Code of Conduct
- B. Cheerleaders are required to maintain and uphold the reputation of the SHS Cheerleading Program through their own conduct and sportsmanship before, during and after all games.
- C. Cheerleaders must be respectful and polite to all visiting cheerleaders, fans and the game officials.
- D. All cheers and chants shall be of a positive and sportsmanlike manner. Cheerleaders will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.
- E. Inappropriate or obscene language, gestures or harassment will not be tolerated.
- F. Cheerleaders will not use obscene language or post inappropriate pictures/statuses on any form of social media. Improper use of social media is grounds for dismissal from the team.  
**\*\*Remember the five B's (No butts, No backs, No breasts, No bellies, and No bra's showing)\*\***
- G. Public displays of affection are not allowed in school or at school activities in uniform or cheerleading apparel. Cheerleaders will be given one (1) warning before dismissal from the team.
- H. The use of cell phones is NOT allowed during any game, practice, cheer event, unless the coaching staff deems it an appropriate time.

## Selection and Responsibilities of Captains

- A. The SHS Cheerleading teams will have up to two co-Captains
- B. Each candidate will be required to submit the required captain's form, voted on by peers and coaches will make the final decision.
- C. Co-Captains are expected to:
  - a. Set an example to the rest of the team by following the rules and regulations
  - b. Be at practice early and start practice on time
  - c. Lead warm-up and conditioning activities
  - d. Be responsible for having all necessary supplies ready for practice
  - e. Lead cheers and chants at games and events. The captain should take suggestions from the team but has the authority to make decisions.
  - f. Be responsible for contacting all cheerleaders to notify them on practice changes, changes in calendars, etc.
  - g. Be responsible for welcoming visiting squads and setting a good example of sportsmanship.
  - h. Keep the crowd cheering positively and cheerleaders in proper formation during games
  - i. Show no partiality within the squad
  - j. Act as a peacemaker in the case of disagreements
  - k. Bring problems that are not resolvable to the coaching staff
  - l. Organize pep rally performances and community service opportunities with coaching staff.
- D. In the event that the captain is not able to perform her duties, another cheerleader will take over until the captain is able to return.
- E. The coaching staff reserves the right to relieve a captain of her duties should the need arise, and appoint a replacement.

## Lettering

Lettering is considered an honor. Lettering is reserved for the athlete that has fully committed to Cheerleading and a point system will determine whether a cheerleader qualifies to receive a letter.

A cheerleader can earn a maximum of 7 points per game and 4 points per practice. All other events are worth 2 points. **(Note: if the event is on the calendar it is considered part of the point system, last minute additions of events or practices might not have points attached but points may be awarded at the discretion of the coaching staff) Total season points will be determined when the final calendar has been completed.**

There will be deductions taken for the following

- 1) Late to practice - 2 points (parent has not contacted coach)
- 2) Late to game - 4 points (from the time squad is required to be at the bus/field by coach)
- 3) No show practice (unexcused) - 4 points (after 3 times, cheerleader is asked to leave squad)
- 4) No show practice (excused) - 1 point
- 5) No show Game (unexcused) - 7 points (after 2 times, cheerleader is asked to leave squad)
- 6) No show game (excused) - 3 points
- 7) Uniform infraction (practice) - 2 points (nails, jewelry, forgot or not wearing correct clothing)
- 8) Uniform infraction (game) - 3 points (nails, jewelry, forgot or not wearing correct clothing)
- 9) Behavior infraction (practice) - 2 points
- 10) Behavior infraction (game) - 5 points
- 11) Alcohol/Drug Infraction - Will not letter

Any Cheerleader missing 2 or more weeks due to grades, or minor injury will not letter. Exception: If they attend every game and practice and not participate.

Letters are earned not just given for participation. 100% commitment is required. To earn a letter, a cheerleader must earn 90% of the total possible points. Spirit points will be given at games, practices and events at the coaches' discretion to cheerleaders that have shown extra spirit, enthusiasm, teamwork and community dedication.

Each cheerleader will know when they have had points removed or added. The cheerleader and the coach will sign off on the chart, so there are no questions as to why.

### **Safety Regulations**

- A. A coach must be present to supervise during all stunting activities. Coaches must approve all new stunts.
- B. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of our athletes.
- C. SHS Cheerleaders will abide by all MSHSL & MCCA safety regulations.
- D. SHS Cheerleaders will be required to participate in warm up, conditioning and weight training activities to maintain strength and flexibility and prevent injury.

### **Duties and Responsibilities of the Coaching Staff**

- A. The coaching staff is responsible for:
  - a. Helping cheerleaders develop their skills, character and maintain their positive academic standing.
  - b. The fair treatment and respect of all team members
  - c. Ensuring that team members are safe, as the top priority at all times, that first aid is available and emergency contact list is kept up to date and present at all times.
  - d. Organizing and arranging training schedule, equipment, training facilities, travel, and events.

### **Coaching Staff Discretion**

All Shakopee High School cheerleading rules will be interpreted and carried out by the coaching staff under the guidance of the athletic director. Interpretation of these rules is at the strict discretion of the coaching staff.

## **Acknowledgment of receipt and review**

By signing below, I, \_\_\_\_\_, state that I will abide by and support the rules and guidelines of the Shakopee High School Cheerleading contract and constitution.

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

By signing below, I, \_\_\_\_\_, parent of \_\_\_\_\_, state that I will abide by and support all rules and guidelines of the Shakopee High School Cheerleading contract and constitution.

**Parent's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_