

NFHS Cheerleading Manual

Practices:

*Attendance at all practices is required. It's not fair to the rest of the team for girls to be absent. If there is an emergency and you need to miss a practice or game, you will have to contact us via Remind101... (The absence will not be excused unless we receive notification by the cheerleader herself and any appropriate paperwork – doctor's notes, etc). More than 3 absences will result in removal from the team.

*Practices will start promptly at 3:45. This should give everyone a half hour to change and have a quick snack after school. If you are not ready on time, you will be penalized by running additional laps during warm up.

Games:

* Attendance at all games is required; however, we realize that family issues and emergencies do arise. In this case, you must contact us via Remind.

* If you were absent at practice, you will be required to sit out a portion of the following game.

*All cheerleaders will be required to ride to and from games as a squad for insurance purposes. Should a parent/guardian wish to provide transportation for their child home from a game, they will be required to sign off on the district waiver. District policy states that coaches are NOT permitted to transport cheerleaders at any time. **Parents/guardians must be on time to pick up their child from all games, practices, and events... For safety reasons the coaches cannot leave until everyone is picked up!**

* During the game, your focus should be on the game. There is to be NO talking in chant lines. Captains will decide on chants to be called.

Fundraising:

* Fundraising is a way for our organization to raise money for items that we need or want.

* Each cheerleader will be responsible for raising an equal amount of money at each fundraiser.

* All funds raised belong to the organization, not the individual members.

Attire:

* At practice: You should be in comfortable cheer clothing. You should also have on athletic sneakers. If you are not properly dressed for practice, you will sit out for 1 quarter of the following game.

* For games: On all game days, you will need to wear your uniform to school. This includes vest, turtleneck, spankies, and warm up (NO skirts in school). On these days you can wear your hair however you'd like, even without the bow. You should never be wearing your uniform to school with jeans, and it

must be worn properly (no spankies showing). If you come to a game with any part of your uniform missing, you will be benched for that game.

* At the end of the season, cheerleaders are expected to return their uniform in the condition it was received. Any damaged or lost pieces will be charged to the cheerleader responsible for the damage. A list of uniforms issued to the cheerleaders will be kept on file.

* Please be sure that for all practices and games your hair is pulled back in a ponytail with a bow.

* **There is no jewelry allowed to ever be worn at practices and games, including body piercings.**

* **Also, you are not permitted to wear acrylic nails or glitter. This is a Niagara Frontier League rule because they can be dangerous when stunting.**

Conduct:

* As a cheerleader at NFHS, you are held to the highest standards. Your behavior should be exemplary and that of a role model. This means:

o A positive attitude

o Good sportsmanship and team cooperation

o Respect and responsibility

o Passing grades

* Absolutely NO "Drama" will be tolerated between members of this squad. We need to cooperate and work as a team.

* We should always be displaying the best sportsmanship to opposing teams. When they come to NFHS, we should do our best to make them feel welcome.

* In order to remain on the team, you must be doing well academically. This means you need to be passing 4 core subjects (Math, Science, Social Studies, ELA) AND Phys. Ed.

* Please be mindful of what you text to other people and post online. If it's something you think your parents wouldn't approve of – chances are they won't – don't put it on Facebook or Twitter.

* Absolutely NO alcohol or drugs should be consumed by any NFHS athlete... this should not be a problem for us, but needs to be addressed anyway.

* **If a cheerleader decides to leave the squad due to unresolved conflicts with the coach or other members of the team, or if you are removed from the team due to attitude, absences, or an administrative decision you will not be considered for a position on the team the following season.**

For example, if removal takes place during the fall season, you will not be considered for a position on the team during the winter season, and vice versa.

Emergency Action Plan:

- * Always know where the nearest phone is in relation to the activity.
- * Should a cheerleader become injured or require more than basic first aid, the following should be adhered to:
 - o All cheerleaders move away from the injured to a safe area
 - o Coach stays with the injured person
 - o Captain gets cell phone for coach to call 911 and the parent/guardian of the injured person
 - o Co-captain waits for the ambulance and directs them to the scene
 - o Pending severity of situation and emotional stability of the injured, the coach rides in the ambulance or follows in a car to the hospital with the injured person.
 - o Coach fills out an accident report and files it with the athletic office/nurse practitioner.
- * Should the captain or co-captain be injured, then designated members will take their place in the emergency action plan.

Financial Responsibility:

* Each cheerleader will be responsible for costs associated with completing the team uniform. These costs will include the purchase of turtleneck, briefs, socks, athletic shoes, hair bow, and warm up. The estimated cost of these items will be approximately \$125. If you already have any of the above items in good size and condition, you will not need to buy new. The money will be due to the coaches and we will only be accepting cash or money order, no checks please.

**** The above expectations are not unreasonable. If anyone has trouble complying with them, they will be dismissed from the team immediately ****

We really look forward to working with all of you and having a successful season. If you have any questions or concerns please feel free to contact Coach Jen via e-mail at jclyde@nfschools.net. Thank you for your cooperation! 😊

-Coaches Jennifer Clyde and Nicollette Kempa

Expectations Agreement:

Please sign and return this page to the coaches ASAP.

We have read, understand, and agree to the policies and procedures in the NFHS Cheerleading Manual.

Cheerleader Name: _____

Cheerleader Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Coaches Signatures:

Date: _____

Cheerleader Information:

Please sign and return this page to the coaches ASAP.

Name: _____

Date of Birth: _____ Grade: _____

Address: _____

Cheerleader Cell: _____

E-mail: _____

Parent/Guardian Name: _____

Parent Phone Number: _____

Emergency Contact Name (if parent can't be reached):

Relationship to Cheerleader: _____

Emergency Contact Phone Number: _____