

**ST. MICHAEL'S HIGH SCHOOL
VARSITY CHEERLEADING TEAM
PROGRAM GUIDELINES**

2011-2012

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Purpose

Welcome and congratulations on being selected to be a part of the St. Michael's Varsity Cheerleading Team. We are looking forward to an incredible season and are excited that you will be a part of it. As a member of the St. Michael's Varsity Cheerleading Team, you will be expected to know and follow the rules and guidelines set for you. Please study and review these guidelines with your parent(s)/guardian(s). It is important for you and them to know what is expected. We are determined to make this a great year and with your help we can!

This brochure provides information that explains the responsibilities of every member of the St. Michael's Varsity Cheerleading Team.

Length of Season

Code of Conduct

Team Member Qualifications and Rules

Practice

Performances and Competition Rules and Etiquette

Preparation for Performance and Competition

Characteristics of a St. Michael's Varsity Cheerleader

Fundraiser Activities and Parent Meetings

Uniform Policy/Contract

Member/Parent Agreement Form

Length of Season

Performance/Fall Season

The Performance/Fall season begins with practice in August, usually one week before school starts and continues through both varsity football and basketball seasons. The season includes football and basketball playoffs and state championships, if applicable.

Competitive/Winter Season

The Competitive/Winter season begins early December and ends in early April with the New Mexico State Spirit Competition. A list of competition dates, times and locations will be distributed in advance of the Competitive season.

Code of Conduct

By accepting the privilege/honor of wearing a St. Michael's Varsity Cheerleading uniform, a member accepts the fact that her actions are more prominent than those not associated with this activity. Certain standards are necessary to maintain the integrity and reputation of this organization. Varsity Cheerleaders represent the school at all times and each member must conduct themselves in an exemplary manner, whether during school, games, at performances, competitions, etc.

- As a member, you must not use profane language or gestures while representing the team. This includes practices, games, in school, competitions, camps, etc.
- Members should not be seen smoking, nor should a member drink alcohol, use illegal drugs or illegal substances, or engage in any unlawful or prohibited activity. A Varsity Cheerleader who fails to follow these guidelines or the guidelines as set out in the St. Michael's High School Code of Conduct is subject to immediate disciplinary action, which may include removal from the team.
- Displays of public affection are never considered appropriate, especially while in uniform representing the school. This includes at games, competitions, in school, etc.
- As a member, gum chewing will not be allowed during practices, performances, competitions, etc.
- All members are expected to display respect for themselves and others at all times.
- Any member representing themselves, or this organization, in an unfavorable, questionable, or illegal manner through electronic media (i.e. websites, personal home pages, blogs, text messages, chat rooms or similar websites/files accessible through a

server or internet) will be subject to the disciplinary action determined by the coach or appropriate school officials.

Inappropriate behavior not only reflects on the individual but can also affect the image of the entire team. (The good of the team always comes before the good of any one individual.

Team Member Qualifications and Rules

- As a member, you must be able to participate in accordance with the St. Michael's High School sports/activity guidelines and must maintain that eligibility throughout the length of the season.
- All rules and regulations imposed by St. Michael's High School will be applied to the St. Michael's Varsity Cheerleading Team.
- Members must maintain good school attendance, display proper behavior in class, including being respectful of instructors and peers. Absence from school, or any part of the day preceding the day of a performance will result in the member not performing at that particular performance.
- Members must be able to give freely of their time and efforts for any cheer team activity throughout the season including after school, some weekends, and evenings.
- Members must show determination, dedication and desire to be a productive member of the St. Michael's Varsity Cheerleading Team.
- Members must provide proof of physical examination as required by St. Michael's High School Activities guidelines. Appropriate forms must be filled out by a physician and parent/guardian prior to the first practice of the season beginning in August.
- Members and parents/guardians must be willing to participate in fundraising activities.
- A team member's general appearance reflects her attitude toward herself and to the school. When making a public team appearance outside of school or aside from a performance and/or competition, team members must always remember that they are representing the school and team. Therefore, team members must wear team designated polo shirts and designated bottoms. Team appearance attire must be clean and well cared for; not dirty, frayed, or torn. Team members who are in violation of this standard will not be allowed to participate in any part of the particular function or activity.

Practice

The following guidelines are for practices. Mandatory practices are usually five per week and will be established during the length of the season (August through early April).

- Practice schedules will be given in advance.
- Additional practices may be scheduled as needed and determined by the coach.
- Members are expected to be on time to all practices and must be dressed out in practice uniforms. (*Black shorts, white t-shirt, and proper cheer shoes.*)
- Members must be in the practice area with needed equipment.
- Members may not leave practice early unless given prior approval by the coach. Missing a scheduled practice the day of or before a game will result in the member not performing for the game.
- Any absence from practice must be reported to the coach.
- Missing part of a practice for a test or other approved academic reason will carry no penalty. However, the member must get prior approval from the coach.
- If a member misses any part or all of a practice, she is expected to schedule time outside of practice with other members to learn what was missed.
- All members are to be attentive and cooperative during practices.
- On inclement weather days, the coach will be in touch with the captains. If a member has not heard from a captain and is not sure, the member should make efforts to contact a captain for any schedule changes. (It's better to call and be certain than make unnecessary trips, etc.)

For a cheer team to be successful they must learn each cheer as ONE. This cannot be accomplished when people do not attend practice regularly.

Performance and Competition Rules and Etiquette

- Members are expected to be on time to all performances and competitions, in proper uniform and with all required equipment (poms, etc.)
- During performances and competitions, members are not to visit with friends outside of the team.

- Members must cheer loudly, smile and be aware of what's happening during the game (This means no talking on the sidelines during the game). Support the St. Michael's Drill Team by sitting on the sidelines and watching during halftime performances.
- Members must arrive at scheduled time ready to perform. There will be no fussing with hair or make-up during a game.
- No jewelry is allowed.
- Above all, members should remain positive and spirited; always striving for professional appearance and performance. (You are an Ambassador of St. Michael's High School.)

Preparation for Performance and Competition

- There may be tryouts prior to performance and competitions at the coach's discretion; members will be given ample notice to prepare.
- Members may be pulled from a performance/competition for any of the following reasons:
 - a. Lack of knowledge of a routine;
 - b. Lack of ability to perform at required skill level for said routine;
 - c. Attitude not promoting teamwork or sportsmanship;
 - d. Disregard for guideline governing this organization
 - e. Not meeting the guidelines of the St. Michael's High School Code of Conduct and its' applicability.
- All members are required to attend all Varsity Cheer Team functions whether they are cheering or not.

Characteristics of a St. Michael's Varsity Cheer Team Member

All members of the St. Michael's Varsity Cheer Team are expected to display the following characteristics.

- ✓ Must display school spirit.

- ✓ Must show good sportsmanship at all times.
- ✓ Must learn and practice routines.
- ✓ Must show responsibility and hard work.
- ✓ Must consider the team before herself.
- ✓ Must help teammates and team in various capacities.
- ✓ Must treat all teammates with equal respect and courtesy.

Fundraiser Activities and Parent Meetings

- Members are required to attend all team fundraisers unless there is an emergency, a school sponsored event, or a family vacation or event that conflicts with the fundraiser. Absences must be pre-approved by the coach.
- Parents are asked to facilitate and/or assist with various fundraising activities that take place throughout the entire season. All events are planned and discussed at the monthly parent meeting that takes place the first Thursday of every month beginning in September. All meetings will take place at the school, with locations to be determined.
- In addition to fundraising activities, all parents are also asked to assist in various capacities during the season. This includes carpooling, uniform preparation, chaperoning when needed, etc.

St. Michael's Varsity Cheer Team Uniform Contract

As a member of the St. Michael's Varsity Cheer Team, you will be using several cheer uniforms that were purchased by St. Michael's High School. In recent years we have had trouble with members not returning, or turning in their uniforms damaged (broken zippers, etc.)

Each member will be charged a non-refundable users fee of \$35.00. If a uniform is lost or damaged beyond repair, the member will be charged the full price for that uniform plus additional cost associated with that particular uniform.

By signing this form the member accepts responsibility for the use and care of the uniform(s) assigned to her.

Member's name: _____

Uniforms must be neatly hung up in your closet at home and not stuffed in your duffle bags at school.

Uniforms Assigned

Member Signature

Date

Parent/Guardian Signature

Date

**Member and Parent Agreement To
St. Michael's Varsity Cheer Team Guidelines
2011 - 2012**

Print Member's Name:

Member Section

As a member of the St. Michael's Varsity Cheer Team, I have read the St. Michael's Varsity Cheer Team Program Guidelines and understand what is expected of me to remain in good standing. I will keep myself knowledgeable and informed of all rules and information. I realize the consequences of poor or inappropriate behavior may be severe. I will do all I can to uphold the honor and tradition of St. Michael's High School and its' Varsity Cheer Team. I will respect my school, my teammates, my coach and myself at all times.

I agree to abide by these guidelines.

Date:

Member Signature:

Parent/Guardian Section

I/We, the parent(s)/guardian(s) of the above-named member, have read the St. Michael's Varsity Cheer Team Program Guidelines and understand all the requirements and consequences of improper actions. I/We understand the coach has the final say in my daughter's remaining on the team. I/We also understand that this is a team effort and that I/We will be called upon to help in different capacities throughout the season. I/We will make every effort to do my share of assisting/supporting on behalf of my daughter.

I agree to support and uphold these guidelines.

Date:

Parent/Guardian Signature:

Contact Information for Varsity Cheer Team Member

Varsity Cheer Team Member Information *(Please Print)*

Name – Last:	First:	MI:
Street Address:	City:	Zip:
Birth Date (month/date/year):		Grade:
Home Phone:		Cell Phone:
E-mail Address:		

Mother's Information *(Please Print)*

Name – Last:	First:	MI:
Street Address (if different):	City:	Zip:
Mother's Home Phone:		Mother's Cell Phone:
E-mail Address:		

Father's Information *(Please Print)*

Name – Last:	First:	MI:
Street Address (if different):	City:	Zip:
Father's Home Phone:		Father's Cell Phone:
E-mail Address:		