

Mountain View High School

Cheerleading



Handbook & Constitution

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Our Purpose

Cheerleading is an athletic sport in which we attend numerous games/competitions during the season. This program will provide each participant with extensive training to improve on skills and be the best cheerleader they can be, multiple leadership opportunities, a sense of family, occasions to learn and exhibit sportsmanship and citizenship, and assistance in achieving academic excellence. These multiple opportunities help students grow and mature, both physically and emotionally, resulting in citizens who embody the MVHS motto "Excellence in Everything."

About This Handbook

The purpose of this handbook is to provide information about the Mountain View Cheerleading program that will be useful to its members. Included are the general guidelines and expectations of the program that members are to abide by. While this handbook seeks to be a guide for many of the situations that cheerleaders and parents will encounter throughout the cheer season, at times, unforeseen circumstances may warrant the modification or addition of a policy. For this reason, the coaching staff reserves the right to modify this handbook to meet the needs of the program when necessary. All members of the MVHS Cheerleading program are required to sign the "MVHS Consent & Constitution Acknowledgement" Form at the end of this handbook to participate in cheerleading.

Booster Club

The MVHS Cheerleading Booster Club is an active organization made up of parents and community members who support the MVHS Cheerleading program. We urge every family to join and help support our cheerleaders. The purpose of the MVHS Cheerleading Booster Club is to build and maintain an organization which, in cooperation with the coaches and cheerleaders, will help promote

TRADITION, SPORTSMANSHIP and AMBASSADORSHIP in the MVHS community. The booster club will also lend financial and volunteer support to the MVHS Cheerleaders. The booster club will encourage and maintain an enthusiastic interest of parents and community members participating in various activities. The booster club will also organize parent volunteers, support 6 fundraising, promote sponsorship, and encourage excellence in cheer, high moral standards and school spirit.

Academics

All cheerleaders are students first, and their primary concern should be to their academic success. Cheerleaders and their families should look carefully at the time commitment required of all cheerleaders and determine if they will be able to maintain the expected academic standards while participating in cheerleading.

- Coaches will check the grades of cheerleaders on a regular basis throughout each semester and will work with cheerleaders, teachers and (if necessary) parents to establish the best plan for academic success while cheerleading.
- At the discretion of the coach, cheerleaders may be required to attend study hall and are expected to use that time to complete homework, meet with teachers for additional support, and/or complete make up work or missed tests/quizzes.
- At the end of each semester, academic eligibility will be determined by the office of the Athletic Director in accordance with GHSA policy. If a cheerleader fails more than two classes during a semester and is determined to be academically ineligible, he/she will be dismissed from the

squad. See the section on Dismissal for additional information.

Commitment

Each cheerleader should be aware of the amount of time cheerleading requires. It is an honor that requires not only commitment, but also hard work and dedication. Being part of the MVHS Cheerleading program is a yearlong commitment. While coaches will try to be mindful of other school events when scheduling cheer events, cheerleaders should understand that upon making the squad, they have committed to cheerleading for the calendar year.

- All cheerleaders are committed to the program from the day they make the team to the next round of tryouts. In addition, cheerleaders are often expected to serve as school ambassadors at elementary and middle school events, pep rallies, and at other events. In the off season, cheerleaders are encouraged to support other sports by attending sporting events throughout the year.
- Other commitments include fundraising events and community service events.
- Cheerleaders need to be aware that their MVHS cheer commitments will come first. Jobs, driver's education, outside cheer teams, other extracurricular activities, etc. need to be considered before trying out for cheerleading. Any outside commitment will not be considered as a reason to miss any cheer practice/event/game. Absences due to outside commitments will result in an unexcused absence.
- Cheerleaders who are not able to meet the required commitments of their squad may acquire consequences for absences including (but not limited to) benching,

suspension, and dismissal. Attendance and commitment will also be taken into consideration when awarding Varsity Letters, end of year awards, and as a part of tryouts for the following year.

- Cheerleaders who are on multiple squads are not permitted to quit one squad and remain on others. If a cheerleader chooses to forfeit his/her spot on a team, they choose to leave the cheerleading program for the season.
- **Cheerleaders who choose to quit a squad are not eligible to try out for a period of one year from the date of the coach's acceptance of the cheerleader's decision. Financial obligations made by the cheerleader before her decision must still be met, and any payments made will not be refunded.**

Attendance

It is important that MVHS cheerleaders realize the level of commitment that is necessary to make a team successful.

Attendance at all practices, games, competitions and events is not only crucial, but also mandatory. Absences jeopardize the safety of the entire squad and hinder success.

- Attending all practices, games, events, competitions, and fundraising activities is mandatory! Jobs are not an excuse to miss any event. Please schedule regular doctor visits, hair appointments, personal vacations/activities around the cheer calendar.
- Absences will only be considered excused in the following circumstances: - Funeral or death in the family 5 - Personal illness/accident (resulting in absence from school) - School events required by a class - **All other absences will be considered unexcused.

- If unforeseen circumstances arise, contact the squad coach as soon as possible. If the conflict has been planned ahead of time (e.g. before you were informed of an event/practice), you must contact the squad coach at least 48 hours before a missed event. Absence notifications must always be notified by the parent/guardian to the coach. If cheerleaders have an absence from an event, the parent/guardian must confirm with the coach with the reason for the absence. Consequences may still apply to the absence.
- If a cheerleader is absent from school, he or she may not participate in any cheer activity that day and if absent on Friday, cannot participate all weekend. You are considered absent for the day if you miss 3 or more class periods. If a cheerleader is checked out after 3rd period or checks in at the beginning of 4th period, participation is permitted.
- Cheerleaders who are absent for more than 2 practices/events in a row due to illness should provide a doctor's note in order to be excused (see the section on Illness and Injury for additional information).

Communication

Communication is vital for a successful cheer program. The Band app and Email will be the primary form of communication. All members and at least one parent from each family of the MVHS Cheerleading program should be registered in the Band page for the calendar year. While email and texting are efficient methods of communication, it should be noted that coaches are busy with teaching duties during the school day and will not be able to respond to emails and texts immediately. In addition, whenever possible, cheerleaders should talk to coaches face to face

(instead of just texting) regarding absences or other important issues.

Coaches will communicate:

- Requirements for the students and the squad
- Locations, dates, times of practices, games, competitions, and events
- Squad requirements including special equipment, uniform, squad rules/regulations, squad expectations, travel arrangements and off-season expectations, etc.
- Parents should communicate concerns regarding a son/daughter directly to the coach at the appropriate time and place
 - Issues appropriate for discussion:
 - Student plan for success
 - Student behavior
 - Student safety
 - Issues not appropriate for discussion with the coach:
 - Game Day line-up
 - Alternates in routine
 - Stunt progression, or elements of performance
- If at any time a cheerleader or parent feels he/she needs to discuss a problem or complaint, please follow the appropriate channels, in order:
 1. Cheerleader to Coach
 2. Parent to Coach
 3. Parent/Coach to Athletic Director
 4. Parent/Coach to Principal.
 - Failure to adhere to the proper chain of command may result in a delay of your problem being resolved

Conduct/Attitude

An MVHS cheerleader takes on the role of a respectful and disciplined athlete who should be always a model for his/her peers - in school, outside of school, in the community and on social media sites. This is a very visual position, and your peers are watching you. Not only should respect be shown to peers, but coaches, teachers, and teammates as well. Along with this position comes a great deal of responsibility, good work ethic, and a spirit of cooperation with parents, coaches, and other cheerleaders and students. Each squad member will be held to these high standards both in and outside of school. The coaches will determine consequences, should inappropriate or unacceptable conduct occur. This is including but not limited to extra conditioning, benching, suspension, and dismissal. The discipline process begins when each member is selected for a squad and continues through tryouts of the following year.

Behavior

- **School Behavior**

Each athlete is expected to be a leader by maintaining good behavior in all classes and activities. If an athlete is disciplined by a teacher or administrator for any reason, the coach will reference the discipline policy and apply appropriate consequences. Cheerleaders must follow ALL school rules, including the dress code. It is expected that athletes should report any issues to the coaching staff before a teacher notification. All teachers are made aware of which students are on an MVHS Cheerleading Squad. You always have eyes on you, so set a good example.

- **General Behavior**

The following behaviors are NOT allowed by MVHS Cheerleading standards. Violations will be evaluated by the coaches and appropriate consequences will be given. (Consequences may be, but not limited to: benching, suspensions, and removal from the squad at the coaches' discretion): {see Consequences/Discipline Policy}

- Profane language
- Undesirable or immoral behavior
- Sexual Misconduct / Over Display of Affection
- Instigating conflict
- Bullying - Including cyber bullying
- Posturing to Fight and/or Fighting
- Plagiarism
- Forgery
- Skipping
- Stealing
- Drug/Alcohol Use

- **Squad Behavior**

Always have a positive attitude. Do not argue as a squad in public. Respect coaches, boosters, and other cheerleaders.

- Do not wear jewelry while cheering at any time. Body piercings are included. This is a GHSA rule and will be strictly enforced.
- Fingernails should be kept short and should not have color on them. No fake nails.
- Keep hair neat and away from face
- NO chewing gum while in uniform or at practice
- Cheerleaders are required to carry their full uniform to all games and events unless redirected by the coach

- Cheerleaders are required to have proper practice clothes at every practice.

- **Social Media Behavior:**

Snapchat, Instagram, Facebook, Twitter and other social media sites have increased in popularity globally and are used by the majority of students at MVHS in one form or another.

Cheerleaders should be aware that anyone -- including the media, faculty, future employers, and GHSA officials -- could easily access your profiles and view all personal information. This includes all pictures, videos, comments, and posts.

Inappropriate material found by third parties affects the perception of the student athlete, the cheerleading program, and the athletic department at MVHS. Georgia High Schools have fallen victim to fines and team suspensions due to inappropriate Tik Toks. This can also be detrimental to a student-athlete's future employment/school options. For this reason, cheerleaders at MVHS should be mindful of their posts on all social media sites.

- o Violation of the MVHS Cheerleading social media policy includes (but is not limited to):

- Inappropriate language or gestures
- Cyberbullying
- Unsportsmanlike behaviors towards teammates, coaches, or other teams
- ***Cheerleaders should especially be mindful of posts while in uniform*** You may have extra conditioning, be benched, suspended, or removed from the squad for failure to follow any of the above expected behaviors.

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Discipline

Cheerleaders will be notified by the coach when consequences must be given. Benched means sitting out during a game/competition in uniform without communication to anyone accept their coach. Discipline actions will be decided by the coaches based on the violation.

Level One Offenses

- 1.1 Being late to or missing part of meeting, practice, game, or competition
- 1.2 Forgetting part of practice/game/competition uniform
- 1.3 Being late for deadlines
- 1.4 Nails- no polish, no acrylic nails or nails above fingertips
- 1.5 Having jewelry on at a practice, game or competition
- 1.6 Wearing a Mountain View uniform improperly
- 1.7 Loaning/Lending Mountain View apparel to friends/ nonteam members
- 1.8 Not helping with putting mats out and away
- 1.9 Talking over coaches and hesitating when given directions
- 1.10 Bringing personal belongings outside of locker room

Level One Consequences

*****The coach may decide to issue one or all of the consequences listed below.**

- Physical Conditioning as given by the coach
- Benching for game or competition as determined by the coach

Level Two Offenses

2.1 Teacher complaint about a student's behavior/grade in the classroom

2.2 Being disrespectful to any coach

2.3 Being disrespectful to a teammate

2.4 Skipping/Missing a practice, game or competition for a reason that is unexcused

2.5 Not showing up for a practice, game or competition without previous notice

2.6 Continuously committing level one offenses

2.7 Skipping class

Level Two Consequences

*****The coach may decide to issue one or all of the consequences listed below.**

- Physical conditioning as given by your coach
- Benching from one game or competition

Level Three Offenses

3.1 Breaking ANY MAJOR MVHS school rule

3.2 Threats made to injure another person

3.3 Inappropriate social media behavior. - xIncluding sexual content, drugs, alcohol, and/or threatening content.

3.4 Committing level one and two offenses a total of 5 times.

3.5 Committing level two offenses a total of 3 times.

Level Three Consequences

*****All of the consequences listed below may be given to cheerleader based on coach's decision.**

- o Physical Conditioning as given by your coach
- o Benching for game or competition
- o Suspension for a period specified by coach
- o Dismissal from the team

For habitual offenders, the process of dismissal will follow this:

1. Bench for 3 separate occasions
2. Suspension for a period specified by coach
3. Dismissal

Dismissal

Cheerleaders who are dismissed are ineligible to tryout or to cheer for one year from the time of dismissal. Financial obligations must still be met and will not be refunded. Cheerleaders will face possible dismissal at the coach(es) and /or athletic director's discretion for the following:

- o Ineligibility due to grades per GHSA rules
- o Use of tobacco, alcohol, or drugs
- o Arrest
- o Fighting or participation in a fight
- o Inappropriate or serious misconduct
- o Inappropriate social media usage.
 - o FACEBOOK, TWITTER, INSTAGRAM PICTURES WILL COUNT AS PHYSICAL PROOF!
- o Habitual level 1, 2, or 3 offenses that become an ongoing problem

Financial Information

- o A payment plan has been set for the year. If you need to make other arrangements, please see the booster club treasurer as soon as possible
- o DO NOT WAIT until the last minute.
- o All cheerleaders must be current with their financial obligations to receive new items (camp clothes, uniforms, backpacks, shoes, etc.).
- o If a cheerleader quits a squad or is dismissed from a squad for any reason, no refunds will be made, and the cheerleader is still responsible for any fees not yet paid.
- o Cheerleaders who have any outstanding financial obligations at the time of tryouts will not be allowed to try out for the following year's squad.
- o Cheerleaders and their parents are financially responsible for all uniform items and/or equipment issued and are responsible for the payment for repair or replacement costs in the event of loss or damage to these items.
- o Unpaid fees will be reported to the school and will become part of the student's financial responsibility to be cleared before graduation.
- o We will no longer accept checks as a form of payment.
- o We will have an online payment option through Paypal.

Instructions are as follows:

1. Go to "send money."
2. Send money to mtviewcheerleading@gmail.com
3. Input the dollar amount.
4. Choose a payment type.
5. Select your payment method.
6. Send money.

If you input your bank account information into your PayPal, you will not be prompted to pay a fee on PayPal

transactions. Please understand that if you are using a debit or credit card, you may be subject to small fees for each transaction.

Fundraising

All cheerleaders will be expected to participate in fundraising activities. Parents will also be asked to help out. All funds raised will be put towards bettering our program. Cheerleaders are subject to paying a fundraiser fine if they should choose to not participate/attend fundraisers. Some fundraisers we will do include (but are not limited to): GFL Camp, Gold Rush competition hosted in September, T-shirt Sales, 50/50 Raffle Ticket Sales, Food/Candy Sales, etc.

Injuries & Illness

Cheerleaders should report injury or illness to their coach immediately. Cheerleaders who are injured may be referred to the school's Athletic Trainer for evaluation and rehabilitation. The Athletic Trainer or the cheerleader's doctor will determine if the cheerleader is "fit to play" and will issue a note to be given to the coach regarding the physical status of the cheerleader. The cheerleader is required to follow up with the Trainer or doctor and will only be allowed to "return to play" with the written approval of the Trainer or doctor.

- o MVHS Athletic Trainers: Sean Nelson and Haley Massa
- o Cheerleaders who are injured (but able to attend school) are still required to attend each mandatory event including all practices and competition in uniform. Injured cheerleaders who do not attend mandatory events will be considered absent and unexcused.

- o Cheerleaders who are absent from school due to illness should not participate in after school activities including practices and events.
- o Cheerleaders who are present at school but leave after school due to illness and do not attend practice may be considered absent and unexcused. Contact your coach, face to face (not by text) to discuss your illness and absence.
- o If a cheerleader is absent from practice or an event due to illness for more than two days, a doctor's note is required.

Lettering

Varsity Cheerleaders may earn one letter per season.

- o All letters are awarded at the End of Year banquet.
- o Varsity Cheerleaders must:
 - o Attend and participate in all practices, games, competitions, and mandatory activities (excused and unexcused absences count in this percentage)
 - o Attend at minimum 3 non-season events
 - o Uphold guidelines outlined in the handbook and finish the season in good standing
 - o Conduct themselves in a manner that reflects positively on our squad, school, and community always
 - o Be in good academic standing
 - o The final decision is at the coach's discretion.

Safety

We will follow all GHSA rules for cheerleading to ensure the safety of cheerleaders.

- o All participants must have a current physical form on file with the athletic office.

- o All participants must be trained and qualified for proper landing and spotting techniques before they are allowed to stunt.
- o All participants must go through appropriate stunt progressions, qualifications, and follow all GHSA safety standards at all times.
- o No playing around, laughing or general socializing will be permitted during any stunting.
- o Absolutely NO JEWELRY will be worn during practices, games or events. Jewelry includes ALL body piercings.
- o Hair must be up in a ponytail and off the face at all practices, games and competitions.
- o All fingernails must be trimmed to a safe length which means each nail should not be seen over the fingertip, no acrylic nails, and absolutely no colored polish.
- o No tumbling or stunting is permitted unless a coach is present.
- o Because of the increased athleticism of today's cheerleaders and the complexity of some stunts performed, there is a risk, as in any athletic sport, of serious injury.

Sportsmanship

The following are rules about sportsmanship from GHSA and should be followed by all cheerleaders while in uniform and out of uniform.

- o Cheer for Your Team Not Against the Other Team!
- o Respect other athletes.
- o No "smack talking" or discouraging other teammates OR teams via Snapchat, Instagram, Facebook, Twitter, face to face etc.

- o Taunting of any kind will not be tolerated. Aggressive cheers should not be performed under any circumstances.

Transportation

Cheerleaders must ride to and from games and competitions with the coach on the bus unless otherwise communicated.

- o Coaches are required to stay with participants until their ride arrives. Parents should make timely arrangements so that coaches are not waiting with athletes.
- o Coaches will wait no longer than 10 minutes after a practice or cheer event for parent before issuing consequences.
- o Cheerleaders must follow all bus rules including, but not limited to: no standing, no talking on the phone, no music without headphones, no loud talking/yelling, no food or drink on the bus (unless otherwise specified).
- o For practices off campus (e.g. Star Athletics), cheerleaders will either need to carpool with coaches, other girls, or be driven by a parent. The transportation plans need to be communicated with the coach prior.
- o Transportation home will not be provided.

Uniforms

Uniforms are to be treated with the utmost in care

- o Uniforms should be washed inside out in COLD water and hung to dry. This will preserve the fit and colors of the uniform.
- o If they are lost, damaged, or stolen, the cheerleader is responsible for purchasing a new uniform or paying for repairs (if applicable).

- o Do not loan out or swap uniforms. You are responsible for the uniforms assigned to you, and you must turn in the uniform you were given at the end of the season.
- o Uniforms should be worn only in conjunction with school events specified/approved by the coach. Uniforms should be worn, neither in nor outside of school, without the coach's approval.
- o Cheerleaders should arrive at school with all necessary pieces of the uniform to depart for games/competition. (uniform, cheer shoes, bow, makeup, hair products, warm up, etc.) •
- o The coach will determine what to wear to school before a game/competition. *All planned attire must abide by the MVHS dress code.
- o Incomplete uniforms at game/competition WILL lead to benching.
- o Hair, makeup, nails, bow, socks, and spunks are all parts of the uniform requirement and must be worn as specified by the coach.
- o Cheerleaders should be aware that they are representing Mountain View High School each time they are in uniform. This includes formal game-day/competition uniforms, as well as warmups and camp wear.

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MVHS Cheerleading Consent & Constitution Acknowledgement

Cheerleaders should realize that being a cheerleader at Mountain View is a tremendous opportunity and privilege. We are looking for quality participants that we feel confident will represent our program with impeccable character and the utmost respect. All cheerleaders will always work together as a whole (practice, games pep rallies, and competitions). We are looking forward to creating and/or polishing leadership abilities in your child and look to you for support and reinforcement at home. If you have read, understand, and agree to abide by the policies of the Mountain View Cheerleading Program, please sign below. Thank you and we look forward to working with you in the upcoming year.

Parent/Guardian Signature

Date

Cheerleader Signature

Date

TM