

Richland High School Cheerleading Program

2024-2025 Guidelines

Purpose

The purpose of cheerleading is to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. Cheerleaders are first and foremost representatives of Richland High School. Cheerleaders also represent Richland High School at cheerleading competitions and other cheerleading-oriented activities.

Membership

1. Cheerleaders are expected to set a good example. The following characteristics are required and must be displayed at all times:

- Must be honest and truthful
- Must exhibit good sportsmanship
- Must exhibit high moral standards
- Must willingly display positive school spirit (dress up days, game days included)
- Must exhibit a very positive attitude toward the cheerleading program
- Must be respectful toward fellow cheerleaders, coaches, athletic teams, administrators, and other school groups

2. Cheerleaders are considered leaders of the student body. Certain responsibilities accompany any position of leadership. **Drug and alcohol use or any immoral behavior/pictures are not acceptable from any member of the Richland Cheerleading Program.** See Birdville ISD Honor Code for further explanation.

3. Cheerleaders must participate in and give freely of their time for any cheerleading activity deemed appropriate by the coach throughout the year. This includes but is not limited to attendance at fundraisers, summer practices, camp, games, competition practices, poster paintings, etc. **Any and all conflicts must be discussed with the coach in advance. Absences may be excused when circumstances warrant.**

4. Cheerleaders must be in good physical condition and able to condition/perform all year long. Cheerleaders will be required to participate in a conditioning program. This program includes activities such as running, weight lifting, tumbling, etc.

Note: If any cheerleader becomes unable to meet the membership requirements at any point during the year, he/she may be removed from the competition team and/or forfeit squad membership.

Attendance Requirements

1. Cheerleaders are expected to have above average school attendance. Cheerleaders are responsible to their squad members to attend and participate in all practices and activities. Excessive absences resulting in owing hours at semester is unacceptable.

2. Cheerleaders must attend all summer practices and any other before/after school, weekend or holiday practices called by the coach.

3. Cheerleaders are responsible to notify the coach ahead of time of any absence from a practice or performance by filling out the “Cheer Absence Google Form.” The form must be submitted at least 24 hours in advance or absence may not be excused.

The following are considered **excused absences**:

- personal illness, funeral or death in the family, special school activities family function (with at least one week prior notice to the coach), and religious holidays
 - All other reasons for being absent or leaving early from a cheerleading event will be unexcused.
 - In the event that an illness occurs in the middle of the school day - a parent must contact a coach and also fill out the “Cheer Absence Google Form.”
- **DO NOT** schedule doctor/dentist/etc. appointments during practice or any other cheerleading function. This is considered an **unexcused absence**.

4. Cheerleaders must fill out a “Cheer Check-In” Google Form for every practice, performance, event or game by the designated start time. The form will include a timestamp, whether the cheerleader is in the correct practice wear/uniform for that day/event, and other applicable and pertinent questions. The coaches will check the responses daily and hold cheerleaders accountable for any tardiness, or wearing the incorrect practice wear/uniform.

5. Cheerleaders must be ready to warm up or condition at the time set by the coach. Hair is to be pulled back in a tight ponytail and away from the face. Cheerleaders will be considered late if not ready to perform at the set time. Any cheerleader who fails to appear in the FULL and CORRECT uniform (including bow, poms, megaphone, etc.) to a cheerleading function will be considered tardy. Cheerleaders will NOT perform when in incorrect uniform.

6. Cheerleaders are expected to support all cheerleader fundraising projects under the direction of the coach.

7. Cheerleaders will ride the bus to and from all away events if a bus is provided. If they do not ride the bus, they will not perform. Exceptions to this rule will be made on an individual basis and require prior Principal’s approval.

8. Cheerleaders are required to attend and/or cheer at all activities scheduled by the coach. This includes all events on the schedule and any other events deemed necessary that may be called on short notice (playoff games, extra practices, community appearances, team community service, etc.).

9. Cheerleader functions (games/activities/pep rallies) are school functions. Cheerleaders will not be allowed to leave during any of these activities and return.

10. Cheerleaders will stay with their teams at all times at any game/function during the event/half time/time outs/etc. Approval may be given by coaches for breaks

11. **Tutorials:** Cheerleaders must make every effort to attend tutorials after school or at a time other than practice. If every attempt has been made and during practice is the only opportunity, **advance notice (at least 24 hours) must be provided** by the cheerleader.

12. If a cheerleader attends an afternoon tutorial, they **MUST** still attend practice afterwards and be present in the dance room by the beginning of 7th period. **Attendance in an afternoon tutorial does NOT necessitate absence from cheer practice during 7th period.**

13. Cheerleaders who miss an entire day of school will **NOT** be allowed to attend practice the same day of the absence. Consequences for an unexcused absence may still be given.

Academics

1. Coaches will run a weekly grade check with all cheerleaders and will have a discussion with any cheerleader who has a grade lower than a 75 in any class. Any cheerleader who has a grade lower than a 70 in ANY class, will have to have a written plan (for each failing class) on how they will improve that grade and it must be signed by the cheerleader, a parent and the teacher(s) of the class they are failing.

2. Cheerleaders are expected to maintain a passing grade of 70 in each class. Cheerleaders will follow the “No Pass No Play” rule according to UIL. Any student receiving an individual grade lower than 70(F) is ineligible and will be placed on probation for three weeks.

3. Study group, tutoring, homework, studying for a test, etc. is not an excuse to miss a practice, game, pep rally, performance, or appearance – plan ahead! At the beginning of each sport season, cheerleaders must check any conflicts with the cheerleading schedule and provide immediate notice to the coach of any outstanding conflicts.

Coach’s Authority

1. The coach schedules all activities attended by the cheerleaders.

2. The coach authorizes trips, competitions, expenditures, and fundraisers concerning the cheerleading organization.

3. The coach is not responsible for independent practices that cheerleaders engage in which are not officially scheduled by the coach.

4. Cheerleading uniforms, jackets, camp clothes, etc. will be worn only when indicated by the coach and only by cheerleaders unless prior approval is given.

5. The coach has the right to sit out any cheerleader she feels does not know the expected material for any given performance, even if the cheerleader is present the day of the performance.

6. Any major disciplinary infraction (such as a mandatory DAEP placement) may result in immediate removal from the organization.

7. The interpretation of all rules is the sole right of the coach and the principals. **They have the right to add or amend rules they feel must be changed for the benefit of the organization.**

Attendance Conditioning

Cheerleaders may be required to complete the following conditioning practice in the event of an infraction. A list of possible, but not all, infractions is listed below with respective conditioning practices. The type of conditioning is up to the coach's discretion in regards to each infraction.

1 lap may be required if the following infraction(s) occur:

- Tardy to practice or an event
- No notice of an absence to a coach (24 hrs.) first offense
- Coach's discretion

2 laps may be required if the following infraction(s) occur:

- No notice of an absence to a coach (24 hrs.) second offense
- Unexcused absences (see RHS Cheer Guidelines)
- Coach's discretion

Expectations

Behavior and Conduct

1. Treat all team members with respect all day, every day.
2. Be honest with coaches, staff, and administration.
3. Show respect to coaches and captains.
4. Behavior and conduct is appropriate at all times (school, games, community events, performances, competition, etc.)
5. Be in correct uniform at any time, including but not limited to:
 - a. No bright nail polish and/or nails that extend past the fingertip
 - b. Hair style follows what is set on the schedule by coaches and/or captains
 - c. Uniform items (bow, poms, skirt, shell, spandex, socks, shoes, etc.)
6. Represent Richland High School in a positive, inclusive, and valuable manner
7. Follow the Birdville ISD Student Code of Conduct

If a cheerleader does not follow one or more of the above expectations, the following consequences may be implemented:

1st Offense - Warning and meeting with coaches.

2nd Offense - Cheerleader will sit out from practice and performances for one week.
Meeting with parents.

3rd Offense - Cheerleader will sit out from practices and performances for two weeks.
At risk of removal from the competition team.

4th Offense - Cheerleader is removed from the Richland Cheer Program.

Behavior and Conduct Contitioning

1. Conditioning for an individual or the entire organization may be given at Coach's discretion.

This may include:

- Talking unnecessarily during games and/or practices
- Missing motions or performance material
- Negative attitude during games and/or practices
- Being dishonest with a coach
- Not turning in a grade check by the end of the week due to a failing or low grade
- Lack of effort in practices and/or games
- Poor classroom behavior as communicated by a teacher
- Coach's discretion

ISS and OSS

1. A cheerleader or mascot assigned to **in-school suspension** will be subject to the following actions:

First Offense: benched for the next event.

Second Offense: benched for the next event and placed on probation for the duration of the school year.

Third Offense: Removal from the squad.

2. A cheerleader or mascot assigned **out-of-school suspension** will be subject to the following actions:

First Offense: benched for the next two events, principal/coach review, placed on probation for the duration of the school year. Possible dismissal.

Second Offense: removal from the squad.

3. Any cheerleader or mascot who has had **two offenses** will have a meeting with the coach and appropriate principal to discuss needed improvement. Parents/Guardians will also be notified. Any cheerleader or mascot removed from their squad for disciplinary reasons during the current school year will not be eligible to participate in the next tryout without prior approval from the coach. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, etc.)

****Any school issued consequence must be followed. The above consequences are specific to the Richland Cheer Program and are separate from the disciplinary consequences in the Student Code of Conduct.****

Participation

1. Cheerleaders are expected to:
2. Fully participate in all activities, which include practices, pep rallies, games, performances, appearances, dress up days, and all other assigned functions.
3. Maintain tumbling skills performed at try-outs for the duration of the cheerleading season. Coaches may issue consequences to any cheerleaders who refuse to perform previously demonstrated skills.
4. Cooperate fully with coaches (follow directions, treat with respect).
5. Cooperate with captains and be encouraging with teammates at all times.
6. Arrive at a function on time. You are tardy if you arrive after the scheduled times for practice, games, cheerleading class, or other assigned functions.
7. Display academic integrity and responsibility.
8. Complete tasks on time and meet deadlines when required.

Performances

1. Cheerleaders are expected to arrive 15 minutes before start time unless otherwise instructed. Tardiness may result in removal from performance.

2. Cheerleaders are expected to arrive at function prepared and in full uniform.

FULL uniform includes correct shell and skirt, bloomers, bow, hairstyle, no show white socks, shoes, performance make-up, poms, and megaphone. **NO JEWELRY** or long fingernails at any time while in uniform, during practice or performance. This is a safety issue! New piercings are not allowed nor are they an excuse to wear jewelry during practices, games, pep rallies, performance, appearances, etc. Band-aids are not allowed to be used to cover existing piercings.

3. Cheerleaders are expected to stretch and warm up as a squad, under direction of coach and captains.
4. Cheerleaders are expected to keep their full attention on the game and the crowd. No unnecessary talking with teammates or audience, including friends, family, and boyfriends in the stands is allowed.
5. Cheerleaders are expected to remain with their team during half time and other breaks during games. This is not a time to visit with family, friends, etc.

Practice

1. Cheerleaders are expected to wear the correct practice uniform. Any cheerleader who fails to appear in FULL and correct practice uniform will receive predetermined consequences.
FULL practice uniform includes correct shirt and shorts, hair pulled back, tall white socks, and gameday shoes. **NO JEWELRY** at any time while in uniform.
2. Cheerleaders are expected to arrive on time to practice and complete all parts of workout and conditioning.
4. On days with no practice, cheerleaders are expected to report to class before the tardy bell rings for 7th period.
5. Cheerleaders are expected to follow all rules when in the cheer room and locker room.
6. Cheerleaders are expected to remain in the dance room unless given permission to leave.
7. Cheerleaders are expected to complete a set work-out in order to make up for missing practice. This predetermined conditioning may take place within one week of their absence.

Dress Up Days

1. Cheerleaders are expected to participate in both team and spirit dress up days.

Competition

1. Cheerleaders are expected to have above-average attendance during competition season.
2. Cheerleaders should not be absent following Christmas break. Any absences after January 1st may result in removal from the competition team.
3. Cheerleaders are expected to attend all competition practices, including half-days and weekends.
4. Cheerleaders are expected to pay for any/all costs related to competitions in order to be on the competition team.

Richland High School

Cheerleader/Mascot 2024-2025

I, _____, have read, understand, and agree to the Richland High School Cheerleading Constitution and Guidelines for the 2024-2025 school year. I understand my commitment to leadership as a Richland High School Cheerleader and will honor this position by respecting the guidelines put forth in the Richland High School Cheerleading Guidelines and the Birdville ISD Cheerleading Constitution. I understand that if I do not uphold the guidelines as stated above, I may be removed from the Richland High School Cheerleading Program at any time.

Student Signature

Date

I, _____, the parent/guardian of the above student have read, understand, and agree to the Richland High School Cheerleading Constitution and Guidelines for the 2024-2025 school year. I will help to ensure that my cheerleader will uphold the guidelines as stated above. I understand that if they do not uphold these guidelines and are removed from the program, I am still financially responsible for any outstanding balances on my cheerleader's account.

Parent Signature

Date