

Gallia County Local Schools



High School Cheerleading Handbook

Gallia County Local Schools High School Cheerleading Handbook

Objectives

- A. To encourage and uphold good sportsmanship on and off the site of competition.
- B. To strive to create and maintain strong school and team spirit.
- C. To develop good crowd control and response.
- D. To be helpful and dedicated to *all* athletic teams, the school and the community.
- E. To develop and sustain good leadership qualities.

Selection

- A. Tryouts will be held in the spring for varsity and junior varsity squads. High school and middle school principals, along with cheer coaches from the current school year, will supervise the try-outs.
- B. All students, grades 9-12 for the next school year, will be eligible for the varsity and junior varsity squads.
- C. A maximum of 8 cheerleaders will be selected for the varsity squad and a maximum of 8 cheerleaders will be selected for the junior varsity squad (based on high scores). If any squad drops below four cheerleaders, the squad will be dissolved for lack of participation. If no junior varsity cheer squad is selected (due to a limited sports schedule), the school will be permitted to select a maximum of 10 varsity cheerleaders for that particular season.
- D. There will be approximately 2-4 practice sessions (clinics) held before tryouts. Graduating senior cheerleaders from the current school year will act as assistant instructors at these practices.
- E. Clinics and tryouts will be closed to everyone except those girls trying out for cheerleader, senior cheerleaders from the current school year acting as assistant instructors, and the adults in charge of the clinics.
- F. School personnel that have had some association with the cheer candidates, either academic or extra-curricular (during the current school year) may evaluate each candidate. These evaluators will rate each of the following categories on a scale of 1-5 with the ratings as listed below. School personnel will be provided with a character rating sheet. Each candidate will receive up to 30 points (averaged from all applicable

rating sheets) in this area. This score will be added to the candidate's score sheet by the principal after the rest of the score has been tallied.

1= Poor 2=Fair 3=Average 4=Good 5=Superior

- | | |
|-------------------------------|------------------------------|
| a) Respect | d) School spirit/ enthusiasm |
| b) Attitude | e) Motivation and initiative |
| c) Class conduct/ cooperation | f) Honesty and dependability |

Eligibility

- A. Eligibility will be the same as for all other athletic team members, which is determined by the preceding grading period. Students will be eligible or ineligible for the entire next grading period.

Practices

- A. The advisor will arrange practices with schedules being given out on a regular basis.
- B. All practices are MANDATORY. Participation during practices is also MANDATORY. If a cheerleader is not well enough to participate, then she should not attend. An excuse for not attending will be required. The participation requirement also applies to games.
- C. Cheerleaders must be on time and stay until excused by the advisor.
- D. If an individual misses all practices during the week, she will NOT be permitted to cheer in that week's game(s). She will still travel with the squad. Refusal to travel and dress as part of the squad will result in a one game denial of participation.
- E. If an individual is absent from a game or scheduled activity (regardless if the absence is excused or un-excused), she will sit out for half of a game. The half she sits out will be determined by the advisor.
- F. Being up to 15 minutes late to practice or a game without prior permission from the advisor will result in denial of participation for one quarter of the next game. Anything over 15 minutes will result in a 1 game denial of participation.
- G. If possible, the advisor must be notified (conversation, a note, or a phone call) prior to practice time if the cheerleader knows she will be missing a practice.

- H. Proper attire: shorts or sweats, T-shirts or sweatshirts, socks and tennis shoes must be worn to practices. Violations may result in denial of participation for one quarter of the next game.
- I. Cell phones and other electronic devices may not be used at practice or during a game without permission from the advisor.

Games and Transportation

- A. All cheerleaders should be ready to cheer at all times, and will be expected to fulfill their duties regardless of any personal problems, unless excused by the advisor.
- B. A cheerleader must help build a strong feeling of school spirit. It is a cheerleader's responsibility to help control booing or other poor sportsmanlike conduct on and off the field or court.
- C. All cheerleaders must ride to athletic contests in school-designated transportation. They will return the same way *unless* parents tell the advisor that their daughter will be returning with them. Prior approval, (conversation, note or phone call) must be given if a cheerleader is leaving with another adult. Cheerleaders may NOT leave with other students, boyfriends, etc.
- D. Cheerleaders will not be permitted to participate in public displays of affection while in uniform.
- E. Cheerleaders may be required to sit as a team at athletic events.

Attendance

- A. All rules will be in compliance with the school policies.
- B. A cheerleader must be present at all designated functions of which the cheerleader has been notified.
- C. A cheerleader must be present for the entire day on the day of a game to in order to participate, unless excused for school-related functions, a doctor's excuse, or prior approval by the administration.
- D. Cheerleaders are excused from games and practices *only* for an excused absence from school.
- E. It is understood that working a job after school builds character and helps to develop responsibility; nevertheless, cheerleading is a voluntary extra-curricular activity and must take precedence over a work schedule. Conflicts may arise *but* must be submitted in writing to the advisor and approved by the advisor for any absences to be considered excused. DO NOT assume you are excused from practice.

- F. If no written excuse is submitted within 48 hours, the absence will be considered unexcused.
- G. Excessive absences will not be tolerated. The following rules will apply:
 - 1) If you receive an *unexcused* absence, you will sit out the next entire game. You will have a meeting with the advisor to discuss your absence.
 - 2) The second *unexcused* absence, you will sit out 2 entire games. A letter will be sent home to notify you and your parents of your absences and the disciplinary actions that will take place at your 3rd unexcused absence.
 - 3) The third *unexcused* absence results in your being permanently dismissed from the squad.
- H. The advisor will keep a record of all absences during the year. The advisor will mark each unexcused absence and the cheerleader will also initial the absence in the record book.
- I. After 10 medical-related excuses are submitted, the cheerleader will be required to take a second physical before the cheerleader may continue to cheer.

Uniforms

- A. All uniforms are the property of the school.
- B. No part of the uniform shall be worn outside of cheerleading functions unless the advisor has granted prior approval (this includes warm-ups).
- C. Full uniform/warm-ups must be worn to and from all regulation events unless otherwise approved by the advisor.
- D. Prior permission will be given as to the wearing of the uniform or parts of the uniform to school on game day.
- E. The cheerleader will purchase all accessories, such as shoes, socks, crop tops/ bodysuits, tights, etc.

Camp

- A. Attendance at camp is very strongly recommended as the experience is designed to teach new material, improve skills, and build squad unity. Girls not attending camp are still required to learn all new material on their own time and not during regular scheduled practices.

- B. The advisor will select camp depending on cost, location, and type of instruction to be offered.
- C. The cheerleader will pay camp fees in excess of what the squad raises by doing camp fundraisers (if the fundraising method is used).

Awards

- A. Academic awards are given to cheerleaders who maintain a grade point average of 3.5 or higher during their cheering seasons and are awarded at the winter sports banquet.
- B. If a cheerleader is removed or quits the squad before completion of the current cheerleading season, all awards will be forfeited.

Miscellaneous

Gallia County Local Schools recognize cheerleaders as student athletes. Therefore, cheerleaders will follow the guidelines and penalties that have been adopted by the Gallia County Local Schools Board of Education and addressed in the Gallia County Local Schools High School Athletic Handbook.

- A. All cheerleaders must agree to be responsible to the advisor and abide by the decisions of the majority of the squad when approved by the advisor.
- B. All cheerleaders will abide by school rules and regulations.
- C. All cheerleaders will conduct themselves as young ladies at all times, as they are representatives of the schools, their families, and their communities. Any undesirable behavior shall be evaluated by the advisor, athletic director, and school administration and denial of participation may occur.
- D. All cheerleaders must have on file an up-to-date physical card for the current school year.
- E. All cheers, chants, and gymnastics must be previewed and approved by the advisor prior to using the material. All cheers are expected to be of a positive nature. Cheers should be directed toward promoting positive energy for your team, and not in any way derogatory toward the school's opponent.
- F. Cheerleaders are expected to attend the banquet for both seasons.
- G. In addition to the game suspensions, cheerleaders may be required to run laps for misbehavior (including, but not limited to absenteeism).

- H. Cheerleaders may be required to participate in conditioning activities conducive to physical fitness for athletic purposes.
- I. If pregnancy occurs, due to the safety of the cheerleader and her unborn child, the cheerleader will resign her position and forfeit all awards.
- J. Any cheerleader who quits during the year, or is removed from the squad, must return all parts of the school-owned uniform to the advisor within two weeks. It is expected that the uniform be returned clean.
- K. There will be no excessive talking to the crowd unless instructing them in a cheer.
- L. There will be no excessive talking to each other.
- M. There will be ABSOLUTELY NO ARGUING with each other at games or practice. Any disagreements are expected to be brought to the advisor in order to be settled.
- N. The following activities will not be tolerated during the games, as they are not acceptable behaviors on the sidelines: Eating, Poor Grooming, Failure to Wear All Parts of Your Uniform, Excessive Talking, Arguing, Chewing Gum, and Public Displays of Affection.

Tips for Cheerleaders

- Pay attention to the game and the crowd. It is your job as a cheerleader to promote school spirit...pep up the crowd, don't expect them to pep you up!
- Smile while you are cheering.
- Use strong, precise motions and a big voice.
- Have fun and don't get involved in unnecessary drama.

Revised 4/24/2012

By affixing my signature to this handbook, I agree to abide by all rules and regulations. My refusal will be grounds for discipline up to and including dismissal from the squad.

Student Signature_____

Parent/Guardian Signature_____

Gallia County Local Schools Character Rating Sheet

Candidate_____ Activity_____

Please rate the individual listed above according to the student's personal character traits.

Please circle the correct rating for each area:

A. RESPECT

1=Poor 2=Fair 3=Average 4=Good 5=Excellent

B. ATTITUDE

1=Poor 2=Fair 3=Average 4=Good 5=Excellent

C. CLASS CONDUCT/COOPERATION

1=Poor 2=Fair 3=Average 4=Good 5=Excellent

D. SCHOOL SPIRIT/ENTHUSIASM

1=Poor 2=Fair 3=Average 4=Good 5=Excellent

E. MOTIVATION AND INTIATIVE

1=Poor 2=Fair 3=Average 4=Good 5=Excellent

F. HONESTY AND DEPENDABILITY

1=Poor 2=Fair 3=Average 4=Good 5=Excellent

If you do not know the individual and have not personally worked with this student, please check the line below and return this form without rating the candidate.

_____ I have no knowledge of this candidate's character because I have not previously worked with this student.

This form is meant for the purpose of indicating specific interest in the football and basketball cheerleading squads.

Please indicate, by marking the lines below, which squad or squads in which the candidate plans to try out for a position. In order to become a member of either squad, the top scores of all the participants who mark that they are trying out for that particular squad will be used to select the cheerleaders for that sport. If the candidate does not mark a desire to be a cheerleader on a particular squad, then your score will not be considered for a cheerleading position.

Please realize that two separate squads will be chosen, one for football and one for basketball. This applies to both varsity and junior varsity squads. Therefore, it will be possible for a candidate to make varsity for one season and junior varsity for the other. It will also be possible that a candidate can make the squad for one sport and not for the other. Please direct specific questions to the building principal for clarification if it is needed.

The candidate will only be considered for the squad/squads indicated below. Failure to return this form prior to try outs will disqualify the candidate.

I am interested in trying out for the following cheerleading positions:

(Check all that apply)

_____ Football Cheerleader

_____ Basketball Cheerleader

Regardless of squad selection, all candidates making cheerleader for either or both seasons are expected to participate in summer activities. These activities are the foundation of both cheer seasons. Additionally, members of each squad may be expected to participate in community activities (ie. parades, etc.) as a whole group.

By signing below, you acknowledge that you understand that participants in cheerleading try-outs will only be considered for the squad or squads in which the participant indicates an interest on the above form.

Participant's Name

Grade

Participant's Signature

Date

Parent/Guardian Signature

Date

***This form MUST be returned prior to cheerleading try-outs.**

**Gallia County Local Schools High School
Cheerleading Try-Out Score Sheet**

Candidate # _____

Judge# _____

CHARACTER SCORE (30 pts)

From school personnel evaluations

SIDELINES (10 pts)

FLOOR CHEER (10 pts)

DANCE (10 pts)

**In each of the above group activities, please watch for timing, rhythm,
strong motions, etc.**

CREATIVE CHEER (10 pts)

Please watch for strong motions, eye contact, projection, etc.

TOE TOUCH (15 pts)

HERKIE/HURDLER (15 pts)

TWO CONSECUTIVE JUMPS (10 pts)

CARTWHEEL (5 pts)

ROUND-OFF (5 pts)

APPEARANCE (10 pts)

CHOICE GYMNASTICS (10 pts)

BACKHANDSPRING (10 pts)

(1-5 pts with spot, 5-10 pts without spot)

SHOWMANSHIP/SPIRIT (10 pts)

OVERALL IMPRESSION (10 pts)

TOTAL POINTS (170 possible) = _____