

2019-2020 NORTH KITSAP HIGH SCHOOL CHEERLEADING CONTRACT

Items in this contract may be edited by the discretion of administration, coach, and advisor

PARENT & STUDENT MUST READ EACH SECTION AND INITIAL

OVERALL RESPONSIBILITIES

- Sign and adhere to all rules and regulations for the North Kitsap Cheerleading Squad and Student Code of Conduct
- Respect your coaches and fellow squad members
- Respect the integrity and judgment of all sports and competition officials, coaches, advisor and administration.
- By being part of the cheer squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of North Kitsap High School
- Maintain required standards of academic performance
- Exhibit an attitude of respect toward individuals and property by conducting oneself in a responsible manner
- Arrive prepared and on time for all practices and performances
- Exhibit proper and appropriate wear of cheerleading uniform and/or practice apparel whenever worn and as specified by the coach
- Fulfill all financial responsibilities as required by membership on the squad
- Encourage school spirit, unity, and pride in North Kitsap High School.
- Promote friendship with each other and with schools with whom we compete, perform and go to camp.
- Be committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride

Parent initials:

Student initials:

GOALS

- Provide opportunities for participation in a wide variety of activities during every sport and competition season
- Cheer at Varsity Football and girls' & boys' basketball games.
- Participate in & support Homecoming Week
- Support and perform at pep and recognition assemblies
- Participate in leadership activities
- Emphasize the ideals of sportsmanship, ethical conduct, equity, accountability, and fair play.
- Show courtesy to all visiting teams, competitors, hosts and officials.
- Support administration in building activities
- Uphold and follow school, district, league and WIAA rules and regulations.

Parent initials:

Student initials:

STANDARDS AND REGULATIONS

- Cheerleaders understand that team work and the maintenance of discipline are key to the success of the spirit program.
- Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieving these goals.
- It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning.
- Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well-being of each individual spirit leader.
- **It is a privilege, not a right, and may be revoked by the school personnel when a spirit leader violates the rules and regulations.**

Parent initials:

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ELIGIBILITY

- For each grading period, members must be passing in all classes.
- Each member must maintain a cumulative GPA of 2.5 to tryout for cheer and during the season.
- Members must maintain good citizenship marks, attendance, and class performance during the time on the squad and for try-outs.
- All members must have a signed contract on file with the advisor.
- Cheerleading must take priority over all other extra-curricular activities (including jobs) for the entire time of commitment.
- All practices, camp and games are mandatory. Post season games are required for lettering
- All members are expected to take part in fundraisers.
- If you were suspended or expelled from school while you are a North Cheerleader you will not be able to continue with the season. You will also may not be able to participate in the next season squad.

Parent initials: Student initials:

CONDUCT

- Members must not use foul language at practices, and in uniform.
- Public displays of affection are never considered appropriate, especially in uniform, at games or in school.
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- Cheerleaders must follow school policy on dress code.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.
- Cheerleaders will refrain from displaying any inappropriate pictures, language, content, etc on social networking sites.
- Students will follow the district anti-harassment rules. These rules should be followed in and out of school and online.
- Any violation of the above items will result in disciplinary action by administration, advisor and coach. Each case of discipline will be judged individually.
- The advisor/coach, with the administration if deemed necessary, has the final decision in any discipline situation.
- Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.
- Student has the right to appeal discipline decisions with administration, coach and advisor.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time

Parent initials: Student initials:

TRANSPORTATION

- Cheerleaders will provide own transportation to home games and practices.
- Cheerleaders will ride busses to away games with sports teams both to and from games.
- Parents may sign student out directly with coach after away game. ONLY OWN PARENTS MAY TRANSPORT
- Coaches and Advisor are not allowed to provide personal transportation for cheerleaders.
- Busses will be provided for major out of area games.
- Cheerleaders must be picked up no later than 15 minutes after each activity.
- The advisor or coach will no longer supervise them after 30 minutes of waiting.

Parent initials: Student initials:

ATTENDANCE

- It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible and the coaches MUST be informed 24 hours Before practice begins by email or in person. Please call or email from your parent if you are sick before practice starts.
- Absences and tardies must be excused by a note from a doctor if you had an appointment.
- Being tardy or missing a scheduled practice the day before a game will result in the individual not performing at the game.
- Excused absences by parent or doctor does not guarantee participation in a performance especially, if a team member does not have the routine clean enough they may be asked to sit out.
- A doctor's note MUST be given to Athletic Med on return from any doctor's appointment.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered unable to cheer.
- Cheerleader will be asked to sit with coach and support the team if unable to cheer.

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AT SCHOOL

- In order to participate in a cheerleading event, a student must be present at school for all classes on the day of the event. (NEW School rule)
- Being at school is a cheerleader's top priority to maintain grades and receive their education, if there are excessive tardies or unexcused absences, this could result in probation or dismissal from the squad.

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PRACTICES

- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
Practice clothing consists of:
Athletic shoes, socks, shorts that cover, t-shirt and sports bra for ladies, sweats if outside.
- To perform, you need to attend all required practices. **10 Practices are required before cheering for first game.**
- **Hair needs to be out of the eyes and in a secured ponytail**
- There is no chewing gum or eating during practice routines
- **Members should be present at all scheduled practices from beginning to scheduled end.**
- **Members cannot miss any part of practices for outside club activities (WIAA rule)**
- **3:30pm to 5:30pm Monday-Thursday for Football, Monday-Friday for Basketball**
These practices are to be maintained until PLAYOFFS are over.
- Other activities must be scheduled around these practices.
- Missing practices that have valid excuses can still lead to being removed from a routine position or stunt, due to not physically being available to practice.
- No jewelry. (WIAA rule)
Safety is our first priority
- **No Cell phones (keep them in your bags for practice or the coach will put in bucket)**
- **PARENTS PLEASE DO NOT CONTACT YOUR Daughter/Son during practice** (if emergency contact coaches)
- If rules are not followed student will be asked to leave practice and not be able to perform at game or event
- All practices are closed. No friends or family may attend.

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GAMES

- Cheerleaders are expected to be upbeat and positive during games and scheduled performances.
- Cheerleaders are expected to refrain from socializing with team mates and crowd during games.
- Cheerleaders are expected to remain in their assigned spot during games unless they are asked to move by coach, advisor, administration or the assigned Cheer Team Lead.
- Cheerleaders are expected to follow the assigned Cheer Team Lead during games and practices.
- Arguing with assigned Cheer Team Lead during games and practices will result in being dismissed from practice and games.
- Perform stunts, dances and cheers that have been approved by coach and advisor.
- **All games are mandatory unless with coach or advisors prior approval.**
- Members are required to arrive at least 1 hour before the football game time, ½ hour before Basketball game time, unless earlier time as announced by coach or captains. Members are required be in full uniform on arrival.
- All spirit squad members must know all the cheers and routines for the game.
- Sitting out is unacceptable unless injured or ineligible.
- Make-up should be worn in moderation.
- No jewelry or nail color. Nails need to be athletic length. (WIAA rule)
- There is no chewing gum or eating during cheering. Break time only.
- Any violation of these rules cheerleader will not be able cheer for the game.
- All WIAA rules will be followed.

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UNIFORMS

- Uniforms must be cleaned and pressed. Please store in team bag when at school.
- Team athletic shoes must be clean
- All Spirit Squad members must have the same uniform look.
- Cheerleaders will not loan out any piece of their uniform to anyone.
- Warm-ups and sweatshirts are considered to be part of your cheer wardrobe and should not be worn by anyone other than you or for anything other than cheer activities.
- Cheerleaders must wear their full uniforms; this includes shoes or team designated outfit to school on game days.
- If uniform is not worn on team designated days to school, cheerleader will be not be able to perform during the game.
- The entire uniform has to be purchased in full.

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PERFORMANCES AND CHEER LINES

- Perform jumps and other physical moves that are part of routines
- Perform routines in both indoor and outdoor settings, in heat and cold/wet weather
Placement for performances and cheer lines will be based on participation, ability and effort.
- At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

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CRITERIA FOR CHEERLEADING LETTER

- Regular attendance at practice sessions according to established guidelines, proper use and return of equipment and uniforms, and **a demonstration of qualities of good sportsmanship and discipline.**
- Cheerleader must earn 1000 points during the Football, Basketball and post season games to earn a varsity letter for both seasons.
 - Letter can be earned for one season with 500 points. See Awards Criteria list.
 - We will schedule volleyball, soccer and wrestling matches for added points
- **Cheer in all scheduled varsity football, basketball and post season games.**
 - **Must attend summer camp with squad.**
- Leadership is about giving back to your community. 10 hours of Community service documented must be given to our community to be eligible for lettering.
- The promising cheerleader who has participated in at least four football games or eight basketball games during the regular season, **but because of injury or illness** during the season is unable to fulfill the requirements in item 3 above, may be recommended by the Cheerleading Coaches. They must be in attendance in uniform if not physically able to cheer for the remainder of the season.
- The final decision on who shall be recommended for an award shall be at the discretion of the Cheerleading Coach and Athletic Director
- A cheerleader must end the season in good standing, academically and behaviorally.

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DISCIPLINE POLICY

- Any violation of these rules or conduct deemed improper and unsuitable for a cheerleader will result in one or more of the following consequences, administered at the discretion of the cheerleading coach and/or administration:

Step 1- verbal warning and written infraction,

Step 2- parent conference with administrator and coach

Step 3- temporary expulsion for specific number of days including at least one game, or expulsion from cheerleading squad.

Coach's, advisor and administration decision is final.

- A cheerleader may be put on probation for academic or disciplinary reasons. The time of the probation will depend on the offense.
- Benching for disciplinary reasons will consist of cheerleader not cheering at the game. They are not excused from practice unless given permission by the coach.
- Two or more unexcused absences or tardiness from practice or games may result in suspension or removal from the squad.
- If the athlete receives 2 infractions in a school year they will be dismissed from the team on the 3rd offense. (3 infractions = dismissal)
- Infractions must be signed by both the cheerleader and the parent.
- If the athlete receives 3 academic probations in a school year they will be dismissed from the team. (2 final grade reports under 2.5 GPA = dismissal)

The following violations will be grounds for immediate dismissal from the spirit squad:

Underage alcoholic consumption, drug use, and use of tobacco products, steroids or other controlled substances.

Failure to leave function, location or event where the aforementioned items are evidenced by a squad member.

Participating in fights or bullying.

Defiance or extreme disrespect against North Kitsap School Staff, coaches and teammates.

If they intentionally put another cheerleader's safety at risk.

Student has the right to appeal with coach, advisor and administration.

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CHEER PROGRAM FINANCES

- All cheerleaders are required to purchase an ASB card. If ASB card is not purchased student will not be able to cheer.
- Uniforms are required for participation on the spirit squad and are **NOT** provided by the school. Uniforms are to be kept in good condition and clean at all times.
- Uniforms/poms ruined, lost or stolen will be replaced by the individual at their own expense.
- Camp attendance is mandatory in order to participate in stunting on the cheer squad.
- Camp fees are the responsibility of the member but a portion of the amount may be subsidized by ASB.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.
- Additional expenses such as hair ties, socks and miscellaneous items are the responsibility of the squad member.
- Competitions including local and regional are the responsibility of the squad and team member.
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.
- The entire uniform and camp payment has to be paid in full prior to camp date.

Parent initials: Student initials:

ACKNOWLEDGEMENT

I have read and understand the North Kitsap High School Cheer Squad Contract. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the advisor.

Student's Signature: _____ Student Number _____

I have read and understand the North Kitsap High School Cheer Squad Contract. I agree to support these standards and policies.

Parent's/Guardian's Signature: _____

Parent's/Guardian's Signature: _____