



## Guidelines, Rules, and Regulations

### 22-23 Cheer Season

- In accepting a place on the cheerleading team, please understand the following personal and financial responsibilities to remain a team member in good standing.
- Please read these rules and guidelines carefully before signing the parent/guardian and athlete responsibility forms.
- Cheerleading is a team sport, and all members are needed to achieve success. Practices and games are mandatory, as are all activities, fundraisers, and special events.

Continued failure to show without an excused absence could terminate your place on the team.

## **Eligibility – SPORTS PAPERWORK/Rank One Forms and PHYSICALS** **DUE BY AUG. 1**

Each student on an athletic team at RRCA must be eligible under the conditions set forth by TAPPS and by the school (see RRCA's handbook).

### **The major requirements for eligibility are:**

1. Completion of all sports paperwork on RANK ONE and submission of physical from a physician
2. Grades – Cheerleaders must be passing in order to participate at games, competition and pep rallies.

### **Financial Responsibilities & Uniforms:**

1. Cheerleaders will be required to purchase a full uniform/s (including appropriate shoes), poms, megaphone, and any additional cheer items that the coach deems necessary, or we decide on as a team.
  - Uniforms will be worn to every game.
  - The uniform may not be worn for personal use or by anyone who is not a member of the cheerleading squad.
  - New this year – warm up pants with designated top will be worn on school days. Skirts, due to length, will not be allowed at school unless otherwise noted.
  - Only the coach may approve alterations to uniforms. Uniforms must follow the admin's suggestions. **No rolling of skirts will be allowed.**
2. Cheerleaders are responsible for costs associated with summer cheer camp.
3. Cheerleaders are responsible for RRCA athletic fees.
4. Cheerleaders may be responsible for costs associated with travel to games.
5. If uniform, athletic, or camp fees are not paid by the due date, the student will not be able to participate in camp or cheer at the next event until the fees are paid in full.

## **Practice/Game Policy:**

1. Be on time.
2. Cheerleaders are required to attend all practices, games, events, and fundraisers.
3. To participate in team activities at practices or at a game, the cheerleader must attend school that day. (If a cheerleader knows they are not able to participate, it is required that they or their parents/guardians notify the coach – please do not assume the coach already knows.)
4. **If a cheerleader misses two or more days of practice prior to a game, pep rally, or competition, the cheerleader may not be able to participate in these events.**
  - **\*\*\*This rule will be upheld if the cheerleader has unexcused absences or if they are not able to learn the material prior to the event. No exceptions.**
5. Respect your teammates. Be kind.
6. Always bring a positive attitude with you to practices and games.
7. Cheerleaders are not to leave practice to talk to someone outside and are not to bring friends (or siblings) to practice.
8. No cell phones are allowed during practice.
9. No jewelry is allowed for safety reasons.
10. No gum is allowed while in uniform.
11. Cheerleaders may not have long nails if cheering or stunting.
12. Cheerleaders should always look their best, especially while in uniform.
13. Warming up and stretching is very important to keep your body safe. Cheerleaders are required to warm up to practice or cheer. If your coach is not there as you enter the gym, put away your things and begin to stretch.
14. All hair is to be pulled out of your face (all up in a ponytail for practice or away from your face if your hair is short.) Game Day hair will be determined the week prior to games.
15. Please dress appropriately for practice. No jean shorts or short shorts or spandex OF ANY KIND – long or short. Appropriate shoes are required.
16. If you have an issue with another cheerleader on the squad, seek advice from your coach. Do not disrupt team moral by discussing the situation with other cheerleaders on our team.
17. If you have an issue with the coach, please speak with her before practice. Do not address the other cheerleaders about a situation before addressing me. I want to help you work through situations or concerns and keep disension from creeping in on our team.
18. Coaches expect your very best in all that you do, and the coach reserves the right to do what is best for the team and the sport without asking input from the team.

## **Schedule for summer:**

Practices during the summer are considered **mandatory**. If you want to cheer, you must be present at practices. The TAPPS cheer competition is late fall or very early winter (at the end of football season and at the beginning of basketball season) and if we are to be ready, we will have to practice. I understand vacation time, church camp, and mission trips will come into play but please do your best to work around the set practices. I will also do my best to work around everyone's schedule but please remember I am working with 15 or more families on their summer plans. 😊 If you miss too many practices during the summer, you will NOT be allowed to compete in the state competition.

- **Practice Dates:** See Schedule. We will practice in June, July, and August with practices increasing in number in August.
- **Overnight Camp:** We are scheduled for a cheer camp at Horseshoe Bay July 5-8! Camp is mandatory.
- **Fundraiser Sales:** Will start ASAP and each cheerleader is required to participate. Fundraising participation is not optional as it benefits our team. Fundraising pays for rentals, competition fees, hotels, pep rally items and additional coaches.

## **Stunting:**

Stunting is dangerous. We must be vigilant when stunting at practices or at events.

Here are the stunting guidelines:

1. **GOAL: NO ONE HITS THE FLOOR! EVER!**
2. **All members of the team will learn to stunt.**
3. If any part of a flyer hits the ground, the stunt group may be required to condition.
4. Everyone will circle around and spot the stunt group. If you choose not to help, you will condition and/or run.
5. No long nails or jewelry.
6. Encourage your teammates and be present "actively engaged" when stunting.

### **Coach/Captain responsibilities:**

- Everyone needs constructive criticism. Do not take this personally. All criticism will be done with respect and out of the best interest for the individual and the overall good of the team. Your goal is to learn and grow as an athlete. No one is perfect.
- **Please allow the coach to give corrections** – Cheerleaders should encourage and support each other but it is not their place to correct their fellow team members- especially publicly. Help each other but do not call anyone out in a negative way. Please be sensitive.
- ***Captain/s will be allowed to guide and teach other team members when instructed by the coach. Respect for your captain is a non-negotiable matter. They are under direct orders from your coach.***
- If a cheerleader is struggling with a routine, cheer, or stunt, they may be asked to switch positions with another cheerleader or sit out of that particular activity. This is also not personal.

### **Attendance (Tardy and Absence Policy):**

1. Punctual attendance is mandatory at all practices and games as well as all activities, fundraisers, and special events.
2. Tardies and absences (excused or unexcused) will be noted.
3. Cheerleaders who must come late to an event are required to give a coach 24-hour notice by phone or written correspondence (a text is acceptable). Anyone who does not give proper notification will not be allowed to participate in that event.
4. Cheerleaders who must miss an event due to a scheduled appointment, vacation, school related event, etc. are also required to give the coach 48 hours' notice by phone or written correspondence (a text is also acceptable).
5. Consequences will be given if the coach is not informed, and the cheerleader appears as a "no-show". Removal from future games and/or pep rallies will be considered for such behavior.
6. I understand some things cannot be helped so special consideration will be given to those who are ill or who have a family emergency. These issues will need to be followed up with verbal or written correspondence the day the cheerleader returns to practice.
7. Excessive excused OR unexcused absences or tardiness can result in a cheerleader being benched from games or removed from the team.
8. ***Missing practice, even if it is excused, may result in not being included in the next game's stunt, dance, pep rally or event. This is never a goal, but the coaches' discretion will be used in deciding what is best for the squad.***
9. ***Unexcused tardiness to a game will result in the cheerleader being benched for the 1st quarter of the game.***
10. The coach reserves the right to bench a cheerleader for disciplinary reasons. A reoccurring negative/uncooperative attitude will result in the benching or dismissal of a cheerleader.

## **Conduct (Actions and Attitudes):**

1. Actions and attitudes that are detrimental to team moral or unity will not be tolerated. Violations will result in suspension or dismissal from the team.
2. Disrespect to coaches, teachers, or administrators will result in suspension or termination of cheerleading duties. Appropriate behavior is expected both in and out of school. Refer to your student handbook concerning violations of school expectations.
3. By our words and our actions, we show others what type of school we represent and more importantly, *Who* we have faith in and serve. Cheerleaders are representatives when on campus and the ambassadors for RRCA while away. Squad members are required to:
  - Maintain and uphold the reputation of the Crusader name through their conduct and spirit.
  - Strive to be a positive and Godly role model for other students and athletes.
  - Be courteous, polite, and friendly.
  - Always display good sportsmanship.
  - Act responsibly and be tasteful if in a relationship. (No kissing, hanging on each other, etc. especially while in uniform or while at school. See school handbook for specifics on this matter)
4. Use of drugs, alcohol, or tobacco will **NOT** be tolerated.

## **New Enrollees to RRCA:**

- Students who are enrolled for the following school year can attend cheer week (usually in March) with current students and try out for the team. If chosen for the team, they are required to attend uniform fittings, practices and begin the payment process for materials, camp, and athletic fees.
- If a new student comes in **AFTER** the try out process and wants to try out for the team, a supplemental try out could be offered with judges PRIOR to the team attending cheer camp (by June 1<sup>st</sup>). All new enrollees would be given the opportunity to try out as well as students who tried out initially and did not make the team.
- With a supplemental try-out, the new enrollee must understand that there could be additional fees to pushing through late paperwork for cheer camp, uniforms, etc. In addition, there is a possibility that new uniforms would not be here prior to the start of the season. In that situation, we would do our best to get a uniform from a previous year for the new member to wear until their uniform comes in.

## **Round Rock Christian Academy Cheerleader Commitment Form (22-23)**

If your daughter/son has been chosen to cheer for the RRCA Varsity Cheerleading Team, they must follow **ALL** rules and regulations outlined in this packet to make our season successful. Therefore, you both must sign and return this form before accepting a position on the squad.

### **Cheerleader's Signature:**

I have read and understand the cheerleading information contained within this packet. I promise to carry out my responsibilities. I understand that I must always do my best to represent the RRCA Crusader Cheerleading Program. If I do not, I understand I may be terminated from the team.

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Cheerleader's Signature Date

### **Parent/Guardian Signature:**

I have read and understand the cheerleading information contained within this packet and realize the importance of my child's compliance with these rules. I will help my child abide by all guidelines and rules to help her be a successful athlete and student. I understand my child may be terminated from the team if they are found in non-compliance.

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Parent/Guardian's Signature Date

***This form must be signed and returned PRIOR to try-outs.***

Thank you! Coach Johnson