



Warren Woods Public Schools

2015-2016

Competitive Cheer Rules & Guidelines

COACHES INFORMATION:

Jon McGuire & Francesca Gigg

Email

WarrenWoodsCheer@gmail.com

Website

<http://warrenwoodscheer.weebly.com/>

Notification Text Numbers

Text that number with the attached @ message to sign up to receive notifications from coaches.

✓ Varsity Coach Jon 940-202-7963 @Cheer4WWT

Warren Woods Cheer Program
Rules & guidelines

Attitude/Behavior

1. As a representative of Warren Woods Cheer, all cheerleaders must conduct themselves in an appropriate manner in school, on the field, traveling to competitions, at competitions and out in the community.
2. Positive attitude, good sportsmanship, and being a team player are qualities expected of each team member. Failure to exhibit any of these qualities will be subject to consequences determined by coaches.
3. **Coaches have the right to add or take away performance/competing time for any team members. This includes ability, attendance, performance, and attitude at practices, competitions, school, and outside of school.**
4. Insults, disrespectful behavior, or dishonesty towards a teammate or coach in any way will not be tolerated from any member of the program. Consequences will be determined by the coaches.
5. Girls will represent the cheer program at all times including but not limited to social media including “My Space,” Instant Messenger, Twitter, Facebook, etc. These will be checked and monitored by coaches. Anything deemed unbecoming of an athlete will be reviewed and proper consequences will apply.

Communication with Parents & Athletes

1. Our program strives to build not only successful athletes, but responsible young women. We expect our athletes to be mature enough to be the first line of communication with their coaches should any questions or concerns arise. If the athlete has a problem, question, or concern they will discuss this with the coach FIRST. After doing so, then a parent if needed may contact the coach regarding the issue.
2. We ask that parent(s) follow the schools policy of not confronting coaches during practices, games, or events respecting the “24 hour rule”. This discussion will take place at the agreed upon time with the Parent, Coach, and if needed the Athletic Director at an agreed upon time and place.
3. If a parent needs to contact the coaches for any reason they will do so **via email**. Coaches will have 24 hours to respond. Please DO NOT call coaches unless there is an emergency.
4. Phone calls and text messages from the girls will NOT be accepted after 9pm. Returned calls will happen the next day. Unless otherwise instructed by the coaching staff.

Grades

1. School is the girls’ first priority. MHSAA grade guidelines will be followed to ensure eligibility. They must also maintain satisfactory citizenship as well.
2. Weekly grade check is performed by the school every Friday. Eligibility is based on that proceeding Sunday to Sunday. Example if Friday is the 1st of the month the athlete is ineligible the 3rd to the 10th.
3. If an athlete’s grade drops below eligible level, they will have one week to bring their grade up. If the grade does not improve, the cheerleader will not participate in practices or competitions until that grade is reached or the coach, teacher, and administration have agreed.
4. Three (3) weeks in a row of a cheerleader being ineligible due to grades will result in removal from the team.

Practices/ Gymnastics

1. All practices & events scheduled by the coaches are mandatory. This includes practices, gymnastics, workouts, strength training, and team events. You are expected to be on time. Early is on time (15 minutes) and on time is late.
2. Athletes should be ready to practice at the scheduled start time this means mats rolled out, practice attire on, and all social conversations over including phones.

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Practices/ Gymnastics(Continue)

3. Practice attire: wearing correct and assigned practice clothes, shoes, hair pulled up into high pony tail, bow no jewelry or long nails. (Any wrapping/taping by the trainer must be done PRIOR to the start of practice.)
4. Any unexcused absences during the week of an event (competition or game) may result in the cheerleader having to sit the event in full uniform with their team.
5. Any type of professional (doctor, dentist, etc.) appointments should not be made on a practice, competition, or other team event and will not be excused, as we must have a full team in order to be effective.
6. The athlete MUST contact the coach PERSONALLY prior to missing a practice or other function. Failure to do so will result in a no-call/no-show absence.
7. Additional practice time: Calendars are subject to change, including weather, available gym time, etc. Coaches will do their best to notify athletes and parents as soon as possible to adjust your schedules. We encourage everyone to sign up on reminder101.
8. Athletes may not leave any event without informing the coach in person this includes but not limited to practices, competitions, and team events.

Competitions

1. Cheerleaders must attend all competitions as scheduled.
2. Cheerleaders must be at the competitive site at scheduled time. Failure to do so may result in partial/full suspension of a competition.
3. A post-competition discussion is mandatory for all team members. Cheerleaders are not dismissed until the conclusion of this meeting.
4. Cheerleaders MUST ride the bus if provided. Release of liability forms must be turned in BEFORE the first competition. *Please see Warren Woods Athletic Handbook.
5. Cheerleaders suspended from a competition must still sit in uniform on the sidelines with the coaches. Failure to comply with this will result in further suspension up to dismissal from the team.

Absence Policy

1. There are three kinds of absences: excused, unexcused, and no-call/no-show.
 - a. **Excused:** This means that the coach is aware that you will not be in attendance and has approved your absence. There is no penalty for this type of absence.
 - b. **Unexcused:** This means that the coach has been notified prior to practice but has decided that the reason for the absence does not warrant it to be excused. The penalty for this type of absence may result in removal from competitive material. After 3 of these absences the cheerleader will be removed from the program.
 - c. **No-call/No-show:** This means that you failed to contact the coach PRIOR to the designated meeting time. There is no excuse for this type of absence and the penalty is severe. Penalty for this type of absence may result in removal from competitive material. Second offense will result in removal of the program.
2. To participate in an event the athlete must be in school a full day the day of competition or if competition is on a weekend the Friday before.

Illness Policy

1. If you are sick and must miss more than one practice, workout, gymnastics, or competition, you will need to provide a doctor's note to return. You need to go no later than the day after the missed event.
2. Your attendance is expected at practice unless you are physically unable to do so. If you miss a full day of school, you are not allowed to come to practice. This may result in removal from competitive material.
3. A headache, stomachache, or cold does not constitute an excuse to miss practice.

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Illness Policy (Continued)

4. You must contact the coach PRIOR to **each** practice. For example-if you are sick on Tuesday, do not assume that the coach knows you are still sick on Thursday. Coaches expect a phone call before each missed practice.
5. There is a difference between being "hurt vs. Injured"

Hurt-The discomfort linked to an old healed injury or new discomfort due to a physical activity.

- "My ankle hurts, but I plan to continue giving 100% at today's practice and just monitor the area for the next couple days"
- "My headache hurts. May I call my guardian to bring me Tylenol during a water break?"

Injured- Distinct pain from a new injury due to physical activity, an accident or flawed technique.

- "I think I am injured, I stepped wrong on my ankle and heard a pop"
- "Sally Sue is injured! It looks like she broke her arm!"

If your child is injured, she/he should be seen by a medical professional as soon as possible and MAY NOT return until their injury is cleared by said medical professional.

Uniforms/Equipment

1. CLEAN uniforms, warm-ups, and shoes are required at all cheer events. Excellent care of uniforms is expected at all times.
2. Uniforms are for cheerleading activities ONLY.
3. Uniforms and warm-ups are property of Warren Woods Public Schools must be returned to the school at the end of the season clean. If this is not adhered to, the cost of replacement uniform will be the responsibility of the cheerleader.
4. Any damage or non-approved tampering of the uniforms, warm-ups and/or Warren Woods Cheer Program equipment will result in the player paying for all damages. Additional consequences may follow at the coaches' discretion.
5. On Competition days, the athletes will wear appropriate uniform/ warm-up.
6. If a cheerleader is not in the required clothing, uniform, or warm-up the day of an event, this may result in being ineligible to perform.

Finances

1. Money or payment arrangements for expenses of the competitive season will be due before the items are ordered. No money/payment arrangement = No order.
2. Fundraising money is non-refundable.
3. If for any reason an athlete gets dismissed from the team or quits all money paid is non-refundable.

Awards

1. To earn a JV award the cheerleader must participate and compete in 90% of the JV competitions of that season and their finance account must be paid in full one week before the awards are issued.
2. To earn a Varsity award the cheerleader must participate and compete in 90% of the Varsity competitions of that season and also be eligible to compete at Districts and Regional's along with their finance account being paid in full one week before the awards are issued.

Immediate Suspension

1. Insubordination/blatant disrespect for coach or any other team member.
 2. Poor moral conduct.
 3. Violation of Social Media policy.
 4. Failure to adhere to absence policy.
 5. Alcohol or drug use during season.
 6. Any cheerleader who "walks-out" of practice is choosing to remove themselves from the team.
 7. **All team members will be re-evaluated throughout the season to determine their position within the program. Your spot on a team is NOT guaranteed! Coaches reserve the right to change the cheer roster (Varsity and JV teams) if the above criteria is not being met.**
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Cheerleader Name: _____

Please sign below

- ❖ By signing below my child has my permission to try-out to be a cheerleader for the Warren Woods Cheer Program, for the winter competitive season.
- ❖ I understand that if offered a place on a team he/she must abide by the rules and regulations set forth by the cheer coaches and the athletic directors of Warren Woods Public Schools (Warren Woods Middle School or Warren Woods Tower High School.) and be present for all practices, games, meetings, competitions, and team functions.
- ❖ I have read the tryout packet, rules and regulations, and understand that the violations of any of these expectations of the program may lead to temporary or permanent suspension from the team.
- ❖ I understand and give my permission for my daughter/son to ride with the coach and/or other parents when necessary. I understand that all try-out forms including but not limited to this sheet must be completed by November 10, 2014 or my child will not be allowed to tryout.
- ❖ I understand that my child must attend all tryout sessions (unless excused by the coach) or my child will not be considered for a cheerleading position.
- ❖ I understand that qualified judges will evaluate my daughter/son and we agree to abide by the decision of the judges.
- ❖ I understand that my child will be reviewed by the teachers in their school about their grades, citizenship, and attendance.
- ❖ I understand and agree with all costs involved as stated in the try-out forms, and my child will be a part of fundraising.
- ❖ I understand by the very nature of the activity, cheerleading and gymnastics can carry a risk of physical injury. No matter how careful the participant and the coach are, how many spotters used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk could also include catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and by signing below agree to not hold Warren Woods Public Schools or any of the coaching staff personnel responsible in case of accident or injury at any time.

We understand the risks stated above. If selected, my child and I promise to abide by the rules and regulations as well as keeping with the integrity of the program set forth by the coaches and Warren Woods Public Schools. By signing below we promise to cooperate and follow the instructions set forth in this packet and of the coaching staff.

Parent Signature: _____ Date: _____

Cheerleader Signature: _____ Date: _____

Parents/Guardians Name: _____

Parents Phone: _____

Parents E-Mail: _____

Home Address: _____ City _____ Zip: _____

Cheerleaders Phone: _____ Cheerleader Birthday _____

Cheerleader E-mail: _____

Check box to accept Text Messages: Parent Cheerleader

Parents preferred method of communication: Phone E-mail Text Facebook