**Chantilly High School**

**Coed Cheerleading**



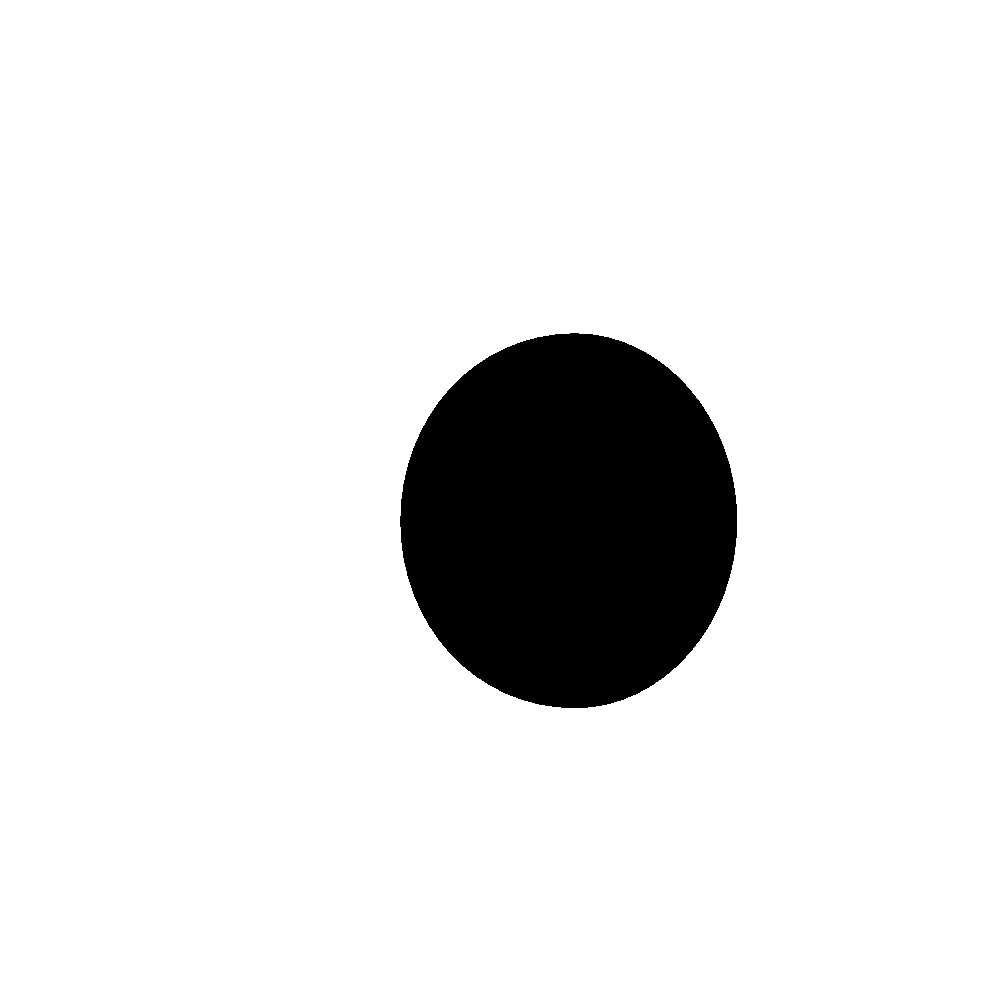
**Fall 2022**

***“Dedication, Drive and Determination”***

CHANTILLY HIGH SCHOOL CHEERLEADING CONTRACT

The Chantilly Cheerleading Program is proud to represent our school and the Chantilly Virginia Community. Our philosophy is to promote school spirit, unity, and sportsmanship both on the competition mat, and while supporting the Chantilly Athletic Program. The cheerleaders are leaders in and out of school and must project a positive image at all times. This image is reflected in each athlete’s grades, conduct, attitude, speech, dress, and relationship with others. Our rules and regulations are based on Chantilly HS Policy, FCPS Policy, VHSL Policy, National Spirit Federation Policy, and the American Association of Cheerleading Coaches and Advisors Policy.

**1. PROGRAM ELIGIBILITY AND TRYOUTS**

A. The cheerleading season runs from August through November depending on the football schedule and the district, regional, and state cheerleading competitions. By joining the program, you are committing to the sport of cheerleading for the fall season. While cheerleaders may participate in other extra-curricular activities cheerleaders need to understand that high school cheerleading will be their first priority. This is especially true for students new to cheerleading who need to focus on maintaining and improving their skills.

B. Tryouts will be conducted as follows; the freshman team is open to 9th graders only. JV is open to all 9th – 12th graders; Varsity is open to all cheerleaders in grades 9 – 12th. Cheerleaders will be evaluated by the cheerleading coaching staff and/or an outside panel of judges throughout a three day evaluation period. The coaches reserve the right to determine the number of cheerleaders on each squad. Number and teams may vary from season to season. The top overall candidates as indicated by the tryout evaluation will be chosen as the Varsity squad. Cheerleaders will be placed on the JV and freshman teams according to team needs and skill level as evaluated by the coaching staff and/or an outside judging panel.

On both JV and Varsity, Coaches will refer to their initial evaluation of team members to name the competition squad and the remaining members will either be competition alternates or athletes that comprise the sideline team.

C. Only Junior Varsity and Varsity squads will consist of a competition team. If the Varsity competition squad is not filled through tryouts, the Varsity Coach for the conference, regional, and state cheerleading competitions may recruit any cheerleader on the JV or freshman team to compete with the varsity team if the Varsity coach desires, and if the recruited cheerleader is agreeable to the commitment. Cheerleaders will be picked for competition squad based on his/her attitude, commitment, and cooperation with squad members, cheerleading ability, evaluation from tryouts, and overall performance at all practices.

D. Cheerleaders will be selected for competition based on attitude, level of commitment, behavior and performance at practices and games, and needs of the overall squad. Gymnastics, dancing ability, and cheer technique will also play a key role in determining the competition squad.

C. If a cheerleader decides to remove themselves from the team before the end of the season for a non-emergency situation (as determined by the coaching staff) the cheerleader will become ineligible to cheer at Chantilly High School for a period of 1 academic year. As a Chantilly Cheerleader you are making a commitment to not only yourself, but to a team that requires your 100% dedication. If you feel that you cannot make the commitment then you should not tryout.

**2. Conduct, Attitude, and Effort**

A. As a Chantilly High School Cheerleader you not only represent Chantilly Cheerleading, you represent Chantilly High School. Cheerleaders are held to a higher standard in terms of dress, behavior, speech, academics, and interactions with others. By trying out for the team, cheerleaders agree to check their behavior and attitude and are expected to be model students.

B. Cheerleaders who are consistently removed from class or reprimanded by their teachers will be required to meet with the cheerleading coaching staff and could face punishments including a behavior contract, missing games or events, removal from the competition team, and removal from the team.

C. Practices are a time for progress and hard work. Cheerleaders will be required to participate in all activities unless excused by the Coach, Athletic Trainer, or a Doctor. Cheerleaders, who refuse coaches direction to participate in cheerleading activities, are insubordinate, or distracting to the other cheerleaders will be warned and then sent home from practice. Any cheerleader who is sent home from practice for insubordination will not be allowed to return to practice or competition until the cheerleader has been cleared by the coaching staff which usually requires a conference with cheerleader and possibly the cheerleader’s parent/guardian.

D. Listen first, talk later is the key to a productive practice. Cheerleaders will be required to dispense with private conversations and unproductive chatter at the beginning of practice. **EXCESSIVE TALKING WILL NOT BE TOLERATED**. Cheerleaders who refuse to adhere to this policy may be asked to leave practice or games, face the forfeiture of stunting privileges, removal from games and events, and removal from the team.

E. Fighting can and will lead to immediate suspension from cheerleading activities based on the determination by the Chantilly High School Administrative Team. Should a cheerleader be suspended from Chantilly High School they risk a suspension of equal time from cheerleading activities upon their return or removal from the team based on administrator recommendation, and the severity of the offense.

F. Cheerleaders MUST refrain from posting negative comments on social media including Facebook, Twitter, Instagram, Snapchat etc. about ANY cheer teammates, their team or program or other cheerleading teams/programs. Cheerleaders should also monitor their use of social media and should refrain from posting music or video of routines and performances until the end of the active season unless otherwise approved by the cheerleader’s respective coach.

**3. ACADEMIC ELIGIBILITY AND ATTENDANCE**

A. Fairfax County Public Schools requires student to maintain a minimum GPA in order to participate in athletics at Chantilly High School. Please keep in mind that this is a minimum. Cheerleaders will be held to a higher standard. Grades will be monitored throughout the season. If the coaches feel that cheerleader’s grades will be a problem they will not be allowed to tryout for the team. Any cheerleader who is failing to maintain academic standards may face penalty including mandatory study hall, suspension, or dismissal.

B. Academic performance below the team standard is grounds for probation and/or dismissal. Good behavior, prompt arrival to classes, and proper conduct are a necessity. **Remember: As Chantilly High School students, academics are your number one priority!**

C. All cheerleaders must adhere to the **Chantilly Extra Curricular Participation Policy.** Smoking, consumption of alcoholic beverages, drugs, consistent use of vulgarities, and cheating in the classroom **can result in expulsion from the squad for the school calendar year. NO EXCEPTION, ZERO TOLERANCE.**

D. All Chantilly High School Cheerleading Practices are CLOSED. Cheerleaders should refrain from bringing friends, siblings, or other acquaintances to practice, as it is a distraction to the team. Cheerleaders who do not adhere to this policy will be asked to leave and will be counted as an unexcused absence for the day.

E. **EVERY PRACTICE IS MANDATORY**, excused only for ahead of time scheduled doctor’s appointments, funerals, weddings, and **extreme** family emergencies. Absences are excused at the discretion of the coach, and **three** or more **unexcused** absences will result in dismissal from the team. Please note that completing homework or other classroom assignments will **NOT** be considered a reason for excusal from practice. Cheerleaders will be given a practice schedule ahead of time and need to manage their time and assignments around the cheerleading schedule. Meetings with teachers to make up assignments or tests **MUST BE PRE-ARRANGED** with the coaches or they will be counted as unexcused. Vacations and/or college visits MUST be scheduled around the cheer calendar as these are unexcused absences.

F. Cheerleaders must be dressed in appropriate uniform for games, practices, and activities, and have all equipment necessary to perform. Poms, megaphones, warm-up suits, bows/hair ties, etc. at **all** times. Make sure you have eaten and hydrated before all practices, games, and competitions as half time and breaks are insufficient times for full meals. Cheerleaders who are not in the proper cheerleading attire including athletic clothing and athletic shoes will not be allowed to participate in cheerleading activities and will be considered unexcused for attendance purposes.

G. Attendance is vital to the development of the cheerleading program. Cheerleaders are a vital part of a team that demands 100% total dedication and commitment. It is worth noting that Cheerleaders MUST attend class all day on the day of a game or event in order to participate in activities related to Cheer whether it be practices, a game day, or competition day.

\* If a cheerleader leaves school due to illness, she/he will not be eligible to

cheer at practice or a game.

\* If a cheerleader misses class due to a doctor’s appointment, dentist

Appointment or other extenuating circumstance she/he will be eligible to

participate if able to present a doctor’s note upon return.

\* All events for which a cheerleader will be late or absent MUST HAVE

PRIOR APPROVAL FROM THE COACH.

\* Everyone must attend and be on time to games, practice, or events.

Tardiness may result in not cheering at games or competition.

\* After school activities are NOT excused. Passes from teachers will NOT

be accepted without prior approval.

\* Missed practices during the week may result in not cheering at games.

\* Three unexcused tardies will equal one unexcused absence. Three

unexcused absences may constitute permanent dismissal.

\* Funerals, weddings, family illness, doctor’s and dentist appointments, and

other emergencies will be considered excused absences WITH PRIOR

APPROVAL from the coach, However, time missed may result in not

cheering at games, or depending on the circumstances the removal from

the competition team.

H. If a cheerleader is having problems in an academic subject and need additional support/ time with the teacher, they must clear an absence with the coach before the day of a practice/game or they will be counted as absent. Finishing homework or a project is the responsibility of the cheerleader and there for will not be considered a reason for excusal from practice, games, or events. Cheerleading is a commitment that requires a great deal of time. If cheerleaders cannot make the commitment, they should not tryout for the team.

**4. PEP RALLIES AND OTHER PERFORMANCES**

A. If a cheerleader from any of the three cheerleading teams at Chantilly High School wishes to add a performance that is not listed on the cheerleaders monthly schedule the cheerleader must seek approval from The HEAD COACH. Only the Head Coach can authorize an additional performance. This includes Pep Rallies and other school functions and performances. There are no exceptions to this policy and failure to seek prior approval will result in immediate suspension from the team.

**5. UNIFORMS AND APPEARANCE**

A. Cheerleaders are expected to adhere to the **Chantilly Dress Code** at all times, even when not in Uniform.

B. Clean uniforms will be given to each performer at the beginning of the season. Uniforms **may** be worn to school on game days and days of other activities to promote school spirit and attendance at games. Coach(es) and cheerleaders will determine which uniform to wear to school and may choose to dress up for special occasions if approved by appropriate school officials. When told which uniform or outfit to wear to school it is NOT optional, the cheerleaders must dress alike as one team.

C. Cheerleaders may ONLY wear issued warm-up jackets or sweaters over their shells and issued warm-up pants under skirts/over uniform bottom. No Spirit Pack items (sweatshirts/t-shirts) are permitted.

D. Each cheerleader will be asked to sign an equipment inventory sheet stating the uniform(s) and equipment was received. Uniforms and equipment are due after the last scheduled game/event of the season on the date designated by the coach(es). Uniforms must be **washed** and **FULLY DRY** and then placed with a dryer sheet in a ziploc bags clearly labeled with the athletes name. Any cheerleader who does not return his/her uniform at the end of the season will be charged the full amount for the uniform plus the cost of special ordering a replacement (usually double the price). Uniforms run between $150-250 depending on when and from whom they were purchased.

E. Absolutely NO jewelry (including tongue, belly, and facial piercing), gum, long fingernails and/or glitter is permitted during any practice, game, or cheerleading activities. Colored fingernail polish may NOT be worn while in uniform.

F. Make-up should be natural looking, tasteful, and not overdone. As athletes and performers, cheerleaders need to achieve a look that is natural, yet has a touch of glamour and sophistication. When in uniform, all female team members should be wearing the **SAME MAKE-UP** shades to include blush, eye shadow, mascara, lipstick, and translucent face powder to minimize shine. Male performers should only utilize translucent powder to minimize shine when necessary. REMEMBER: Make-up containing glitter of any kind is not permitted.

G. Long hair must be worn off the face at all times during all practices, games, and spirit leading activities. Cheerleaders may be required to wear hair off of the shoulders as well for safety during tumbling/stunting at the discretion of the coach(es).

H. If distributed, team socks and bows must be worn with the uniform. No other accessories are allowed including jewelry or hair ties on the wrist. Team briefs must be worn under uniforms.

I. Athletic shoes must be worn for tryouts and practices. CHEER SHOES ARE A PART OF THE UNIFORM and must be worn at all games and spirit leading activities including dressing in uniform during the school day. Flip-flops, open-toed sandals, and Ugg boots are not permitted at any time while in uniform. When in uniform, cheer shoes are the only acceptable shoe.

J. Maintain uniform cleanliness by washing them on gently cycle and hang dry. DO NOT PUT UNIFORMS IN THE CLOTHES DRYER AND DO NOT IRON.

**6. Chantilly High School Cheerleading Choreography/Camp**

A. It is possible that the Chantilly Cheerleading Squad will participate in a private camp. If this is the case further information will be given to students as soon as possible. If camp is scheduled the camp will be mandatory for all members.

B. Competition Choreography is vital and requires the participation of all members of the team. Choreography is a mandatory event. No excused practices will be considered for Competition Choreography. Any cheerleader that cannot attend any of the chorography sessions will be considered either a competition alternate or a part of the sideline team on their respective squads.

**7. Physicals and Athletic Paperwork**

In order to participate in any sport at Chantilly High School you must have a physical. This can be done by your doctor and must be completed on the physical form provided by the school. These forms will be available in the main office, around the school, or online at [www.fcps.edu](http://www.fcps.edu/). Make sure you get your physical done as early as possible. You will not be able to attend tryouts if you do not have a valid physical Form or if you do not have all required documents completed and turned in. These forms include the Emergency Care Card as well as the certificate stating that you have completed the Concussion training offered through the VHSL website.

**8. Gymnastics/Tumbling**

Gymnastics are an important component to cheerleading and will enhance your ability to cheer at higher levels. If you don’t have a back handspring, it’s important that you considering enrolling in gymnastics and or tumbling class. It is Highly Suggested that all individuals trying out for the Varsity team has a minimum back tuck (no spot) and/or round off back handspring back tuck. While in general those with the tumbling requirement will receive first consideration, it is possible that coaches may select someone without this requirement to address non-tumbling needs of the team. If the team is not filled with individuals who have a back tuck, remaining spots will be filled with other candidates based on their evaluation during tryouts and will be chosen by the overall need of the team(s). The programs and teams best interest for competitive success comes first! Please see Coach Barden for information about gymnastics facilities if you are interested. It is expected that all cheerleaders are enrolled in a gymnastics or tumbling class to advance individual skills.

A standing back handspring is suggested for those wishing a spot on the JV team competition team. There is no tumbling requirement of the Freshman team however it is recommended that cheerleaders enroll in a gymnastics class in order to perfect their gymnastic skills in preparation for advancement to the Varsity team.

**9. Cost**

Cheerleading is a performance based athletic activity and as such requires that students purchase various items as part of their uniform. As these items can be expensive, the coaching staff will work with students and parents to keep cost low. It is our goal that costs will not preclude and interested student from participating in the program. The following is a list of items that students may have to purchase. Listed below are possible items and estimated cost cheerleaders should be familiar with:

* Briefs - $15
* Crop top body suit - $18-20
* Practice uniforms - $50-75
* Bows - $15-20
* Shoes - $80-120
* Poms - $30-40
* Leggings - $35
* Warm ups will be provided by the school
* Competition Music $20
* Cheerleading Camp/Choreography $200
* Speed Camp JV and Varsity: $150
* Uniform Cleaning Fee $30.00

**10. TRANSPORTATION AND CELL PHONE USE**

A. Cheerleaders must ride the bus to and from games or events unless otherwise noted by the coach. In case of an emergency, a cheerleader may ride home with a parent with permission from the coach.

B. Cell phone use is prohibited during all cheerleading activities including practices, and games (halftimes, performances, etc). Cell phones during practice will be collected in a team cell bin and will be released at the end of practice. Phones must be placed in the “off” or “silent” position prior to arrival at a spirit-leading event. In the event of a **true emergency**, parents/guardians may call coaches’ cell phone numbers (will be provided), or may come directly to the school to pick up their cheerleader. Cell phone use may resume at the conclusion of a spirit-leading event or practice.

C. In the event of transportation delays, changes, or early arrivals, coaches reserve the right to allow cheerleaders to use their phones for relaying this or other important information only.

D. Cheerleading activities can run very late into the night. Many times the school is closed or is closing when we return from a game or event. It is vital that Parents pick up their cheerleaders or arrange alternative rides. As it is a liability issue for coaches to transport cheerleaders in their cars without the proper paperwork, coaches will not transport cheerleaders unless it is an EXTREME SITUATION. Cheerleaders will be given a calendar at the beginning of each month and all ending times will be projected as best as possible. Cheerleaders will be allowed to use their cell phones to keep parents/guardians apprised of anticipated returns from events.

**11. FUNDRAISERS**

A. Fundraising is a necessary part of the cheer program to purchase uniforms (which cost thousands of dollars), competition supplies, paint, paper, and many other things. Fundraising is mandatory for all members of the cheer program.

B. Each cheerleader is expected to raise $225.00 for the program. Cheerleaders will be offered many opportunities to do this throughout the season and the off-season. It is the cheerleader’s responsibility to take part in these activities to help fund the program and its operations.

C. If cheerleaders fail to collect/return the amount of money which they have sold/collected, they will be personally responsible for paying that amount of money upon completion of the fundraiser.

Lauren Barden

Head Cheerleading Coach

Chantilly High School

lauren.indie7@gmail.com

**-- End of Constitution-**

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**ACKNOWLEDGEMENT OF CHANTILLY CHEERLEADING RULES AND REGULATIONS AND FUNDRAISING ACTIVITIES:**

I have read and understand the rules and regulations of the Chantilly Cheerleading Program. I will abide by them at all times. I understand the time requirements for cheerleading and agree to commit for the entire season. I understand that after three (3) unexcused absences I will be subject to dismissal from the team. I have read and understand that fundraisers are required as part of the cheer program. I promise to the best of my ability to make every effort to promote successful fundraisers. I understand that I will be held responsible for all items that are contracted to me, and for all money that I receive on behalf of the CHS cheer program. I further understand that I am being held to a higher standard than other Chantilly High School students and that my behavior and attitude will be closely monitored throughout the season.

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Student Name Student Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

I have read and understand the rules and regulations of the Chantilly Cheerleading Program. I will support my child in their efforts to abide by the rules at all times. I understand the time requirements for cheerleading, and will support my child in their commitment for the entire season. I understand that fundraising is a required part of the cheer program, and I will join my child in their responsibility for any goods contracted to them or money they receive on behalf of the CHS cheer program.

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Parent Signature **Date**

**ACKNOWLEDGEMENT OF CHANTILLY HIGH SCHOOL CHEERLEADING**

**ATTENDANCE POLICY**

I understand that all Chantilly High School Cheerleading Practices and events are mandatory. I further understand that missed practices will only be excused for pre-approved doctor’s appointments, funerals, weddings, and **extreme** family emergencies. Absences are excused at the discretion of the coach, and two or more unexcused absences may result in suspension and/or dismissal from the team.

I understand that cheerleading does take a great deal of time and requires time management and planning. I understand that completing homework or other classroom assignments will not be considered a reason for excusal from practice. Cheerleaders will be given a practice schedule ahead of time and need to manage their time and assignments around the cheerleading schedule. Meetings with teachers to make up assignments or tests **MUST BE PRE-ARRANGED** with the coaches or they will be counted as unexcused.

I understand that cheerleading practices are closed and as such cheerleaders should refrain from bringing friends, siblings, or other acquaintances to practice, as it is a distraction to the team. Parents who wish to observe their child at practice must request permission from the coaching staff before the day of practice. Cheerleaders who do not adhere to this policy will be asked to leave and will be counted as absent for the day.

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Student Name Student Signature

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Date

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Parent Signature Date