

Central Bucks East High School Cheerleading Guidelines

PURPOSE

1. Cheerleaders shall strive to develop self-esteem
2. Cheerleaders shall practice teamwork
3. Cheerleaders shall develop organizational and time management skills
4. Cheerleaders shall promote and uphold school spirit
5. Cheerleaders shall display a sense of good sportsmanship among students and adults

CONDUCT AND RESPONSIBILITIES

1. Cooperate with the coaches, game officials, teaching staff and other squad members.
2. Promote good sportsmanship and school spirit through cooperation with other students, teachers and administrators.
3. All cheerleaders must have a passing grade in all courses for eligibility.
4. Understanding that the following are serious offenses that may result in probation from the team or a cheerleader being removed from the competition routine by the administration or cheerleading coaches. Each will be dealt with on an individual basis: truancy, smoking, fighting, profanity, cutting class/practice, consuming alcoholic beverages, drugs, weapons, insubordination, lying, theft, vandalism or any other violation of the Central Bucks Code of Conduct.
5. Athletes must uphold a positive image of themselves on all social media accounts.
6. Report illness or injury to coaches immediately.
7. Agree to maintain a high level of physical fitness and good nutrition.
8. Agree to approach each cheerleading responsibility with a positive attitude.
9. A student must be in school for a minimum of a half of a day in order to be eligible for participation in an activity.
10. Any absence(s) during the week of a game or competition may warrant removal from that game/competition or any part of it. This is at the discretion of the coaches.
11. It is imperative that cheerleaders report promptly to practices, sporting events and fundraisers in which they are participating.
12. Arguments among squad members are to be avoided. If there is a problem that cannot be resolved please communicate with the coaches.
13. Athletes are expected to know all material for football games, basketball games and competitions. If an athlete has not learned the routines, cheers or chants and is not striving to do so they will be benched until they have mastered the routines, cheers and chants.
14. Athletes must attend meetings with their team and coaches throughout the season to set goals and check progress.
15. Athletes will be expected to attend exit interviews with the coaches at the end of the season. Should an athlete decide to quit prior to the end of the season, they must meet with the coaches.

***If an athlete does not abide by the guidelines including behavior and attendance or does not demonstrate a commitment to their team, they will be expected to meet with the coaches to develop a Personal Improvement Plan.**

ABSENCES

1. Athletes must be in school for at least half of day in order to attend and/or participate in extracurricular activities.
2. Athletes may miss 3 cheerleading events during the fall season and 3 cheerleading events during the winter season.
3. Cheerleading events include practices, games, clinics, fundraisers, etc.
4. Athletes should email the coaches as soon as possible to report an absence and reason:
mmathis@cbsd.org, eorourke@cbsd.org, acarp@cbsd.org.

5. Should athletes have a prior communicate, athletes must communicate to the coaches via email at least 3 weeks before the date that they will be missing.
6. Once a student misses 3 cheerleading events within a season, consequences will be at the coaches' discretion but may include placed on a Personal Improvement Plan, removal from the team, removal from competition or not receiving a certificate of completion/varsity letter.
7. Tardiness and leaving early will be at the coaches' discretion and may include partial misses.
8. Our season will run from mid- August to the end of the Basketball season (either end of regular season if not making playoffs or when playoff game is lost).

SCHEDULED EVENTS

1. All scheduled events are required.
2. Some scheduled events require payment such as camp, tumbling, choreography etc. These events will not be prorated if an athlete only attends part of the scheduled time.
3. Work or other activities must be scheduled around these events.
4. Cheerleaders are expected to report promptly to practices, sporting events and fundraisers in the appropriate attire in which they are participating.
5. Hair must be kept off face and shoulders.
6. Make up must be natural, not excessive.
7. Only clear or neutral nail polish may be worn on nails.
8. Nails are to be trimmed to an athletic length, which is just beyond fingertips, to prevent injury
9. No acrylic nails.
10. No jewelry to be worn may not be taped.
11. No gum.
12. All protective gear and/or devices must be applied by practice time. Take responsibility for your safety, ex: do not be late for practice due to a long line at the trainer's office.
13. Athletes will be expected to attend Team Tumbling sessions once a week.
14. Games (football and basketball)
 - Cheerleaders must be in their chant line one minute prior to the game after half time.
 - During the National Anthem you will stand quietly facing the flag.
 - No primping on the sidelines or on the bleachers.
 - No food or drink allowed while you are cheering.
 - No practicing motions on the sidelines.
 - In the event of a game injury, you are to take a knee until the player has been removed from the field/court.
 - Wearing warm up jackets, warm up pants or rain gear for cold temperatures will be decided by the coaches prior to the game. Be prepared to keep everything packed and bring it to all games.
15. Summer Camp
 - Each cheerleader will attend away summer camp at his or her own expense.
 - Location and dates of camp are at the discretion of the coaches.
 - There will be practice scheduled during the summer months; cheerleaders are encouraged to attend all practices.
16. Competitions
 - Competition is mandatory for all cheerleaders. Every cheerleader is required to attend all competition dates. If for any reason there is a competition date that he or she cannot attend, it will be at the discretion of the coaches.
 - Competition entrance fees will be covered by the cheerleading funds.
 - Competition dates and locations will be at the discretion of the coaches.
 - The size of the competition team and cheerleaders eligible to compete will be at the discretion of the coaches.

- All cheerleaders are expected to uphold all tryout requirements throughout the entire season. If a cheerleader fails to do so, this will result in removal of the competition routine. This will be handled on an individual basis.

FUNDRAISING

1. Every cheerleader is expected to participate in the team's fundraisers.
2. Most of the money needed for the operation of the cheer program is generated from fundraising efforts.
3. All fundraisers are mandatory.
4. Depending on fundraising efforts and funds raised, athletes will be required to contribute to meet funding needs.

UNIFORMS

1. Uniforms should only be worn in conjunction with CB East Cheerleading events.
2. Uniforms must be kept neat and clean. All skirts, shells and poms are property of Central Bucks School District.
3. The district will withhold participation in other sports, prom, graduation, etc. until all uniforms and equipment are returned.
4. No uniform or equipment shall be leant or loaned out for any reason.
5. Cheerleaders are responsible for all equipment and uniforms issued to them and will be financially responsible for anything damaged or not returned to the coaches on the required date. Failure to turn in a uniform and equipment will result in students being placed on the obligation list for CB East (this withholds students from trying out for other sports, purchasing dance/event tickets, etc.)

TRANSPORTATION

1. All trips, coming and going, must be made on school transportation sanctioned by the school authorities. No one is exempt from this policy.
2. Every cheerleader must ride the bus to and from an event.
3. Exception for #2 (when returning from the event)- the athletic director approves an alternative mode of transportation by the parent submitting a letter of request. This letter must be submitted one week prior to the event. The athletic director will notify the coaching staff if it is approved or not approved. On the day of the event if the coaching staff has not heard from the athletic director regarding your request, you are not permitted to use your alternative mode of transportation and must join the team on the bus. This may only be due to a family hardship.
4. A bus will be taken to all away games and competitions even if they are within the district.
5. Behavior on the buses must be the upmost expression of maturity and respect.
6. A ride from the high school must be waiting for the student up return of the scheduled event.

LETTERING, AWARDS AND BANQUET

Qualifications: In order to receive awards of any type you must cheer throughout the entire season (football, basketball and competition).

Awards: Special awards will be distributed at the end of the season ex: Most Valuable Person, Most Improved and Coaches Award

Banquet: The coaches will organize awards, trophies and the program at the end of the season.

PARENT PARTICIPATION

This organization desires to have a successful program and know that parent support is an intricate part of the process.

1. Parents will be asked to volunteer their time throughout the season for fundraising efforts.
2. Parents will be required to attend as many parent meetings as possible.
3. Any questions or issues should be discussed with the coaches via email at mmathis@cbsd.org, eorourke@cbsd.org and acarp@cbsd.org.

4. Parents are strongly encouraged to email the coaches and schedule an in-person meeting if there is a need to discuss a concern.
5. Parent board members are at the discretion of the coaches and prior board members, but are on a volunteer/nominee basis.