

Owen J Roberts Cheerleading Guidelines

Expectations

The purpose of the organization is to promote school spirit and develop good sportsmanship. All members of the cheerleading squad are expected to be respectful to coaches and each other. Each girl is expected to follow the guidelines outline below. Please understand, cheerleading is a contact sport. Meaning, there is a risk of injury if directions and rules are not being followed. All situations, rules, and decisions will be handled at the coach's discretion. Leaving the team must be announced to the team and coaches.

Attendance

Everyone is expected to be at all practices, games, and other events throughout the school year. Practices may **NOT** be missed because of work or appointments. Missing practices without informing the coach will not be tolerated. If you miss practice, you are responsible for what you have missed. Practices may only be missed if you are ill, a death in the family, religious reasons, or a family has scheduled vacation. If you are injured during the season, you will still be expected to attend all games and practices. Failure to do so will result in demerits.

Behavior

All members of the cheerleading squad must conduct themselves in an appropriate manner at all times. As representatives of the Owen J. Roberts school and athletic program they are to be appropriately dressed for all games and practices, conduct themselves in a manner that adheres to all school rules, and display respect to the athletes, coaches and spectators that displays the school spirit expected of a Cheer LEADER. If there are any questions regarding the difference between acceptable and unacceptable behavior, please see your coaches, and consult the school policies and procedures. Remember, you are representing your school, your fellow squad members, your coaches, and your parents, whether you are in uniform or not, everyone knows who you are!

Demerits

1 demerit Verbal Warning, Sitting out ½ of an event.

2 demerits Sitting out 1 event.

3 demerits Dismissal from the squad.

An event is any game, match or other cheerleading function

Infractions

- Late to practice or event
- Failure to contact coach about missing an event within 24 hours
- Unacceptable behavior
- Public display of affection while in uniform
- Using profanity while in uniform
- Chewing gum during practice or event
- Not knowing cheerleading material
- Disrespectful to others

- Wearing jewelry at practice or event
- Using cellphones at practice or event without coaches permission
- Exhibiting a continuous negative attitude
- Forgetting part of uniform or accessories
- Inappropriate appearance
- In-school suspension

Immediate dismissal from squad

- School expulsion
- Assignment to Alternative Education
- After receiving 3 demerits
- Insubordination toward coaches

*Alcohol, Tobacco, and Illegal drugs will be dealt with according to school policy

Appearance

- Your uniform, or any part of it, is not to be worn unless there is an event.
- Use make-up sparingly
- No jewelry. (Belly button rings must be removed)
- Uniform and accessories should always be neat and clean.
- Hair must be pulled back in a ponytail or braid.
- Wear appropriate clothing/sneakers to practice. (not too baggy or slippery, no ties)
- Hair may not be dyed an unnatural color
- No parts of the uniform should be worn by anyone but cheerleaders. If you attend or stay for an event before or after a game or cheerleading function, you must change out of your uniform.

Transportation

All members of the cheerleading squad must travel to and from games with the squad. All members of the cheerleading squad are responsible for their own transportation to/from designated meeting areas. We urge you to carpool (for pre-game events AND practices) to save time and money. If a parent/guardian is picking you up directly from a game, they **MUST** check in with Coach Place before leaving a function. Otherwise, you will be required to ride the bus back to the high school.

Academics

All members of the cheerleading squad are expected to maintain passing grades. To be eligible to participate in cheerleading, or any other sport, students must pursue a program of studies approved by the respective school principal. A student cannot receive a failing grade in more than 1 subject area, which meets a minimum of 2 periods per week. Athletic eligibility will be cumulative from the beginning of the marking period and will be reported on a weekly basis. If any student is on the ineligibility list 3 consecutive weeks, they will be dismissed from the team.

Schedules

Practice and game schedules are subject to change. Be sure to listen to daily announcements for important updates.

- Summer conditioning will be every Tuesday and Thursday 9am-12pm starting 7/9/2019.
- Regular season summer practice: August 19th and 20th 9am-12pm.
- Regular season practice, starting August 22, 2019 will be Tuesday/Thursdays 5-7pm.

*All practices are closed to the public.

Games

8/23/19 (Home) 7pm---Cheerleaders expected to show up at 5:15pm.

8/30/19 (Home) 7pm---Cheerleaders expected to show up at 5:15pm.

9/6/19 (Away) 7pm---Cheerleader arrival time TBD

9/13/19 (Away) 7pm---Cheerleader arrival time TBD

9/20/19 (Away) 7pm---Cheerleader arrival time TBD

9/27/19 (Home) 7pm---Cheerleaders expected to show up at 5:15pm. *Homecoming

10/5/19 (Away) 1pm---Cheerleader arrival time TBD *Note, this is a Saturday game.

10/11/19 (Away) 7pm---Cheerleader arrival time TBD

10/18/19 (Home) 7pm---Cheerleaders expected to show up at 5:15pm. *Senior Night

10/25/19 (TBD) 7pm---Cheerleaders expected to show up at 5:15pm.

Mandatory Dates

- **Parent/Cheerleader meeting will be held on 5/31/19 at 6pm. Both parent a cheerleader should be in attendance.**
- **Camp:** We will be attending Pine Forest UCA cheer camp August 12-15. Camp is within the start of the season and is mandatory. We will be proving fundraising opportunities to offset the cost of camp. Fundraising is optional. Camp cost per athlete is \$280. \$140 is due on the first day of summer conditioning 7/9/19. The remaining balance is due 8/6/19. If you are unable to attend summer conditioning, your deposit check can be made out to OJR Cheerleading. Please mail to Coach Place at 348 Reiff Ave. Pottstown, Pa 19465.
- **Cheer Clinic:** We are hosting a youth clinic on 8/9/2019 from 9-2. This is a fundraiser and all cheerleaders are expected to be in attendance. More details will be given closer to the date.
- **Summer Conditioning:** Summer conditioning will be every Tuesday and Thursday 9am-12pm starting 7/9/2019. If a cheerleader is not on vacation, they should be attending summer conditioning. It is extremely important to attend, especially if you are a new team member. We learn almost all of our material (Cheers AND Dances) during these practices. We will also be forming stunt groups for camp and regular season.

Expenses

Cheerleaders:

Cheerleading has a lot of accessories that go with our uniform that can become costly. We plan to do some fundraising to cut down on some of these costs.

- **What will be provided to your cheerleader:**
 - Uniform (Shell and Skirt)
 - Pom Poms
- **What you must provide for your cheerleader:**
 - **Warm ups**—Ordered as a team (about \$90 MANDATORY for Fall Only). We expect that only new cheerleaders will need to order these.
 - **Cheerleading sneakers and bloomers** I order through Schuylkill Valley Sports. You may purchase your own if you can find a better deal than what SVS is offering, but the sneakers MUST be cheerleading sneakers and the bloomers MUST be RED or SILVER (any cut) (\$45-50/\$10-15).
 - **White mock-neck Under Armour style shirt** - \$20-30
 - **Red Hair bow/Breast Cancer Awareness Pink Bow** – Ordered as a team (About \$10-15/each)

Wildcats:

- We will provide the wildcat uniform and pom-poms.
- You must provide:
 - Appropriate, comfortable footwear
 - Clothing to wear under the uniform based on the weather
 - Red Hair bow/Breast Cancer Awareness bow (for our “female” wildcat)

There may be other expenses throughout the year. In the past we have done t-shirts, different attire for breast cancer awareness month, senior night, and homecoming expenses. Please be aware of this.