

**Falls Church High
School (FCHS)
Cheerleading
2019**



Rules, Regulations, and Responsibilities
Contract

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Freshman Head Coach:
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Zina Herb, Darius
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FCHS Cheerleading Rules, Regulations, and Responsibilities 2019 Contract

All athletes in the FCHS Cheerleading Program are expected to adhere to the following code of conduct. This contract is in addition to the Student Rights and Responsibilities (SRR) agreements. Athletes *and* parents must be familiar with, and agree to, these rules, regulations, and responsibilities as this information serves as the foundation for implementing and maintaining a successful program.

Falls Church High School Cheerleading is a sport. Participants will be treated as student athletes.

You are expected to understand the physical requirements, time commitments, and social responsibilities that come along with the privilege of being a FCHS Student Athlete. You are a representative of FCHS Cheerleading and must conduct yourself in an appropriate manner in and out of uniform at all times. Information posted on websites, chat rooms, Instagram, Snapchat, Facebook, Twitter, etc., is public information. Athletes will be held accountable for any and all information posted to public social media sites. All information, words, and pictures **MUST** be school appropriate. In other words, **MAKE GOOD CHOICES!**

Chain of Command: The FCHS Coaching Staff expects both our coaches and our athletes to be mature and accountable for their actions. We encourage an open and honest flow of communication, and should any issue, question, or concern arise, the following chain of command should be followed:

Parents ⇄ Athletes ⇄ Respective Team Coach(es) ⇄ Head Coach ⇄ Director of Student Activities (DSA)

The following are strictly required without exception:

- Good academic standing – All athletes must pass five (5) classes to be eligible to participate in cheer.
- Attendance at all scheduled practices, games, fundraisers, competitions, etc.
 - Absence from practice without prior approval may result in dismissal from the squad/sitting out during games/etc.
- Good sportsmanship and support of ALL FCHS Athletics
- Respect and support for school faculty, your teammates, and the coaching staff
- Regular attendance in school
- Following practice attire, game attire, and competition attire schedules
- Participation in “Spirit Week,” Community Cheer Clinics, Pep Rallies, Recognition Ceremonies, Cheer Evaluations, Competitions, Fundraisers, etc.

Disciplinary Action: Disciplinary action is at the discretion of the FCHS Coaching Staff. FCHS Coaches may consult with the Activities Director regarding disciplinary action, depending on the severity of the prohibited behavior. Disciplinary action may include, but is not limited to:

- Game suspension(s)
- Competition suspension(s)
- Team suspension; and/or
- Removal from team.

Proper Uniform Requirements:

- Cheer shoes, bows, camp gear, poms, bags, etc., will be purchased by each athlete.
 - Hair must be worn up with a bow.
 - Sweatpants, UGG boots, and other non-FCHS Cheer clothing may not be worn with uniforms.
 - Nails must be trimmed (short, no white showing) and be free of polish. No fake nails are allowed during cheer season.
 - No jewelry (this includes body jewelry) may be worn while cheering at games, competitions, or practices.
 - Makeup may be worn (in moderation – no black lipstick, no extremely heavy eyeliner, etc.).
 - No chewing gum during practices, games, and/or competitions.
- **Failure to adhere to the uniform requirements will result in athletes sitting out from practices, games, etc.**

Uniform Care:

- Uniforms must be clean at all times.
- Uniforms must be washed inside out and air-dried.
- Uniforms must be returned in good condition before the end of the year to avoid being placed on the indebtedness list.

School Attendance: FCHS expects students to be in school all day in order to participate in any extracurricular activity.

- Excused absences from school are to be reported to the Activities Office before 2:30 pm, so that a message can be placed into the coach's mailbox. If the Activities Office cannot be reached, athletes should contact the Main Office at 703-207-4000. Athletes may also send an email to their coach.
- If an athlete leaves school before the end of the school day, the athlete **MUST** notify the coach before leaving and their parent must call to report the absence. Sub-schools will not inform the Activities Office or Coach that an athlete has left school early.
- Fairfax County Public School requires that athletes be in attendance at school for the entire date to be eligible to participate in activities and events. If an athlete has any type of medical appointment, it must be cleared with the Sub-school and with the athlete's coach.
- Athletes **ARE NOT** to have another athlete inform a coach of missing practices, leaving early from school, being late to practices/games, etc.

Academic Standing: Athletes are **REQUIRED** to pass **FIVE** classes **EACH** semester.

- An athlete **MAY** be suspended from participation for a period of time or removed from the team as determined by the coach.

Practice/Game/Fundraiser/Competition Attendance: Practice days and times are subject to change due to facility availability, and/or changes or alterations to activity schedules and events.

Athletes are expected to be at, and participate in, every practice, game, fundraiser, and competition.

- Chronic / Excessive tardiness will result in dismissal from the team.
- Athletes **MUST** have a note from a teacher or administrator to have an excused tardy.
- If an athlete misses a practice the day before a game, that athlete may not be permitted to cheer at the game.
- **If an athlete is "benched" for any reason during the season, that athlete must attend all games, practices, competitions, fundraisers, etc., in proper attire, sit with the coach, and support the event.**
- Practice will begin at designated times. Athletes are expected to be prepared and ready to begin **ON TIME**. Athletes should arrive to practice **EARLY** to ensure they are ready to begin practice **ON TIME**.

Fundraising Requirements: Each athlete is required to participate in all fundraising events.

Game Performance Requirements:

- Athletes must stay in formation at all times and be actively engaged with sideline cheer
- Athletes will not imitate other cheerleading teams, dancers, band members' actions;
- Athletes will ride the bus to and from all away games with their teammates and coach. Written approval to ride with the athlete's parents must be obtained from the Director of Student Activities and provided to the athlete's coach.
- Freshman and JV cheerleaders are required to attend all home varsity games and sell programs.
- Varsity cheerleaders may be required to sell programs as determined by the FCHS Coaching Staff.
- Athletes selling programs **MAY** not sit in the stands, wander the parking lots, and/or visit with friends until **ALL** programs are sold and money is given to the coach.

***** Athletes should be aware of conduct before, during, and after athletic events. FCCHS Cheerleaders are on display and are being watched by members of the community. Inappropriate behavior may result in dismissal from the team. Dismissal from the team is at the discretion of the FCCHS Coaching Staff. *****

Competition Information:

For competition purposes, FCCHS may not perform with more than 20 athletes per VHSL regulation, however FCCHS may perform with up to 20 athletes, per coaches discretion.

- Members of the FCCHS competition cheer team will be chosen at the discretion of the FCCHS Coaching Staff.
- All remaining athletes will be considered alternates and are required to attend all competition cheer functions.
- Substitutions will be made at the discretion of the FCCHS Coaching Staff.
- All athletes are required to attend practice (especially during the two weeks prior to a competition) in order to be eligible to compete.
- All athletes must attend other team competitions to show their support.

FCHS Cheerleading Contract Agreement Form

I have read and fully understand all rules, regulations, and responsibilities as outlined in this agreement.

I understand that I or my child may be restricted from participating in certain aspects of the program, or that my child may be dismissed from the program, due to disciplinary/attendance issues that are listed in this agreement.

I am aware that there are disciplinary issues that may require immediate restriction or dismissal from the program that may not be listed in this agreement, to include, but is not limited to: insubordination, stealing, bullying, defamatory language, words or actions that harm FCHS and/or FCHS Cheer's reputation, relationship, or participation with vendors, sponsors, the community, and/or other programs.

I understand what is expected of me as a parent and what is expected of my child as a student athlete at FCHS. I understand what is expected of me as a student athlete and as a FCHS Cheerleader.

I have read the FCHS Cheerleading Contract for the 2019 Cheer Season. My signature below verifies that I understand and agree to this Contract.

Student's Printed Name	Student's Signature	Date
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Parent's Printed Name	Parent's Signature	Date
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