



Loveland High School Cheerleading Program Information
2018-2019

lovelandhs.cheer@gmail.com

Practices:

SEE CALENDAR!

Summer & Fall Practice FINAL Schedule will be released May 25th

Tentative Summer Schedule:

Black Team: Monday & Wednesday 4:15-6:15pm @ Steele (Start date June 1st)

Red Team: Monday 4:15-5:15, Wednesday 4:15-6:15pm

Every other Tuesday morning 8-10am @LHS Track

No practices the week of June 4th-10th, July 1st-15th

Black Team Camp Dates:

- June 25th- 26th

Red Team Camp Dates:

- June 7th-8th

Choreography Dates are tentative:

Black Team Choreography: July 17th 9am-4pm

Red Team Choreography: August 2nd 9am-4pm

Tentative Fall schedule:

Monday & Wednesday 4-6pm @ Steele

Tuesday @ LHS 4-6pm

Please expect to have extra practices scheduled the week before League and State!

During the week of Thanksgiving we WILL practice Monday and Tuesday!

October 20th: Steele Showcase

Competition schedule will be released no later than August 1st!

Communication:

ALL communication is done through our private Facebook group. It is required that you have access to this group. This is where the Coach will be posting any and all updates daily with event times, what to wear, etc.

24 Hour Rule: *If you or your athlete experience frustration or any negative emotion in which does not involve an injury, you must wait 24 hours before contacting the coach. This includes but is not limited to your feelings towards the way practice went, a situation at a game or competition, or questions regarding why a decision was made. We believe it is in everyone's best interest if we use good and positive communication.*



Season Information:

Can I cheer and participate in other LHS activities and/or sports? YES...

- 1. Black Team will be competing in the All Girl 5A Division at State, Red Team will be competing All Girl 5A at JV Invitational**
- 2. Red & Black Team will both be competing this year. If your athlete is not interested in being a part of the competitive side of the sport, please let Coach Aly know immediately and your athlete will only be placed on a Game Day team.**
- 3. Athletes, who are in another school activity, can choose a season.**
- 4. If you aren't in another sport, participation in both seasons is expected.**
 - **Fall plus competitions + participation in another sport for winter = 1 season**
 - **Winter plus competitions + participation in another fall sport = 1 season**
 - **Fall & Winter = 1 season**
 - **Fall, Competitions, Winter and no other LHS sport = 2 seasons**

What does Red and Black Team mean?

Red and Black team will be our two-team names for the summer season; this will be who each athlete travels to camp with; but other than camp all practices will be combined. However, on August 1st the Final Roster titled as Varsity and Junior Varsity will be set, these rosters will be based on dedication during the summer, skill level either attained or increased during summer, and overall demeanor throughout the summer.



Parent Information/Permission Form

Parents must read the following information before signing and returning paperwork to the Cheer Coach.

Important Dates: It is important for the student to be available on these dates. Permission must be obtained from the coach at least two weeks in advance if the student cannot fulfill any practice or game obligations.

Practice Sessions: We will practice during the summer 2-3 times per week in the summer and two practices a week during the first semester of school. Practice schedule is only tentative right now, a final calendar will be sent out no later than May 25th.

Camp Dates: Black Team will have a 2 day cheer camp at LHS with Pro Cheer. Red Team will have a 2 day Camp with Steele Athletics. Choreography Camp will be done by Steele Athletics for Black team, Coach Aly will be doing Choreography for Red Team.

Costs:

If you choose to leave the program at any point in the season after making the team, you will still be held responsible for paying for any gear that has already been ordered, competition fees, and camp/choreography. All costs are non-refundable if you choose to leave the program.

We will be conducting fundraising events to help offset the following costs, but each cheerleader will be responsible for all costs associated with being a member of the cheerleading program. The costs shown below are just an estimate and are for NEW cheerleaders:

- New Athletes: Uniform (includes skirt and two shells)- \$335.00
- New Athletes: Backpack \$55.00
- New Athletes: Purchase poms and shoes on your own using link given to you
- New Athletes: Warm ups \$115.00
- All Athletes: Camp: \$180.00 for Varsity team members, \$120.00 for JV members.
- All Athletes: Practice Wear/Camp Wear/etc. \$100.00
- All Athletes: Socks: \$15.00
- All Athletes: Bows: \$25.00
- All Athletes: Hoodie: \$50.00
- All Athletes: Competition Fees \$125.00
- All Athletes: Steele Monthly: Black Team: \$75, Red Team: \$50

Please see payment schedule for due dates.



2018-2019 Cheerleading Constitution

Purpose

The objective of the Loveland High School cheerleading team is to effectively support the athletic teams and promote the school itself. Cheerleaders will serve as positive role models and leaders for LHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for LHS.

Team Members, general expectations and practices:

- **Members will be chosen at a formal tryout session.**
- **The Red and Black Game Day /Competition team will consist of up to 25 freshmen, sophomores, juniors, and seniors who will cheer at all various athletic events. Varsity will also participate in competitions and pep rally events. Not all Varsity members will compete in competitions. The most exceptional team members will be selected for these competitions.**

Can I be a member of the cheer team and still participate in other sports at Loveland High?

- **Fall athletes must attend the competition practices only during the fall season. As soon as their sport is over, they must attend all practices since competitions start the last week in October. Conflicts will be worked out with coaches. Being in a fall sport and competing will be somewhat difficult and ultimately the coaches will decide if this is possible. Winter athletes will attend all fall practices through the State Competition. Once the state competition is over, attendance at practices and games will be optional.**
- **practices through the State Competition. Once the state competition is over, attendance at practices and games will be optional.**
- **We are also having a Junior Varsity (Red) team this year. Junior Varsity cheerleaders will cheer at some Varsity athletic events as well, JV Football, Varsity volleyball and Varsity Girls & Boys Basketball. Junior Varsity will be held to the same competitive standards as Varsity.**
- **Cheerleading and sideline dance check-offs will be required before Football and Basketball season. Any cheerleader who does not pass check-offs with a 90% or better will be benched until they check off. They will be given two additional chances after the first check off. If the cheerleader cannot pass the check off after three sessions they will be removed from the team. Cheerleaders who need to make up a check-off will be expected to stay late at practice the Monday after the game they were benched to check off their**



- cheers and dances.
- Teams will have practices each week. A tentative schedule for the next month will be distributed by the 25th of the month. All practices are mandatory. We will try to work around other activities and sports as much as possible.
 - The coach prior to the athlete committing to the other sports team must approve.
 - During football/volleyball season, games are usually held on Thursdays and Fridays for Varsity. Volleyball games will be held Tuesday and Thursday evenings. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games in which they are assigned to cheer.
 - During basketball season, games are normally held on Tuesdays and Fridays. Occasionally, games may be held on other days of the week. You will be assigned certain games to cheer. Some games will require full team participation /others will be on a split team basis.

Guidelines for Games and Practice

Games:

- Wear proper uniform
- Hair must be worn up
- Keep uniform clean
- No nail polish should be worn or glitter
- Remove all jewelry
- No chewing gum
- No talking during the game, remain in formation and focus on the game!
- Be back in formation before the second half of the game starts!
- Standing Clean--feet together or apart but they must all be the same! Arms neatly behind back, nice posture!
- No talking—if you need to it needs to be more discreet (no turning your body).
- Pay attention to the game!
- Cheers need to happen every 3-4 minutes (stunting whenever possible)!
- You need to rally frequently (learn players names, get players and the crowd excited—it's your job!)
- You must know ALL cheers - ask for help if you need it
- Correct uniform with all pieces must be worn! This includes a white, black, or nude bra!



- **Absolutely, no name-calling, cursing, or arguing with teammates! Doing so will get you pulled from a game! If arguing takes place both people (all involved) will be removed from the game.**
- **Positive attitude and respect toward everyone!**

Consequences: One warning will be given, second time you are out of the game. If you are removed from a game you must sit with coaches. You will also need to cheer another game to make up for being removed. Failure to do so may result in not being able to letter.

Practice Rules: Prompt arrival to practice and games is expected. Shoes on, hair up, jewelry out and stretching at the time practice begins will be expected each practice.

- **You are expected to stay the whole practice and have no visitors!**
- **No candy or gum during practice**
- **No cell phones during practice**
- **No talking unless necessary! When a coach's voice is on...yours isn't!**
- **Correct outfit needs to be worn.**
- **No gum, no jewelry, or fake/long nails!**
- **During competition season you cannot miss practice unless you are seriously ill (vomiting...etc). Even if you are sick you must come watch or risk being taken out of the routine.**
- **Respect teammates and coaches!**
- **Drama does not belong in this program and will not be tolerated**

Attendance Requirements:
lovelandhs.cheer@gmail.com

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING TEAM! If one or more team members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to team members.**
- **You will be expected to be at all games you are assigned to cheer and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.**
- **If you commit to cheerleading you are committing to your team. If you cannot attend an event or practice, you must email lhs.cheer@gmail.com. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused**



doesn't mean that the excuse will be granted.

- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected.
- As stated in the Guidelines for LHS Athletes, students must be present half the school day (2 full class periods) to be eligible for practices and games scheduled for that day.

Grades:

- Cheerleaders have to maintain eligibility throughout the athletic season. This means you can't carry 2 F's. Eligibility is checked weekly and is enforced by the athletic director and coach.
- The first time you are ineligible, you will sit out and consider it a warning
- 2nd week...makes you ineligible to letter and if you are on competitive and alternate will be put in your spot
- 3rd week...you will removed from the Game Day and Competition team for that season

Uniforms:

All alterations of uniforms are the responsibility of the cheerleader.

Cheerleading uniforms are to be worn for cheerleading events only and designated by the coach.

Fundraising:

Every cheerleader will be expected to support all fundraising events, which support the team.

Transportation:

Cheerleaders are responsible for their own rides to and from away games. Cheerleaders are able to drive themselves to events within our district. I do ask for parent volunteer drivers.

Expected Behavior:

All Loveland High School guidelines must be followed at all times.

Consequences will be issued for misbehavior or poor conduct

Promote a positive image for the school community—your peers, parents, teachers, and community members.

- Respectful self-image on all Social Media outlets.



- **Must friend Loveland High School Varsity Cheerleading on Facebook, and allow your coach to follow you on Twitter.**

Access to any social media account may be requested by the Coach at any time and must be given by the cheerleader. WHAT IS WRITTEN ON THE WEB IS WRITTEN IN INK! If you wouldn't want your coach, teachers, and parents to read it, don't post it. Discipline for social media will be considered on a case-by-case basis.

While representing LHS, cheerleaders must not:

- **Drink alcoholic beverages**
- **Use controlled substances**
- **Use tobacco products**
- **Show unsportsmanlike conduct**
- **Use profanity**
- **Show public displays of affection**
- **Be academically dishonest**

A cheerleader must:

- **Attend all practices and games, on time. There will be team discipline for individual tardiness.**
- **Your attitude and ability to work with different personalities must be exceptional.**
- **You must always come to a coach with a concern before a parent addresses the concern with the coach.**
- **Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.**
- **Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.**
- **While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.**
- **Cheerleaders cannot wear or loan LHS cheerleading uniforms/outfits when attending non-cheerleading activities.**
- **The coaching staff will make all official cheerleading decisions and activities.**
- **All coaches and teammates are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.**



***Being in correct uniform means wearing the appropriate uniform—sports bra, hair bow, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn (CHSAA RULE).**

Drug/Alcohol Policy: Drug, tobacco product, and alcohol use are absolutely not permitted. If an aforementioned substance is used, there will be serious consequences. The type of consequence will be determined by the offense, and may include but is not limited to: forfeiture of athletic letter, benched for at least a third of the season, removal from the competitive team, and possibly immediate removal from the team. We will consider each offense on a case-by-case basis.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Team Coach, Athletic Director, and Principal.

LHS Lettering Criteria:

Attendance

- 1. Must be at all athletic events as assigned by the coach to cheer.**
- 2. Must attend all competitions as a competitor or as alternate:**
- 3. If illness or emergencies occur, you must make every effort to find a replacement to cheer when the squad is split.**
- 4. Must attend a tumbling class at least 6 months out of the year.**

Valid Excuses are:

- 1. Illness (must be excused by a PARENT) If this is a persistent problem a doctor's note is required. Participants are expected to be at practice and games watching unless the illness is highly contagious or debilitating. For example, if you have an ankle sprain, you are expected to be at practice. If you are throwing up and have a high fever, you should not be at practice.**
- 2. School related sports or activities: Cheerleaders are allowed to play other sports and participate in other activities but are expected to be at everything they can be for cheer during the season of the sport or activity they are in. Compromises can be reached with coaches and/or sponsors so that dual participation is possible.**



3. Family Vacations: Family time is important and if you are going out of town...have fun! Keep in mind though if it during the competitive season you may not be able to compete. **There will be practices through the Tuesday of Thanksgiving and if you are on a competitive team, these practices will be mandatory.**

4. Family emergencies: These are TRUE emergencies.... such as serious illness

Invalid Excuses are:

1. Work
2. Homework (homework should be done outside of your practice time)
3. Appointments (should be made outside of practice time)
4. Time with friends
5. Didn't feel like practicing
6. I didn't know there was a game

Cheerleaders can miss 1 game each season with pre-approval from the coach...a minimum of 48 hours notice is required! And you must fill out the form called: Personal Day Request Form – available through the coach!

I HAVE READ THE INFORMATION CONCERNING THE FINANCIAL AND TIME COMMITMENT OF THE LOVELAND HIGH SCHOOL CHEER PROGRAM. I UNDERSTAND THAT IF MY CHILD PARTICIPATES ON THE LHS CHEER TEAM, THAT I WILL BE RESPONSIBLE FOR PAYING EACH PAYMENT ON TIME AND FOR ARRANGING TRANSPORTATION FOR MY CHILD TO PRACTICES AND ALL IMPORTANT DATES IF MY CHILD DOES NOT DRIVE HIS/HERSELF.

Parent Name _____

Parent Signature _____

Date _____



Statement of Permission and Agreement

In becoming a member of the LHS cheerleading team, realize that you are making a commitment to Loveland High School, your coaches, your teammates, and yourself for the complete season (full year). You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of Loveland High, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Loveland High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the Loveland High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest in the state of Colorado.

Student Agreement

I, _____, have read and understand the 2018-2019 LHS CHEERLEADING CONSTITUTION. I agree to abide by the policies described as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2018-2019 CHEERLEADING CONSTITUTION. I agree to abide by the policies described as my child has been chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by my child or me to adhere to these policies could result in dismissal from the squad.

Parent Signature

Date



PARENT VOLUNTEERS

The success of your child making the cheer squad this year has volunteered you for lots of fun and adventure!!! In order for the upcoming year to be a success, please look at the options below and mark any areas where you feel you can be of assistance. If you have other ideas that are not listed, please feel free to share them with me!

I can help with the following:

<input type="checkbox"/> Help with fundraising activities	YES	NO
<input type="checkbox"/> Provide transportation when needed	YES	NO
<input type="checkbox"/> Provide adult supervision when needed	YES	NO
<input type="checkbox"/> Organize fundraising activities	YES	NO

Other ideas or suggestions:

Your name(s): _____

Red or Black Team Parent: _____

Contact Number: _____

Email address: _____