

Basketball Cheer Handbook



Welcome to Chattahoochee Basketball Cheer. It is with great pride and excitement that we extend to you the opportunity to participate in our Cheer program. By indicating to the coaching staff that you intend to participate in Basketball Cheer, we feel that you and your parents should be made aware of the rules and regulations. This contract is to let you know what is expected, both in and out of the classroom. Participation is a privilege; not a right. The following rules and conditions must be met and go into effect immediately.

Academics:

All cheerleaders will be required to demonstrate and maintain a certain level of academic performance.

- A. Grades will be checked at the **6,12,&18** week points in the semester. Failing one or more classes. Consequences will be determined by the coach, but could include the following:
 1. Attendance without participation at games and practices. This time will be used to work on academic studies.
 2. Reports of weekly progress until grades are brought up to passing
 3. At the end of the semester, if a cheerleader is failing **5 out of 6 classes, she will be removed from the squad**

****Note: Fall semester grades will determine eligibility for the next season: therefore, any cheerleader who fails 2 of his/her 6 classes in the fall semester will be ineligible to try out for the next season's squad per the Georgia High School Athletic Association's policies and procedures.****

We understand that you are a student first and you must maintain your grades. We also believe that you should be able to do this without interfering with practice or games.

Absenteeism:

1. All cheerleaders must have a good school attendance record.
 - a. If a cheerleader is absent from school, she cannot cheer at any practices or games and is responsible for informing the coach prior to practice or the game.

Being considered present is being in attendance at least 4 consecutive class periods

****IT IS THE RESPONSIBILITY OF THE CHEERLEADER TO NOTIFY THE COACH IN THE EVENT THEY ARE ABSENT FROM SCHOOL VIA EMAIL, TEXT, OR A PHONE CALL.**

b. Coaches will address team consequences for absences prior to start of season.

2. Practices

a. All practices are MANDATORY. Cheerleaders are expected to be at practice in HOOCH Basketball Cheer Shirt, Black Shorts/Leggings and proper Cheer Shoes – this includes cheerleaders that may not be participating in an upcoming event. **All appointments should be made on days that practice is not occurring. No other non-academic school activity may interfere with cheerleading practice. All-star squads are allowed and encouraged, but they DO NOT come before Hooch Basketball Cheerleading. Absences due to All-Star events (practice & competitions) will not be deemed as excused. If an athlete commits to the Hooch Basketball Cheerleading Program, they are expected to fulfill their obligations and responsibilities for both teams with proper time management. An agreement must be made between teachers/coaches for simultaneous school-related activities.

b. A cheerleader who must miss a practice and who is NOT absent from school MUST contact the coach PRIOR to the absence. The coach may require written notification prior to the absence once it has been discussed with the coach. The coach will determine if the absence is excused or not.

i. All unexcused absence from practice will result in consequences to be determined by the coach, such as missing one quarter of a game. If you have three or more unexcused absences, a discussion of commitment will be considered between the cheer and a parent.

EXCUSED ABSENCES ARE AS FOLLOWS:

- Illness with a doctor's excuse
- School Activity (pre-approved)
- Death in family
- College visit (pre-approved)
- Standardize testing-ACT/SAT (pre-approved)

ii. In the event that a cheerleader does miss a practice (excused or unexcused) she is responsible for obtaining information that may have been given during practice.

iii. **Cheerleaders who do not dress out for practices will be counted as absent (unexcused) and will be given a consequence based on the coaches' discretion.**

iv. Additional activities: Cheerleaders are required to attend ALL cheerleading activities. If any activity is missed, the same rules will apply as missing a practice. Attendance will be recorded at all functions to verify if the athlete fulfilled their commitment of participation and support.

v. Games

a. Cheerleaders are required to attend ALL GAMES (pre and post season) relating to their Cheer squad. If a cheerleader does not inform the coach of missed games or activities, punishment is based on the discretion of the coach.

Certain standards and expectations are necessary to uphold the integrity and reputation of the cheerleaders of Chattahoochee High School. Cheerleaders should be leaders within their school and set a good example at all times. Cheerleaders are expected to have and maintain a character above reproach and exhibit personal appearance and habits that will reflect a positive image. Therefore, remember, **visibility is heightened while you are in uniform**

Cheer Behavior/Responsibility

- a. Cheerleaders must **NEVER** put themselves in a compromising position. If the present company of the cheerleader is not acknowledging the proper social or moral standards and values outlined in these expectations, the cheerleader will be expected to remove herself from the situation immediately.
- b. The following behaviors are **NOT ALLOWED** by high school cheerleading standards. Violations will be evaluated by the coaches and administrators and appropriate punishment will be given which could include suspension or removal from the team

BEHAVIOR NOT ALLOWED INCLUDES BUT IS NOT LIMITED TO:

- Profane language; fighting
- Cheating; bullying
- Disrespect to school staff or administration; use of underage drinking, use of tobacco
- Use/consume, possess, buy, sell, or distribute any controlled substance at any time.
- Violation of dress code or behavior that is deemed inappropriate
- We will uphold a **ZERO TOLERANCE POLICY**.

*****CHEERLEADERS WHO ARE DISCOVERED (by her admittance or other proof) TO HAVE POSSESSED/USED/CONSUMED/BOUGHT/SOLD/ETC A CHEMICAL SUBSTANCE (i.e. drugs or alcohol) WILL BE SUBJECT TO PUNISHMENTS CONSISTENT WITH THE POLICIES SET BY THE FULTON COUNTY SCHOOL SYSTEM (20% of the season may be forfeited per Fulton County Guidelines). This may or may not include ISS, OSS, Saturday School, etc.***

- c. Be in complete uniform 15 minutes before start of every game. (Bow, Bloomers, Shoes, Socks, & Shell/Skirt). Poms and Water Bottle!
- d. Show proficiency in Cheers, Chants, and Dance prior to Game Day of Game Week. (ex. Game on Friday/Saturday needs to show proficiency at Wednesday's practice)

Squad Behavior

****Includes but is not limited to**** Cheerleaders should:

- Respect their cheer sisters, both Varsity and Junior Varsity
- Not disrespect team members in a negative manner
- Show respect and value one another's opinion
- Willingly support one another in all areas: cheer and academics
- **Cheerleaders will not chew gum or eat during practice, pep rallies, games or performances (except during half-time off court)**
- Not argue on the court or in a public setting
- Show good sportsmanship to the squad and opposing team
- **Cheerleaders may NOT wear any type of jewelry (including bandages covering piercings) in accordance with NFHS rules.**
- **NAILS MAY NOT EXTEND PAST THE END OF THE FINGER (clear or neutral polish – only)**

Performance Uniforms:

- Uniforms are school property and will be worn only when instructed by the coaches
- A complete uniform consists of: **Poms, bows, socks, shoes, shell and skirt**. If a cheerleader does not have **ALL** parts of the uniform at the game, they will **NOT** cheer. (**Warm-Ups **MUST BE WORN** before boarding bus for away games**)
- Cheerleaders will be responsible for any missing or damaged uniform pieces and will be expected to pay reimbursement or replacement costs
- Cheerleaders are responsible for maintaining the cleanliness and condition of their uniforms. This includes having uniform mended during season
- Cheerleaders that do not return their uniform at the conclusion of the season will not be permitted to try out for any squad the following season and will be added to the school's fine list.
- **Bras/sports bras should not be visible while in uniforms and bra color should be neutral. At no time is a cheerleader to her bra/sports bra exposed.**

Parent Expectations:

- Support the decisions, goals, policies, and procedures made by the coaches or athletic director in accordance with the Hooch Basketball Cheerleading Handbook, even when it does fall in favor of your specific athlete
- Encourage your athlete to try their best at all times
- Be your athlete's cheerleader
- Review the expectations with your athlete and be sure they understand there will be consequences for unacceptable behaviors
- Teach your athlete to be responsible and punctual by helping them be on time
- Enthusiastically attend athletic functions to show your support
- Read and respond to all emails that concern your cheerleader
- Refrain from expressing any negativity on social media
- Participate in all fundraising activities
- Volunteer in areas when you can make a difference so that we can keep our program running effectively. (We cannot run this program without parental/family/friend volunteers)
- Follow appropriate chain of command regarding communication: Cheer President/Head Coach, Athletic Director, Administrative Staff, Principal, and County Athletic Director

Financial Commitment:

The Basketball Cheer Squad receives minimal funds from the school/county; therefore it is essential that support is sought from participants, community, and corporations.

Fees incurred through the cheer program include:

- Player Fee:** All cheerleaders are required to pay this Mandatory CHS Booster club fee of \$250.00.
- Spirit wear Fees:** This fee varies depending on whether your cheerleader is new or returning. Students are encouraged to fundraise these fees in order to offset costs. **Please understand that all spirit wear must be paid for prior to the ordering of these items.**

All program fees must be paid in full by the end of the winter semester. Payment plans are available upon request and may be set up through our program's treasurer. **Extreme circumstances must be provided and discussed with the Treasurer to have the payment fee move into the Spring semester.**

*All unpaid player fees or unreturned uniforms may result in an unpaid balance of school fees. CHS will hold year end grades and diplomas until unpaid balances are settled.

Program Contact Information:

Team Mom (Vonda Malbrough): vbelle42@gmail.com

CHS Basketball Cheer Handbook Signature Page

I have read the most recent version of the Chattahoochee High School Basketball Cheer Handbook in its entirety, and I consent to adhere to all of the policies, regulations, commitments, and responsibilities involving Chattahoochee High School Cheerleading.

Cheerleader (print name): _____

Cheerleader signature: _____

Date: _____

Parent (print name): _____

Parent signature: _____ Date: _____

