

Lincoln-Way West High School

Cheerleading Rules and Regulations

CHEERLEADING CONSTITUTION

Basketball Season 2009-2010

HEAD COACH: Coach Christina Murawski

E-MAIL: cmurawski@lw210.org

Phone Number: 815-483-6618

ASSISTANT COACHES: Coach Amy Lidy and Coach Kyle Mitchell

TEAM WEBSITE: [www.lwwestcheer.weebly.com](http://www.lwwestcheer.weebly.com) or you can access it through LW210 – West – Athletics – Athletics 2000 – Cheerleading – Other links

**PURPOSE**

The purpose of the West Cheerleading squads is to:

* To promote and uphold school spirit, enthusiasm, and pride.
* To develop a sense of good sportsmanship among the students.
* To improve relationships between various schools during all athletic events.
* To improve techniques through practice, clinics, and performances.
* To compete as a sport in competitions statewide.

**GENERAL REQUIREMENTS**

* Cheerleaders must have medical form on file, including an updated physical.
* Cheerleaders must accept reasonable direction from the coach at all times.
* Cheerleaders must maintain a level of focused enthusiasm to ensure productivity at all times.
* Squad members must maintain athletic eligibility during the season. A member who is reported to be ineligible will be placed on academic probation until the grade(s) improve.
* Cheerleaders must have completed the Code of Conduct. Any cheerleader who violates the Code of Conduct will need to suffer the consequences of the contract. Code of Conduct is good for one whole year, including summer months.

**SELECTION OF CHEERLEADERS**

* **TRYOUTS**
* Candidates will perform the tryout routine in front of the judges in groups of 3 or 4.
* Judges will consist of coaches from all levels. Judges may also include outside persons with cheerleading experience.
* Tryouts will consist of a demonstration of skills including routines taught at the clinic and a coach’s evaluation for all returning freshmen and sophomore cheerleaders.
* Tryouts will be held on October 29th, 2009 and they are mandatory.
* Squad membership will be determined by performance at the try-out (cheer, dance, jumps, tumbling, stunting and attitude) and by a coach’s evaluation of past performance, dedication, attitude, and work ethic demonstrated on previous squads and during try-outs.
* Anyone on a permanent medical will not be allowed to tryout. An exception may be made for someone on a temporary PE medical.
* Because cheerleading has been made a sport, the coach may reserve the right to move a cheerleader to a different level (competition / alternate) based on ability.
* **ALTERNATES**
* As a team we will have up to five alternates for competition season. These girls will learn all aspects of the routine and will compete if/when another cheerleader is injured. This will be determined by the position of the spot that needs to be replaced.
	+ First four competitions – We will alternate four of the five alternates into the routine.
	+ State Series (conference, sectionals, state) – Unless someone needs a replacement, the alternates will still go to support the team but will not perform.

**ATTENDANCE**

* Attendance at practices and games is necessary for the performance of the team. A schedule will be handed out at the beginning of the season and you will be expected to be at all practices, games, and other events. Any/all other practices that are scheduled by the coach during the season that are not on the original calendar are also mandatory. The online website will reflect the changes in the calendar.
* You will not be allowed to participate in anything that coincides with cheerleading, i.e. All Stars, band, etc. If you are involved in a *mandatory SCHOOL event*, you need to produce a schedule of days you might miss, months before the activity starts. **We as coaches will be extremely serious about attendance. The cheer squad performs at its best when the whole squad has participated in all practices, games, and competitions.**
* **TARDY/EARLY DISMISSAL:** Tardies or early dismissals from a practice are not acceptable for any reason. They will be documented as an unexcused absence.
* **DETENTION:** Cheerleaders are not to miss practice or games for detention; you can serve it in the morning or on Saturdays.
* **IN-SCHOOL:** If a cheerleader is in in-school suspension the day of a practice, they will not be allowed to practice that day. This may result in the cheerleader not being able to perform at an upcoming game. Excessive in-school suspensions may result in not being able to perform in the competitions.
* **UNEXCUSED ABSENCES** include but are not limited to: work, vacation, concert, homework, babysitting, etc.
* **EXCUSED ABSENCES:** Absent from school, doctor notes, funeral/wake (provide a card), wedding (provide a pamphlet). **Excused absences will be at the discretion of the head coach, Coach Murawski.**

**PRACTICES**

* Cheerleaders are expected to dress appropriately. This means shoes, appropriate practice clothes, short fingernails, no jewelry, no gum, and hair up.
* Participation is expected at all times.

**SCHOOL DAY UNIFORMS**

* If the cheerleader is not wearing their uniform or assigned outfit to school on a game day, they will still go to the game but will sit out for a half.
* If the cheerleaders wear unapproved items (such as boots) to school, they will sit out for halftime.

**GAMES**

* **Cheerleaders must arrive to home games at least 15 minutes early.**
* **BUS:** Bus will leave at the time indicated by the coach; cheerleaders must not miss the bus and must ride with the squad **to and from** any event.
* It is a school rule that the cheerleaders must ride on the bus. If ample written notice is received, which means at least one day’s notice, an exception may be made for the ride back from the game. **This MUST be approved by Coach Murawski at least one day in advance.**
* Cheerleaders MUST be at school at least 15 min before bus departure time.
* **SIDELINES:** Cheerleaders need to be on the court in their sidelines at least one minute before the game or the half starts.
* **SUSPENSION:** If suspended from a game, the cheerleader must attend the game in full uniform or warm-up and sit next to the coach; they may not sit with their friends or parents. Failure to do so will result in further suspension.

**FUNDRAISING**

* **YOUTH CAMP:** All squad members are REQUIRED to participate in the youth camp. This will pay for the choreography for the season, transportation fees, competition costs, etc..
* Other fundraisers are optional. Some of the season fundraisers will possibly be: Hershey candy, sponsors, Avon, sporting event tickets, etc.

**ATTITUDE**

* As a team we promote school spirit on and off the field!
* The coach will dismiss any member creating a problem or disrupting the cohesiveness of the squad in the event that a discussion does not solve the problem.
* Any member exhibiting a poor attitude or fostering a poor attitude in others will be disciplined. This discipline may result in probation/suspension from the squad due to the demerit system.
* Inappropriate behavior will not be tolerated.
* Attitude may consist of rolling of eyes, talking back, tone in voice, treatment of other cheerleaders, etc.
* A green sheet will be written for any cheerleader breaking a Lincoln-Way rule as laid out in the parent/student handbook.

**ATTITUDE DEMERIT SYSTEM (“ATTITUDE CHECKS”)**

* Incident One Warning - Coach and cheerleader discuss situation
* Incident Two Coach calls home to inform the parents of the situation
* Incident Three A conference will be held with the Mr. Robbins (AD), Coach Murawski, cheerleader,

 and parents

* Incident Four The cheerleader will be removed from the Competition Team and suspended for half

the season

* Incident Five The cheerleader will be removed from the Cheerleading Team.

**CELL PHONE**

* It is a school rule that students are not allowed to use cell phones during school. This does roll over into extracurricular activities. That being said, if the girls need to use their phone, they need to ask for permission from one of the coaches.
* If a cheerleader uses their cell phone without permission, the first two times will be a warning. After that, it will result in a green sheet (even if we are not in LWW).

**GUM**

* It is a school rule that students are not allowed to chew gum. Even more, it is a danger to the athlete to be chewing on gum or candy while at practice.
* If a cheerleader chews gum or candy during practice or a game, the first two times will be a warning. After that, it will result in a green sheet (even if we are not in LWW).

**JEWELRY/ LATE**

* JEWELRY: If a cheerleader is caught wearing jewelry, they will be asked to remove it and then will take a lap per item. Jewelry is a possible risk to the safety of the cheerleaders, thus this IS enforced.
* LATE:
	+ PRACTICE/ARRIVAL TO GAME: If a cheerleader is late to a practice, for every five minutes that they are late, they will run 2 laps.
	+ GAME (SIDELINES): If a cheerleader is late to the sidelines, for every minute that they are late, they will run 1 lap at the next practice.

**TUMBLING**

* Cheerleaders should be able to perform a standing back handspring, standing back tuck and various running tumbling. Some local tumbling companies are:
	+ Gym Kinetics – 815-463-5900 – (Mon 8:15pm-9:15pm)
	+ Tumbling and Cheerleading Academy (TCA) - 708-226-1447
	+ Twist Stars – 708-532-7626
	+ United Gymnastics Academy – 815-469-8282

**EXPENSES:**

* UNIFORMS will be provided by the school; however, please follow the washing instructions.
* WASHING INSTRUCTIONS:
	+ My recommendation is to put it on the absolute gentlest cycle you can on your machine. Or hand wash. A cycle too high in agitation will make the shiny fade quickly.
	+ Remove garment promptly from the washer once the cycle is completed.
	+ DO NOT machine dry the uniform.
	+ DO NOT dry clean the uniform.
	+ NEVER use fabric softener or stain removers.
* Uniforms should look neat and clean for each game. Please wash uniforms at home.
* You are responsible for your uniform. There will be a fine for any damage of uniforms.
* An approximate breakdown of the yearly budget is a follows:

**PREVIOUS VARSITY CHEERLEADER COSTS:**

Competition Bow $10.00

Nfinity Shoes $74.00

Team Shirt Up to $15.00

**PREVIOUS JV CHEERLEADER COSTS:**

Competition Bow $10.00

Nfinity Shoes $74.00

Team Shirt Up to $15.00

Orange Bloomers (Varsity Team) $18.00

Game Bow $12.00

**GIRLS NEW TO THIS YEAR COSTS:**

Competition Bow $10.00

Nfinity Shoes $74.00

Team Shirt Up to $15.00

Orange Bloomers (Varsity Team) $18.00

Game Bow $12.00

Team Bag $30.00

Warm-Ups $98.00

**Parent Permission Form/Waver**

I have read and will abide by the rules and regulations of the Lincoln-Way West High School Cheerleading Program

I understand that any false information I give is sufficient cause for dismissal from tryouts and/or West Cheerleading.

I understand that failure to follow any of the rules will result in certain consequences given by the coach.

I understand the dedication and time it takes to be involved in such an organization, that additional practices may be scheduled throughout the seasons, and I will intend to devote the time needed to make the squad a success.

I understand that by being in a varsity sport, time is very crucial. Therefore I do understand that the coach may schedule additional mandatory practices during the season.

I understand that my position as a cheerleader is a privilege. I realize my position on the squad may be challenged at any time during the seasons in order to benefit the squad as a whole.

I am aware of the tryout procedures, and that the decision of the judges and coaches is final.

I agree to participate in the mandatory fundraising activities.

I understand all team fees, including but not limited to, camp fees, spirit wear fees, uniform fees, competition gift fees, and group fundraising money is non-refundable in any circumstance.

I understand that cheerleading is a dangerous sport, and even though safety precautions will be taken to ensure the best safety of each cheerleader, in some circumstances serious injury and or fatalities may occur.

**I agree to the above conditions and I give permission for my son/daughter to take part in the Lincoln-Way West High School Cheerleading Program.**

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Head Cheerleading Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Director \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­