Cheerleading Handbook 2014-2015

I have read the Meredith Middle School Cheerleading Guidelines carefully and thoroughly. I agree to abide by the rules stated at all times. I understand the responsibilities of being a Meredith Middle School Cheerleader and will do my best to uphold the high standards of the squad. I will accept the decision of the coaches and the administration.

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the Meredith Middle School Cheerleading Guidelines carefully and thoroughly. I agree to help my child comply with all policies, rules and regulations set forth in the Cheerleading Handbook. I understand the responsibilities of being a Meredith Middle School Cheerleader and will abide by the decisions of the coaches and the administration.

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Purpose**

The objective as a cheerleading squad is to create school spirit and to promote a sense of pride, leadership, loyalty, and tradition in Meredith Middle School. Members of the squad are expected to serve as student representatives at various schools and community functions. Each member will uphold all of the rules and regulations contained in the specific articles of Meredith Middle School Cheerleading Handbook, DMPS Code of Conduct, and Meredith Middle School Handbook.

**Middle School Cheerleader**

Cheerleading will be open to students in grades 7 and 8. Tryouts will be held in the spring for the following year. A cheerleader is required to purchase bloomers/briefs for $10 to wear underneath the cheer skirt.

**Grade Requirements**

Cheerleaders must maintain above a 1.5 overall grade in academic work throughout the term. They must maintain at least a 2 for an employability and citizenship grade.

**Attendance**

Cheerleaders may not have more than three (3) unexcused absences from practices, performances, or meetings. Absences in excess of three (3) may be grounds for dismissal.

Excused absences include (must notify coach prior to absence)

* Personal illness or accident
* Funeral or death in the family
* Special school activities that are approved in advance by the coach
* Religious holidays

**Transportation**

Cheerleaders must ride to and from an event on the bus with the team. If a parent/guardian wishes to take their child, the child must have a signed note. Cheerleaders may leave only after completing all duties and checking out with the cheer coach.

**Other Extracurricular Activities**

Cheerleaders are eligible for participation in athletics, as well as other extracurricular activities.

**Forms**

All cheerleading are required to have a physical exam on file. They must also have a completed sports registration form on file.

**General:**

Cheerleaders will follow the rules and regulations as developed by the coaches and the administration.

**Rules and Regulations:**

1. Cheerleaders must be at games and practices at all times designated by the coaches.
2. Cheerleaders are expected to attend all cheerleading activities (for their sport) including meetings, pep rallies, football games, basketball games, wrestling meets, and fundraising events.
3. Quitting is discouraged. Once the cheerleader starts the school year, she/he must finish the school year with the squad. Once a cheerleader is off the squad, she/he may not return during the school year.
4. A cheerleader may not perform at a game or activity if absent more then half a school day the day of the game or activity unless excused by the coach in advance.
5. Cheerleaders may not participate in games or pep rallies if absences have kept the cheerleader from being prepared to do so.
6. If any part of the uniform is forgotten, the cheerleader will not be permitted to participate.
7. For safety reasons, there will be no stunting and/or tumbling without a cheer coach present.

\*This handbook was designed as a foundation and is not meant to cover all aspects of being a cheerleader.

\*Rules and guidelines are subject to change at anytime.