

**BASKETBALL CHEERLEADING
2011/2012
RULES AND GUIDELINES**

The following is a format of how the Basketball Cheerleading squads will be run during the 2011/2012 season. All cheerleaders are expected to abide by the guidelines that have been established. The consequences for failure to do so will be enforced.

PRACTICES

1. A practice schedule for the season will be given to each squad member. If the schedule is lost, it is the responsibility of the cheerleader to get another copy. Any changes will be announced at practices, during school announcements, or by text.
2. Wear practice clothes. NO jeans or school clothing will be allowed. You must also have cheer shoes. You will not participate in practice if you don't have practice clothing or shoes. This absence will also be considered unexcused. You are part of the athletic program and should be given a larger locker in the locker room. See me if this is a problem. Please keep some extra clothes in there, and this will never be a problem.
3. Wear no jewelry or any kind - nasty accidents can happen and you don't want to be responsible. Take it off BEFORE practice.
4. NO gum, food, or pop while we are practicing. You may only bring a sports drink or water. This does not include energy drinks.
5. You will warm up as a squad. Warm up will begin promptly at 3:05. Be there and be ready.
6. You will listen to and follow any instructions given by the coach or individual teaching a cheer, dance, or stunt. If you need to be excused from a practice because you refuse to do this, this will be considered an unexcused absence.
7. PARTICIPATE! Practice is not for discussing what happened in school, what you did over the weekend, or personal issues that you are having with people. If this is a problem, you will be excused from practice.
8. We only practice twice a week and will typically have two games a week. If you miss a practice, you will sit the following game unless you have the coach's approval to cheer.

GAMES

1. Home games - be at the court at the specified time. You will be told at practice what time that is. Away games - be at the school at least 15 minutes before the bus is scheduled to leave. As soon as I get a schedule, you will be given one.
2. You will wear your uniform to school when instructed to do so. Your uniform consists of your shell, skirt, and shoes. If the squad decides to wear something different, it will be discussed in practice.
3. Wear no jewelry of any kind!
4. Stretch out completely before the game, as a squad.

5. Do not chew gum. You will have to spit it out!
6. When you are not cheering you will sit with your squad and support the squad and the team. You will not sit with your friends or boyfriends.
7. Games are for cheering - not practicing or socializing with your squad or friends in the bleachers. When you are on the sidelines you will not goof around. You will only gain respect for cheerleading if you act like you deserve it. If you make a mistake firing a cheer - keep going. If you make a big deal out of it, so will everyone else. You need to pay attending to the game when you are not cheering. This is how people get bowled over or smacked in the head with the ball.
8. Keep all personal disagreements out of the game. If you are having trouble getting along with another squad member - stay away from each other.
9. Do not stand by someone that you know you will spend the entire game talking to. If you are talking too much, I will make you move.
10. ANYONE can start a cheer! You don't need anyone else's permission (unless you are not sure if we are on offense or defense.)
11. You must ride to the games on the bus. You may ride home from the game with YOUR parents. They must sign a form with me at the game before you will be allowed to leave with them.

ABSENCES - EXCUSED

1. Illness - please call or leave a message for me if you are absent from school on a practice or game day. You can leave a message for me with the office or you can leave me a voicemail or text (text is preferable). Anytime you need to contact me in the evening, please do so before 9:30.
2. Family emergency - contact me.
3. Family trip - contact me.
4. Getting extra help or making up tests or quizzes - please try and schedule this on non-practice and game days. If you are unsure of the best days for a particular week, come and see me. If this cannot be avoided, you must provide a pass from the teacher.
5. Other absences - these will be judged by the coach. Understand that things do come up and I will be understanding. You must come to me or call me to explain the situation or I will not excuse the absence.

UNEXCUSED

1. Work - practices are schedules and you need to let your employer know when you are available.
2. Driving for driver's ed - it is your responsibility to let them know when you cannot drive.
3. School detentions or suspensions - do not show up for practice after a detention. This is an unexcused absence for the whole practice.
4. Not showing up for practice without any kind of prior notification - please come talk to me if you must miss practice or if you will be late. You can let someone else on the squad know and they can give me the message if you can't wait for me.

5. The coach has the final say in whether or not an absence will be excused. Again, I will be understanding, but only if you come to me ahead of time.

CONSEQUENCES

1. You must follow all of the school district rules that are in the athletic handbook. Any infraction of these rules will be handled by the school.
2. You must follow eligibility guidelines. If you are ineligible you will not be cheering. If you are ineligible for three weeks in a row, you will be removed from the squad. It is not fair to the others to not know if you will be able to cheer every week.
3. You must ride the bus to the game. If you miss the bus you will not cheer at the game. I expect you to contact me immediately if you are running late and I can hold the bus. You may ride home with your parents, but they must come to me at the game and sign you out. All cheerleaders are expected to be at both games. You may not leave early or come late.
4. Infractions of the rules that have been set up for the squads will result in not cheering at the game that week.
5. If you have to sit out of three games for disciplinary reason, you will be removed from the squad. Again, it is not fair to the rest of the squad to not know when and if you are going to be able to cheer.

I have not set up these rules to be mean, nor do I expect to have to use them. In my experience, it is best to let everyone know what is expected and there are very few problems when that is done.

I look forward to a great season.

Please make sure you contact me if you have any questions.

CONTACT INFORMATION FOR LEAH STREJCEK

CELL PHONE: (708) 638-9675 (you can text me too)

SCHOOL PHONE: (815) 786-2157

E-MAIL: lstrejcek@kidsroe.org

<https://www.google.com/calendar/embed?src=leah.strejcek%40gmail.com&ctz=America/Chicago>

SQUAD MEMBER INFORMATION SHEET

Name:

Address:

Contact Information

Home number:

Cell number:

E-mail:

Parent(s) Contact Information:

Name:

Name:

Number:

Number:

E-mail:

E-mail:

Who to contact in case of Emergency (other than parents)

1.

2.

Insurance Company:

Policy Number:

Medications Taken Regularly:

Allergies:

Any other information I should be aware of:

I have read and understand the rules/guidelines for the 2011/2012 basketball cheerleading squads. I understand the consequences that will be enforced in the event that a rule is broken.

I, _____, feel that my daughter can abide by these rules.

(parent signature)

I, _____, agree to abide by these rules.

(student signature)