

August 8,2011

Dear Parents/Guardians:

I want to welcome you to the 2011 Football Cheerleading season. My name is Kris Mitchell and I am the head coach. We are looking forward to a great season with your student.

Attached you will find the rules that we will follow for the season. If at any time you have an issue that you would like to discuss, please do not hesitate to contact me at Dummer School, 786-8498. I am available daily from 2:15-2:45. I do have other prep times, but they vary. You may leave a message, and I will get back to you as soon as I can. You may also contact me via e-mail at ckajmitch@comcast.net.

You will also find a copy of our practice and game schedule. Please know that at times we may need to adjust the schedule, but you will be informed ahead of time. For the most part the schedule will be followed.

Please make sure that all necessary forms, waivers, insurance, athletic fees, etc. have been turned in before Friday, August 12th.

Please know that in order for your student to leave from an away extra-curricular event, they must be signed out at the event only by their parent or legal guardian. I will have a sign out form that you will need to fill out. Otherwise, the student will be expected to be transported back to school on the bus after the event.

The Sandwich School District does not allow students to ride with another person, or allow a note to be used to inform the coach that the student is leaving the event with someone else. Per policy, in addition to the aforementioned, I will continue to have my own transportation procedures regarding travel, including but not limited to, asking for an athlete to ride to and from an event as a team.

Finally, academics are our number one focus. Your continued support and encouragement of your student being the best **student** athlete they can be is greatly appreciated.

Feel free to review the District's athletic handbook located on our website at [www.sandwich430.org](http://www.sandwich430.org). Once again, welcome to the season. If at any time you have a concern or suggestion, please contact me. I appreciate your input.

Kris Mitchell

**FOOTBALL CHEERLEADING**  
**2011**  
**RULES AND GUIDELINES**

The following is a format of how the Football Cheerleading squads will be run during the 2011 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 clothes will be allowed. You must also have cheer shoes. You will not participate in practice if you don't have practice clothes or shoes. This will be considered unexcused. You are a part of the athletic program and should be given a larger locker in the locker room. See me if this is a problem. You should be able to keep some extra clothes in there!!!
3. Wear no jewelry of any kind - take it off BEFORE practice!
4. NO gum, food, or pop while we are practicing!! You may have water or sports drinks.
5. You will warm up as a squad. Warm up will begin at 3:05 BE READY!!!
6. You will listen to and follow any instructions given by the coach or individual teaching a cheer, dance, or stunt.
7. PARTICIPATE!!! Practice is not for discussing what happened in school, what you did over the weekend, or fights that you are having with friends/boyfriends.
8. If you are absent for more than half of the practices during the week, due to illness or injury, you will not cheer at the game that week. You must attend the game in uniform and sit in the cheerleading section if you are at school on the game day.

**GAMES**

1. HOME GAMES - be at the FIELD at the specified time. You will be told at the Thursday practice what time you will need to be there.

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 every Friday (or as stated on your schedule). 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 completely with the squad before the game.

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!!!!!! Both squads will be given either the 2nd or 3rd quarter off. Each squad will decide which they will take. You MUST leave the bleachers during your time off unless you are sitting in the cheerleading section.

7. Games are for cheering - not practicing or socializing with your squad or friends in the bleachers. When you are on the track you will not "goof around". You will only gain respect for what you are doing if you act like you deserve it. If you make a mistake during a cheer - keep going. If you make a big deal out of it so will everyone else. You need to pay attention to the game when you are not cheering.

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 do not need anyone else's permission (unless you're not sure if we're 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.

12. The varsity squad will greet and give the opposing team's cheerleaders a "spirit" bag at all home games.

## 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 at Dummer or you can leave me a voice mail or text. 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 to schedule this for times other than during practice, but if you must do it then you need to bring a note from the teacher.
5. Other absences will be judged by the coach. I 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 may not excuse the absence.

### UNEXCUSED

1. Work - Practices are scheduled and you need to let your employer know when you are unavailable.
2. Driving for Driver's Ed - It is your responsibility to let them know when you can not drive.
3. School detentions or suspensions - Do not show up for practice after a detention. This is an unexcused absence for the whole practice. If you have a Thursday detention, try to make alternate arrangements to serve it!!
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 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.

What happens if the rules are not followed?

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 let me know 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. There are only 9 games, you don't want to miss any of them.
5. If you have to sit out of three games for disciplinary reasons, 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 Kris**

**Address: 1019 Sandhurst Drive**

**Phone: 815-970-4634 (you can text me too!)**

**School: 815-786-8498 (Dummer)**

**e-mail: [ckajmitch@comcast.net](mailto:ckajmitch@comcast.net)**

SQUAD MEMBER INFORMATION SHEET

Name:

Address:

Phone Numbers

Home:

Cell:

E-Mail:

Parent(s) work phone number(s) and/or cell numbers

Who to contact if case of emergency (other than parents - I will try them first)

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 football cheerleading squads. I understand the consequences that will be enforced in the event that a rule is broken.

I feel my daughter can abide by these rules.

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Parent Signature

I agree to abide by these rules.

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Cheerleader Signature

