



Jesuit Cheerleading

Program Handbook

2022-2023

Coaching staff:

Coach Sayers- Head Coach of program

Lsayers@jesuitcp.org

Coach Kendra- JV Head Coach and Assistant Varsity

Coach Scott- Varsity Assistant Coach



- I. **Name** – The official name of this program shall be *Jesuit Cheer*.
- II. **Purpose** –The purpose of this organization is to promote and uphold school spirit, to develop and maintain good sportsmanship among students, to support all sports programs and to advance our own athletic skills. We will work cooperatively and harmoniously with administration, faculty, coaches, athletic teams, and other school clubs and organizations.
- III. **Team Eligibility Requirements**
 - o Cheerleaders will comply with the “No Pass, No Play” grade policy; Cheerleaders must be passing all of their classes with a C- or better in order to participate.
 - o Cheerleaders must comply with all rules, policies, and expectations outlined in this Handbook and the Jesuit Athletic Handbook
- IV. **Financial Responsibilities**
 - o Purchase of all uniform pieces.
 - o Camp clothes
 - o Summer Camp fees
 - o camp meals
 - o Away game meal fees if applicable
 - o Music and choreography fees
 - o Miscellaneous expenses
 - **Payment Plan** – the Head Coach, Athletic Director, and parent may arrange Payment plans for the uniforms as agreed. *However, all balances from all Cheerleaders must be **paid in full by camp.***
- V. **Attendance Responsibilities**
 - o ***The athlete must communicate all absences to the head coach via email.***
 - o Cheerleaders are required to attend ALL practices, games, performances, community events, and fundraising activities as specified by the Coaching Staff. If a Cheerleader cannot attend one or more of the required events (*outside of pre-approved religious and familial obligations*), he/she may forfeit his/her position on the squad. Mandatory attendance includes:
 - All scheduled practices
 - All games and performances
 - Summer Camp in its entirety
 - Ranger Day in its entirety
 - Clinics and Camps



- Social and community events as designated by the Coaching Staff
- Fundraisers
- Team appearance events

VI. Absences- we are a TEAM and we need you there

- o **30 minutes** or more from any cheer-related event is considered an absence.
- o **Tardy:** if an athlete is late 5 minutes or more to a game or event, she will be benched for the first half of the first quarter of the game.
 - 5 minutes or more late to practice, athletes will have consequences at practice
 - Habitual tardiness will result in benching from games
- o Cheerleaders will not be allowed to miss mandatory events throughout the season, including but not limited to practices, games, fundraisers, social functions, community service, etc. Please see the calendar for dates.
 - If a cheerleader has an unexcused absence from a game, he or she will be benched for the first quarter of the following game.
 - If a cheerleader has an excused absence from a game, he or she will be allowed to cheer but not stunt for half of the next game.
 - If a cheerleader is absent from the practice where game day material is being executed, he or she will not perform that material.
- o **Summer:** Cheerleaders will not be allowed to miss more than one summer practice for the duration of summer. Please disclose vacation dates at the first practice. Any vacations disclosed after the first practice will not be excused.
 - **Absences from summer practices may result in benching from games, extra involvement in team events, or other actions deemed necessary by the coaching staff or school administration.**
- o **Excused Absences**
 - An excused absence is an absence in which the Cheerleader has been dismissed from an event by the Head Coach at least two weeks prior to the event; excused absences are only for familial or religious obligations. Personal illnesses or accidents are exceptions.
 - In emergency situations, please notify the Coaching Staff as soon as the situation allows via the groupme.
 - If a Cheerleader is absent from school due to an illness for more than half of the school day, the Cheerleader may not participate in any cheer-related activities on the day of the absence, but she can attend practice. Athletes must abide by the Ursuline attendance policies.



- It is at the discretion of the Head Coach that an absence be excused. A cheerleader can only have up to 3 excused absences, and then a meeting with cheerleader and coaching staff will occur.
- In accordance with the Ursuline policy, 5 absences are allotted before an athlete is under review. This review can result in consequences and or removal from the team.

VII. Parent involvement:

- o Volunteering for at least one Parent Committee (*one parent per household*), as well as being actively involved in the planning and execution of the committee events is highly recommended, it takes a village! This will be discussed in detail at the first team parent meeting
- o Supporting their cheerleader(s) and reinforcing positive behavior, as well as encouraging dedication to their team, teammates, and the Jesuit Cheer program.
- o Managing/reinforcing punctuality to all cheer practices, games, and other events.
- o Providing a case of water and Gatorade for football games.
- o Crowd involvement during games and performances – yell with your cheerleaders!
- o Supporting the decisions of the Coaching Staff, as well as understanding that any and all decisions made are in the best interest of the team, not an individual cheerleader.

VIII. Squad Leadership

- o The Coaching Staff, along-side team input will decide the captains.
- o The captain must maintain a GPA of 3.4 or above.
 - The captain must have leadership abilities.
 - The captain must demonstrate a positive attitude and a willingness to work with the Coaching Staff and his/her teammates.
 - Must have been a member of their squad the previous year.
 - Captains cannot miss any summer and camp practices.
 - Required: interview with the team
 - Required: Captain application
 - Required: Interview with coaches

IX. Appearance

- o Cheerleader's appearance in school uniform is a direct reflection of their Coaching Staff, squad, and school(s).
- o Uniforms must be kept clean, neatly pressed, and mended. There are to be no holes in the uniform at any time.



- o Each Cheerleader needs to come to every game fully dressed in the uniform specified prior to the game. Including hair and make-up.
- o No jewelry is permitted at any cheerleading event. Cheerleaders will be benched for half of the first quarter of the game if jewelry is worn during warm up.
- o Nails are to be kept at a workable length and natural colored polish is allowed.
- o While in uniform and or Jesuit Cheer attire, a Cheerleader must understand that he/she is representing the morals and standards of their school(s).
- o Zero tolerance policy of engaging in illegal behavior or acts and while in or out of Jesuit cheer attire. This will result in a meeting with parents and faculty members of respective schools. Consequences can implemented by the Jesuit Cheer program, school/athletic departments of Jesuit and Ursuline.

X. Practice Rules- Practice makes perfect

- o At the start time of practice, Cheerleaders are to be dressed and ready for practice. All visits to the athletic trainer must occur prior to practice.
- o No oversized shirts, strappy tanks, or shorts with buttons will be permitted as it is a safety risk. Flyers must wear briefs under their shorts. Cheerleaders wearing shorts without lining also need to wear briefs.
- o If a cheerleader is not in the appropriate practice wear attire, consequences will be implanted by the coaching staff.
- o Cheerleaders must have their hair up and out of their face.
- o **Cheerleaders must bring their own water to practice.**
- o Cheerleaders are expected to participate in every practice. A doctor's note must be presented to the Head Coach and UA athletic trainer before practice in order to be excused from physical activity or to return to physical activity.
- o **A doctor's note along with clearance from the UA trainer are required in order to participate in practice post injury. A doctor's note must be presented to both the UA trainer and coaching staff.**
- o Any Cheerleader who misses one or all of the practices before a performance may forfeit performing at that specified event.
- o When a Cheerleader is absent from a practice, it is his/her responsibility to find out what was missed and required.
- o Cheerleaders are not allowed to chew gum during practice or games.
- o No cell phones during practice, unless in an emergency, with coach approval.

XI. Game Rules



- o Cheerleaders must bring all pieces of their uniform to every game including their warm-up outfit, poms, and team bag. Cheerleaders are only allowed to wear additional uniform pieces if every participant in attendance has them.
- o Items will be available to check out of the office, if the item is not returned by the next practice washed and cleaned; athletes will be billed for the item.
- o Athlete's must bring a water bottle to games. Extra water bottles and or a sports drink will be provided.
- o Cheerleaders must remain in the set position while on the sidelines.
- o Cheerleaders who perform tumbling at tryouts must tumble during timeouts, quarters, and halftime performances and maintain the level of tumbling he/she performs at tryouts through to the end of the cheerleading season.
- o Personal Poms must have the cheerleaders name on the handle or have identifiable tape.
- o Absence from a game will result in a cheerleader being benched for half of the first quarter of the next game.

XII. Disciplinary Actions

- o Cheerleaders are expected to comply with all the rules outlined in the district regulations and discipline policies of this Handbook, Ursuline handbook and the Jesuit Athletic Handbook.
- o **Meeting with coaching staff and or administration** – a meeting with the coaching staff and or administration may occur for the following reasons:
 - Non-compliance with any of the policies as outlined in this Handbook.
 - if an athlete is not increasing their skills
 - Three unexcused tardies to practices and/or games.
 - One unexcused absence from a practice or game (*exceptions apply to special circumstances*).
 - Alcohol/drug related occurrences inside and outside of cheer.
 - Blatant defiance of the Coaching Staff or teammates.
 - Disruptive or uncooperative behavior at any cheerleading event.
 - Inappropriate behavior while in or out of uniform.
 - Any school suspension. The consequences will begin once the Cheerleader has returned from a home suspension. However, no Cheerleader will participate in any cheerleading activity while on home suspension.
 - Excessive use of profane or foul language.



- Refusal to participate in his/her assigned position in a stunt group.
- Missing a Jesuit Cheer event due to participation in concurrent activities.

The following are subject to change due to the severity of the act. Discipline action may consist of:

- Meeting with coaches
- Warning
- Benching from game(s)/performance(s)
- Meeting with parents and athletic director
- Probation actions
- Removal from squad

If a Cheerleader at any time becomes a safety risk to any other team members while stunting, the Coaching Staff reserves the right to remove that Cheerleader from his/her stunt group. It is at the Head Coach's discretion when and if the Cheerleader can return.

A Cheerleader who becomes academically ineligible to participate in cheer may not participate in any cheer-related event until the next grading period when the grades have been restored to eligibility status.

If the Cheerleader is academically ineligible for more than one grading period, the Cheerleader will immediately be dismissed from the squad.

XIII. Attitude – One of the main purposes of a Jesuit Cheerleader is to promote school spirit and set an example of sportsmanship.

- Have a positive attitude and sportsmanship- it is what we are here to do as Cheerleaders.
- Have respect for the coaching staff, other faculty members and teammates.
- Cheerleaders' attitudes and actions reflect directly onto his/her teammates, Coaching Staff, and school(s).
- Cheerleaders must be aware that his/her actions in the e-world (*via text messaging, voicemails, emails, print, and all social networking sites*) must align with these principles as well. **Think before you post.**
 - Team system for accountability
 - Inappropriate content on social media will result in a meeting with coaches and the possibility of consequence at the discretion of the coaching staff alongside the administration of both Jesuit and Ursuline.
 - Foul language, inappropriate music, in appropriate dancing, presence of illegal drugs and alcohol will not be tolerated.
 - Any social media content that is posted while in or out of Jesuit Cheer attire must adhere to the standards of the team as outlined in this handbook.
 - Multiple offenses on social media may result in removal from the squad.



XIV. *Quitting the Squad* – Any Cheerleader who quits the squad once the cheerleading season has officially begun, or fails to attend practices or events, will NOT be allowed to return to the squad for the remainder of that school year. If tryouts fall within the academic school year, any cheerleaders who quits the squad is not eligible to try out for the following season.

XV. *Transportation*

- o School/charter buses will be utilized for the majority of team events.
- o Caravanning may be an option for some team events
- o Athletes are not permitted to drive themselves to or from any away games for any reason.**
- o Parent communication: If an athlete is not riding back on the bus, parents must email the coaches by noon the day before or complete the transportation form.
- o Athletes will not be released to anyone under the age of 18 or a current student.**

XVI. *Participation in Concurrent Activities*

- o Missing practices, games and other Jesuit Cheer events, due to an outside activity may result in removal from games/performances and potentially the squad if it is reoccurring and hindering the growth and development of the team.
- o Participation on competitive cheerleading squads is supported, provided that the Cheerleader can meet **all** duties and responsibilities as outlined in this Handbook. Cheerleaders may not forego Jesuit Cheer practices or events to attend another team's events. Special circumstances may apply at the discretion of the coaching staff.

Acknowledgement of rules and expectations as outlined in the handbook

Student name printed: _____

Date: _____

Parent name printed: _____

Date: _____

Student Signature:

Parent Signature:

I have read and agree to all of the statements provided in the Jesuit Cheer Handbook as well as the Ursuline and Jesuit Code of Conduct and Handbooks.



Student Signature:

Parent Signature:
