

# Bishop Fenwick Cheerleader Contract

*Prompt, Prepared, Practice, Presentation*

## **Philosophy**

The Bishop Fenwick cheerleading program will provide its participants with many opportunities to enhance their development of leadership, teamwork skills, and athletic ability in this sport. The objectives of the program are to promote team and school spirit, cheerleading team support, enthusiasm for the Bishop Fenwick Falcons community, while consistently improving cheerleading skills and technique.

## **Action Statement**

Cheerleading is an expression of God's love/light inside you, bursting forth through cheers, kindness, approachability. Dedication, obedience, respect, willingness to try new things, trusting that God has put you here for a defined purpose, will guide you to becoming the cheerleader you are meant to be.

*Cheerleading is a tool which Jesus uses to help me  
spread His love to as many people as He can*

## **Purpose of a Cheerleader:**

1. To promote school leadership
2. To promote team spirit, enthusiasm, and good sportsmanship
3. To promote unification of the crowd's involvement (spectators, parents and the Flock) during athletic events
4. To uphold the highest personal and cheerleading standards in regard to commitment to this sport
5. To encourage and uphold the values of the four Talons of Bishop Fenwick High School throughout the academic year as well as any summer events.

## **24-Hour Rule:**

All critical criticism for a coach or the Cheer Program cannot be had within 24 hours of the completion of a game. Time to reflect upon these issues usually leads to a more productive conversation. Neither cheerleaders nor parents may approach the coach immediately before or following a game.

## **Standards:**

A cheerleader is responsible for her actions both during and outside of the event proper. A positive attitude is a large part of this responsibility.

1. Bishop Fenwick cheerleaders will be expected to conduct themselves in a professional manner before, during and after all practices, games and related events whether in or out of uniform.

2. If a cheerleader fails to carry herself in a professional manner, treat others with respect, and/or fails to boost the morale of the team in a positive way--negative cheering, booing players/students from other teams will not be tolerated-- she may be removed from the squad.
3. Cheerleaders will refrain from posting negative, inappropriate, or otherwise offensive material on social media.
4. Cheerleaders are role models and must behave accordingly. Cheerleaders shall not be involved in public displays of affection while at any game, event or anytime when representing Bishop Fenwick HS per the school Code of Ethics.
5. Cheerleaders are expected to be positive and refrain from gossip. If there are problems or drama issues within the team(s), cheerleaders must seek the guidance of the coach(es) first.
6. Cheer coaches reserve the right to suspend a cheerleader from participation or remove the cheerleader from the squad if standards are not adhered to per coach's discretion.

### **Practice and Game Attire:**

1. **Practices:** gym shoes; necessary leg or knee braces; comfortable/athletic clothing.
2. **Games:** agreed upon uniforms, uniform warm ups, uniform earrings
3. **Disallowed attire:** flip flops, slippers, sweats, visible piercings other than ears, jewelry (except for cheer earrings), bright nail polish, long fingernails
4. Hairstyle for cheer events and games will be a ponytail and will be decided prior to games.
5. No gum chewing is allowed at practices, conditioning, games or events.

### **Mandatory Events:**

1. Cheerleading camp (optional): held June 28 – July 1<sup>th</sup>, 2021, at Great Wolf Lodge, in Mason, Ohio.
2. Summer Conditioning: June, prior to camp
3. Team building events: occurring periodically/times TBD
4. Tournaments: as scheduled per team
5. Practices: Mondays and Thursdays from 3:15-5:15pm
6. Spring Cheer Clinic: typically, in March.

### **Cheerleader Responsibilities:**

1. **Practices**
  - a. Beginning August 2nd: 9-11:30am on Tuesdays and Thursdays until Aug 18, then subsequent Mondays and Thursdays from 3:15-5:15pm.
  - b. Summer conditioning: June 8, 10, 15, 17, 22, 24. Optional, but highly recommended in order to prepare for summer cheer camp.
  - c. Be prompt
  - d. Arrive prepared
  - e. Absences from cheerleading practice are unexcused without prior coach approval and a note from a parent/guardian/physician.

- f. If missing any part of practice, the cheerleader will be responsible for all material missed.
- 2. Games**
- a. Attendance at regular season games and tournament games is required unless otherwise stated by coach(es). Exceptions for attendance: injury/serious illness, death of a family member, or any reasoning pre-approved by cheerleading coach(es)
  - b. Attention to the game must be maintained. Coaches will help guide/teach game nuances. Game time is not social time.
  - c. No food is allowed while cheering, including gum. Water and sports drinks are allowed if kept clear from cheer area.
  - d. Coach's instructions must be followed always during games and events.
  - e. Cheerleaders must be in uniform before games/tournaments/events begin. Cheerleaders are not permitted to change in the stands/hallways of any venue.
    - i. Each squad must be dressed and present 45-60 minutes before their event start time.
    - ii. Stretching before games is necessary to avoid injury. Appropriate stretching techniques will be taught to cheerleaders at practices.
    - iii. Cheerleaders must remain in full uniform for at least ½ of the game before or after their scheduled cheering time.
    - iv. Cheerleaders must wear full cheer uniform to and from all home and away games. Uniform items include, but are not limited to:
      - 1. Skirt and Shell
      - 2. Spanx
      - 3. Liner (as needed)
      - 4. Cheer shoes and Nike socks
      - 5. Hair ribbon/bow
      - 6. Cheer earrings (no additional jewelry)
      - 7. Pom poms
      - 8. Warm ups (top and bottom, as needed)
- 3. Grades**
- a. Should be maintained according to Fenwick and OHSAA standards
  - b. 2.0 average or above
  - c. Service hour requirements
- 4. Transportation**
- a. Buses will be used for transportation. Departure time varies.
  - b. Cheerleaders will be required to ride the bus to away games/events/tournaments unless otherwise notified by cheer coach. Riding home with parent/guardian is allowed if official Fenwick transportation form is signed by a parent and given to coach prior to the start of the game.
  - c. All cheerleaders must stay in uniform for the first ½ of the next game.
- 5. Locker and school decorations**
- a. Cheerleaders are required to create locker signs for assigned athlete(s) per each season.

- b. There are to be no gifts/food for football or basketball players

### **Parent/Guardian Responsibilities:**

1. Encourage your cheerleader to communicate with the coach(es)
2. Transportation to and from practices, cheer camp, and Bishop Fenwick home events
3. Uniform pieces to purchase: liner, shoes, socks, hair bows, cheer backpack, camp shirts
4. Camp fee for 2021: approx. \$465
5. Athletic fee(s): \$300 per season
6. Junior parent coordination for each season's Senior Night
7. Senior parent coordination for the end of the year Cheerleading Banquet
8. Transporting cheerleader(s) to/from Bishop Fenwick prior to bus departure time and upon return from event.
9. Issues/concerns are to be addressed in the following order:
  - a. Your daughter's team coach
  - b. Head coach, Renee Fischer
  - c. If issue is unresolved: Athletic Director
  - d. Final process: Bishop Fenwick Administration

### **Coach's Responsibility:**

1. Establish rules and consequences
2. Consistently enforce consequences
3. Fair treatment of all cheerleaders
4. Encourage cheerleaders to stretch themselves physically and mentally
5. Help cheerleaders overcome adversity
6. Teach cheer technique
7. Be accessible
8. Encourage independence, critical thinking skills, working as a team
9. Encourage servant leadership

### **Try-Outs and Team Placement**

1. **Try-outs** will occur in a similar fashion as in past years
  - a. Choreography for try-outs contains:
    - i. 1 Sideline Chant
    - ii. 1 Cheer
    - iii. 1 Dance
  - b. The choreography used is created by either:
    - i. UCA
    - ii. Graduating senior cheerleaders
  - c. Cheerleaders receive random numbers and try-out in chronological order, 3 at a time
  - d. 3-4 outside judges will score cheerleaders out of 100 points
  - e. 5 total bonus points awarded for tumbling (any kind of tumbling)
  - f. Coaches are in a classroom tallying scores

2. **Team Placement** is based on the following:
  - a. Try-out scores: 25%
    - i. Seniors: aid in formation placement
    - ii. Freshman-Juniors: aid in determining if someone can move up a team
  - b. Teacher recommendations: 10%
    - i. Each Fenwick cheerleader will be required to obtain 2 written teacher recommendations in order to tryout
    - ii. We will create a “teacher recommendation” PDF and post on the Fenwick Cheer page
  - c. Coaches’ recommendations: 65% (see below)
3. **Coaches’ recommendations** based on the following:
  - a. What team is best for each particular cheerleader
  - b. Past performance and coachability
  - c. Cheerleader’s positive attitude
  - d. History of following the 4 P’s of cheerleading
  - e. Cheerleaders who cheered the previous year will benefit from this program
4. **Possible scenario** for team placement
  - a. Freshmen will cheer on Freshman team
  - b. Sophomores will cheer on JV
  - c. Juniors may cheer either 1 or 2 seasons on Varsity
  - d. Seniors will cheer 2 seasons on Varsity
5. **Exceptions to above scenario**
  - a. Junior transfer students will be placed on the JV team
  - b. Senior transfer students will not be permitted to cheer
  - c. Depending on availability, a cheerleader may advance to the next team/level
6. **Reasons**
  - a. To reward the dedication of the cheerleaders who have been in the program
  - b. To promote retention of athletes

## Captains

1. Largely based on **coaches’ and teachers’ recommendations** and maturity level of cheerleader
2. **Reward cheerleaders** who are dedicated, hard-working, help create a positive environment, take constructive criticism well, communicate well
3. To provide opportunities for seasoned cheerleaders to get leadership experience
4. **Practice Captains (1 V, 1 JV)**
  - a. Lead all 3 teams in stretching, kicking, jumping at the start of each practice
  - b. Well-versed in stretching, kicking, jumping techniques
  - c. Allows time for coaches to meet/discuss practice plan
  - d. Attributes: prompt, prepared for practice, attends every practice
7. **Communications Captains (1 per team)**
  - a. Leads discussion in making decisions for each game: hair, bows/ribbons, face decorations, game arrival time, etc.
  - b. Communicates reminders through GroupMe

- c. Brings concerns to the coach(es)
  - d. Attributes: inclusive, approachable, organized
- 8. Field/Court Captain (2 on V and JV)**
- a. Mediator during game between coach and team
  - b. Decide timeout cheers/chants and calls those cheers
  - c. Makes game-time decisions
  - d. Brings concerns to the coach(es)
  - e. Attributes: knows the game well, knows the appropriate cheers to use at the appropriate times, listens well to her coach(es)

### **Uniform Distribution/Return:**

#### **1. Distribution**

- a. Uniforms will be distributed in the summer. Additional uniforms may be distributed in August, prior to football season.
- b. Coaches will document uniform distribution per cheerleader (skirt, shell, warm ups, raincoat, pom poms).

#### **2. Return**

- a. After basketball season, all uniform pieces will be cleaned, placed in a bag (labeled with cheerleader's name) and returned per coach's instruction
- b. Inventory will be noted
- c. Your FACTS account will be charged for damaged or not returned items
- d. This date will be set per coach's availability

### **Probation/Discipline:**

1. Late to practice: suspension for **1 quarter of game**
2. Late to several practices, a game, arrive unprepared for game (attire, nails, equipment, etc...): suspension for **half of game**
3. Unexcused absence from practice/game, multiple above infractions, any visible sign of inappropriate behavior: suspension for **entirety of game**
4. Suspensions will be carried out at subsequent games with the cheerleader in uniform sitting with coach(es)
5. Cheerleaders may be removed immediately for the following reasons:
  - a. Engaging in drugs or alcohol publicly
  - b. Defiance or extreme disrespect towards coaches, teammates, or putting another cheerleader's safety at risk
  - c. Inappropriate use of social media (coach's discretion)
  - d. Acting in an immodest, unsportsmanlike or otherwise inappropriate manner
  - e. At the discretion of the coach
6. No intimidation, bullying or gossiping whether person-to-person or on social media will be tolerated. Please refer to the Bishop Fenwick Student Handbook regarding school policy on social media. Cheerleaders are never to represent themselves, each other, or Bishop Fenwick in a negative light.

7. To obtain an excused absence, the cheerleader must do the following:
  - a. Communicate with the coach in writing at least 3 days prior to practice or game
  - b. Coach will give written response of approval
  - c. If cheerleader does not receive written approval from coach, then that absence is not considered excused.
  - d. See “Cheerleader Responsibilities”, Game, bullet point ‘1’ for a description of excused absences.

**Safety:**

1. Cheerleading involves a high risk of injury. Cheerleaders must have a current physical on record and all Final Forms must be completed and up-to-date, per Bishop Fenwick’s regulations. If forms aren’t completed and documents aren’t up-to-date, the cheerleader will be ineligible to participate.
2. Cheerleaders must notify, in advance, of all injuries attained outside of scheduled practices/games.
3. Medical reports must be given to Amy Anders, Athletic Trainer
4. Pre-existing illnesses/injuries must be reported to coaches asap.
5. If injured, the coach reserves the right to require cheerleader to see a doctor before being permitted to participate in an upcoming game/event/tournament. Additional forms must be submitted to Amy Anders.
6. Cheerleader must have a written note from a doctor allowing her to participate following an injury. If certain activities are not permitted due to the injury, the note must be specific. For example, “athlete can cheer, but cannot jump or kick for two weeks.”
7. If there is not note on file, it is up to the coach whether the cheerleader will be excused for illness/injury.

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# Cheerleader Contract

I, \_\_\_\_\_, have read, understand and agree to the cheerleading contract on the preceding pages. I know that it is a privilege to serve as a Bishop Fenwick Cheerleader. I will abide by the rules and regulations outlined in the Cheerleader Contract. I understand that if I do not follow the aforementioned contract, I will be subject to the consequences and may be suspended and/or dismissed form the cheerleading program.

I will cooperate fully with the coaches, officials, and all persons and organizations concerned to promote good sportsmanship, enthusiasm and school spirit in representing Bishop Fenwick High School.

At all times, I will conduct myself in a manner that best represents the Bishop Fenwick Falcons and the four Talons which represent our school.

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Cheerleader name, printed

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Date

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Cheerleader signature

## Parent/Guardian Cheerleader Contract Acknowledgement

\_\_\_\_\_ (name of cheerleader) has my/our permission to be a part of the cheerleading program and will participate in all related activities for Bishop Fenwick for the upcoming 2020-2021 academic year.

The above contract has been read and discussed with our cheerleader, and we understand and will adhere to the responsibilities and commitments. The role we assume as parent(s)/guardian(s) of a cheerleader contains a commitment in which the contract regulations will be enforced. Support will be given to the coaches and administration in decisions made throughout the sport's season(s).

No responsibility will be held to Bishop Fenwick High School or the cheerleading coaches for any accidents and/or injuries that may occur either at school proper, practice(s), or an event away from Bishop Fenwick school grounds. If an accident and/or injury occurs, the parent(s)/guardian(s) are ultimately responsible for taking our cheerleader to seek proper medical attention.

A current physical is on Final Forms before the start of the cheerleading season.

The parent(s)/ guardian(s) acknowledges that there will be cost and time commitments involved with this sport. Refunds will not be given if the cheerleader, under our responsibility, is dismissed or quits the cheerleading squad. This includes cheerleading camp, supplies, uniform or spirit wear purchases, or additional purchases.

I/We hereby give consent and support for our cheerleader to be among the squad at Bishop Fenwick High School for the upcoming season(s) of 2020-2021.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date