

Princeton City Schools Cheer Program Handbook

General Team Requirements:

- As a student and athlete, cheerleaders are required to meet all the eligibility requirements, including maintenance of good grades, high attendance and higher standard of behavior.
- Each member of the Cheer Program is required to attend clinics, camps, **all** practices, games, competitions and performances, PR and Community Service events.
- You will be required to adhere to the athletic mission statement and athletic expectations as outlined in the GMC Athletic Handbook.
- You are expected to sign up for the Team Shutterfly site and the GroupMe chat to check the weekly updates.
- Captains and Co-captains will be determined by the coaching staff.
- Cheerleaders will not participate if they have a negative balance with the booster group or if they are in trouble with the school, teachers, etc.

Expectations of Team Members:

- You are expected to arrive on time to all meetings, practices, performances, team functions and games 10 minutes early.
- You are expected to come appropriately dressed, fully prepared to work with all necessary equipment. (This includes shoes, uniform, practice wear, bow, etc.)
- You are expected to stretch and condition properly with the group to avoid unnecessary injury.
- You are expected to fully participate with a good work ethic, cooperative and respectful behavior.
- **You are expected to show a working knowledge of all routines/cheers taught or will sit out until you have learned them.**
- You are expected to be an ambassador of the school, if you have a behavior issue in school, it will affect your position on the team and ability to practice/participate.

Expectations of Parents:

- You are expected to arrive on time to all meetings and to assist your cheerleader to practices, performances, team functions and games 10 minutes early.
- You are expected to help with fundraisers and events as needed.
- You are expected to communicate appropriately with the coaching staff using the proper chain of command.
- You are expected to sign up for the Team Shutterfly site and GroupMe to check the weekly updates. You are expected to know the events from the calendar on Shutterfly.

Absences/Injuries:

- All absences must be pre-approved by the coach at least 24 hours prior. If you are sick and ABSENT from school, you will not be allowed to participate in practices, performances, or functions and must bring an excused absence slip from the school office. If you are sick and ATTEND school, you must still attend practice, though you may sit and watch.
- Three unexcused absences will result in being removed from the team. **You will sit at the game the week of an unexcused absence from practice.**
- **Work, homework, detention and not having proper uniform** will be considered **unexcused** absences.
- **First unexcused absence from a game/clinic/camp/performance will result in dismissal from the team.**
- If you become injured, you must present a doctor's note detailing the nature of your injury, any physical limitations, and how long you are expected to be out. You must present a note from the same doctor releasing you to participate when you have recovered from the injury.
- Injured team members **are still required to attend all practices, performances, games and functions in proper game/practice attire** as designated by the coach.
- Injured team members must also report injuries to the school athletic trainer.

Appearance and Uniforms:

- Team members are required to adhere to all school, athletic and cheer team dress code requirements. Teams will be in uniform for all appearances.
- **No jewelry** will be allowed during any practice, performance, game or function. Refusal to remove jewelry will result in an unexcused absence.
- **Nails need to be athletic cut.** You are only allowed to have clear, French tip or natural colors.
- Hair will be worn in the designated style the coach has decided upon for games, performances, functions, etc. Therefore your personal hair style must be school appropriate and accommodate this cheer style.
- You are expected to maintain and care for the uniform carefully. You will be charged for the replacement of any damaged or missing items.
- You are expected to maintain appropriate personal hygiene to participate in practices, performances, games and functions.
- Any team member not dressed in the appropriate uniform designated by the coach for any practice, performance, game or function will be given an **unexcused absence and will not be allowed to participate.**
- **We will cheer in the rain/snow/cold, etc:** team members should have their own clear rain gear, and black gloves, hats/ear warmer head bands and must **wear them as a team or not at all**. Please make sure you check with your coach for what you need in weather situations.

Behavior and Respect:

As a Princeton cheerleader, you are held to a higher standard of behavior in and out of uniform.

- You are expected to come to all practices, performances, games and functions with a cooperative attitude and respectful behavior toward yourself, other team members, and any coaches/staff/adults, etc.
- You are expected to show good sportsmanship to others, both team members, peers, and any coaches/staff/adults.
- Disrespect WILL NOT be tolerated and you will be sent home causing an unexcused absence or may be removed from the team.
- You are expected to respect areas of all the practices or performances. You must clean up after yourselves. **You should leave the area cleaner than you found it.**
- You must stay with the team at all times, and respect the boundary limits set by coaching/school staff.
- **Your behavior at school will affect your position on the team.**
- **If you are in trouble at school, you will sit the game that week.**
- **If you behavior becomes an issue at school, you will be dismissed from the team.**
- **If you are dismissed from the team, you cannot participate the following season. Your behavior throughout the season will affect your future participation in the program.**

Parents, Coaches and Other Adults:

- Any adult in attendance at a team practice, performance, game or function is expected to be a role model in the philosophy of Princeton City Schools, The Princeton Athletic Department and the Princeton Cheerleading Program.
- All practices are closed and spectators are not allowed.
- Questions, comments and concerns should be addressed to the team members' coach first and followed up by the varsity head coach.
- Parents, guardians and team members must schedule an appointment with the coach or head coach in order to discuss matters of concern respecting the schools 24 hour policy.
- Parents, siblings, friends, etc. must remain in the fan sections of a game and not with the cheerleaders or on the sideline with the coach.
- Coaches cannot address concerns before, during or immediately after a practice, performance or game unless an appointment has been set up to do so by the coach. Please respect the school's policy of a 24-hour period after the incident before addressing the coach.

Social Media:

- Please know that inappropriate posts, negativity towards the school, the team, students or the program, cyber bullying and photos showing inappropriate behavior will be an instant removal from the team. These posts do NOT go away. College scholarship programs do google imaging searches and can find deleted posts- you could risk acceptance into a college program for negative posts.
- Know your social media brand. You need to present yourself in a positive light.

Contacting the Coach:

- E-mail/Text is the preferred method of contact. You can also call the athletic office to leave a message for your coach.
- If your coach gives you a personal contact number, please respect a time boundary when placing calls. (Do not call/text before 8am or after 9pm.)

If you have a problem, or concern: CHAIN OF COMMAND

1. Schedule a time to meet with your child's coach first
2. If you do not feel the problem was resolved, schedule a meeting with the varsity head coach
3. If you still do not feel the problem was resolved, schedule a time to talk with the athletic department.

Most issues can be resolved at the team level. Please remember that cheerleading falls under the athletic umbrella. Rules that govern cheerleading are set up by the Greater Miami Conference.

I have read and understand the rules that govern Princeton Athletics and the Cheerleading Program.

I understand that if my daughter is removed from the team, there are no refunds from the account for monies paid for personal items, camps, etc.

Parent signature: _____

Cheerleader signature: _____ Date: _____

Parent Cell Phone Number: _____

Parent E-mail Address: _____

Cheerleader Cell Phone Number: _____

Cheerleader E-Mail Address: _____