

**SUNSET MIDDLE SCHOOL
CHEERLEADING
Rules, Policies & Expectations
2008-2009**



The primary role of a SMS Cheerleader is to promote school spirit, enhance crowd involvement, and positively represent Sunset Middle School both as a leader and as an athlete.



Academics

- **100% is expected**
- Active members must be passing in all classes
 - In the event of non-passing grades, you will continue to practice; however, you will dress out and attend *but not participate* in games until progress report showing passing grades is presented to coach.

Attendance

- Attendance is mandatory at **all** SMS events and practices.
- Vacations, sports, school related events, doctor's appointments, All-Star cheer squad etc., must be worked out around SMS spirit events.
- Those who cheer for an All-Star squad should note that continual interference with SMS practices, events, and/or games *will* result in removal from the SMS squad.
- Excused absences are defined as unforeseeable and coach must be contacted in **advance** by the **cheerleader**. Advance would be at least one day.

Rules

1. Cell phones are to be turned off at all events and practices.
2. No jewelry is to be worn at games and practices.
3. All hair must be pulled up all the way or half way at games and practices.
4. Ribbons must be worn at all games.
5. No gum at games or practices
6. No bra straps should be showing when in uniform, uniform should be worn properly (not unbuttoned, unzipped etc.) in public at all times.
7. No sitting, leaning, or excessive talking during games or practices.
8. Always do what is asked of by coaches or captains.
9. Wear the proper uniform and accessories at games, practices, and events.
10. Cheerleaders are to be on time to all functions and games. (This includes returning to the gym floor at half time or between games during basketball season).
11. **Any Sunset Middle School cheerleader caught using tobacco, alcohol, drugs, being involved in a fight, using profanity or inappropriate internet activity will be dismissed from the squad immediately.** Each team member must be a strong representative of the program and a positive reflection of his/her teammates. **Because members represent the school, exemplary behavior is mandatory at all times in the community and at any function where students can be recognized as representatives of Sunset Middle School.** Abusive, uncontrollable, irresponsible or any form of negative behavior, in or out of uniform, will **not** be tolerated. This includes drug and/or alcohol usage, smoking or other tobacco products, fighting, vulgarity, vandalism, stealing, PDA or gambling. High moral standards and character are of the utmost importance to this organization and will be regarded as a high priority of all its members. **A cheerleader may face immediate dismissal from the squad if the cheerleader or the parent exhibits negative or abusive behavior that is damaging to the squad in any way.**
12. **You should be changed into practice clothes, have your hair up, used the restroom, and have everything organized from your locker/back pack, ready to practice and be at the appropriate practice area by 2:45. If you must get something to snack on, it must be done prior to practice starting.**
13. **Be ready to work hard and give each practice your undivided attention and enthusiasm. Practice is not a time for goofing off. NO CELL PHONES!!**

If rules, policies, and/or expectations are not followed, consequences will be determined according to the degree of severity. If violations accrue, the cheerleader may be dismissed from the squad at the coach's discretion.

There will be no gossip or disrespect (which leads to dissension) between cheerleaders. If a girl has a concern about anything or anyone on the squad as it directly affects the cheerleader, it is the cheerleader's responsibility to communicate with coach.

Fundraising

- All fundraising *events* are mandatory. (i.e. yard sale, car wash, etc)
- All funds raised will be retained in the general cheerleading fund.

Financial Responsibilities (these numbers are **approximate** based on last year's numbers)

1. Camp/practice clothes: **\$100**
2. Uniforms & accessories: approximately **-\$325** (poms, ribbons, bodysuit, bloomers, shoes, megaphone, duffle bag, rain slickers)
3. **We will order one other uniform upon completion of fundraising activity approximately \$150**
4. Camp: **\$269**
5. Warm-ups: **\$130**
6. Banquet/food/trophy: **\$25**
7. Gym Fees: approximately **-\$45** (on going) monthly paid to cheer gym to be determined

Failure to pay mandatory fees on time will result in:

1. **Reminder by coach after 1 week.**
2. **Reminder by coach after 2 weeks**
3. **Passed on to administration after 3 weeks**

Travel

- Carpool to functions, adhering to the following rules
 1. meeting place is always SMS
 2. no one under 18 years of age may drive at any time

Parent Expectations

- ❖ **Flexibility!** There **will be** changes made to game, practice, and event schedules. Only necessary changes will be made. When a change is made you will receive an email and/or phone call to the designated contact number.
- ❖ Girls need to bring their own drink to basketball games and we will have a drink rotation during football season.

- ❖ If a parent would like to speak to the coach about a **serious** matter, they are not to address this at any event. The proper protocol is to call or e-mail coach at her place of work to schedule an appointment. **Otherwise, it is up to the cheerleader to communicate to the coach about cheerleading matters.**
- ❖ All practices-- no matter the location will be CLOSED.
- ❖ Be on time to pick up cheerleader.



❖

The cheer coach may make changes in the contract, schedule, practices, uniforms, etc. Girls and parents will be informed if changes are made. Girls must abide by the coach at all times.

- ❖ **If rules, policies, and/or expectations are not followed consequences will be determined according to the degree of severity. If violations accrue, the cheerleader may be dismissed from the squad at the coach's discretion.**

Squad

The football/basketball squad will consist of one team which will cheer for football and boys/girls varsity basketball games.

Captains

The coach will determine captains for the year. Captain responsibilities will be...

- ❖ Lead girls in school spirit, responsibility, and character
- ❖ Lead cheers
- ❖ Make sure everyone is following rules and expectations
- ❖ Anything else determined by coach

I may be reached at katherinee@wcs.edu for further questions.



My child, _____ has my permission to be a cheerleader at Sunset Middle School. I understand that she and I must abide by the rules and regulations set forth by the coaches and the Principal of Sunset Middle School. I have read the Sunset Middle School Cheerleading Tryout packet including all rules, regulations and disclaimers and understand what is required of my child to participate in tryouts. I understand my child will be required to attend weekly practices and all games.

I understand that cheerleaders must furnish their own transportation to all away games. I realize this is a team effort and that I may be called upon to help in some ways throughout the season. I will make every effort to do my share of assisting on behalf of my child and the cheerleading squad. I understand that my child may be suspended or dismissed from the squad due to any disruption that I may cause. I will do my best to be understanding and flexible for the benefit of my child and others.

Parent/Guardian Signature: _____ Date: _____

I am a cheerleader at Sunset Middle School. I promise to abide by the rules and regulations set forth by the coach and principal of Sunset Middle School. I promise to cooperate fully and to obey the directions set forth by the team's coach.

Student's Signature: _____ Date: _____

Bio Form

Full Name _____ Date of Birth _____

Street Address _____

City, State, & Zip _____

Cell # _____ Home # _____

Student E-mail Address _____

Parent Name(s) _____

Parent E-mail Address _____

Parent cell # _____ Parent work # _____

Please Circle:

Grade (2008-09): Sixth Seventh Eighth

