

Fair Grove Boosters Club

Cheerleading Squad Rules 2012/13

The cheerleading program in the Fair Grove community is composed of volunteers in terms of coaches and student participants. The purpose of having rules is to promote fairness, cooperation, responsibility, and discipline for all involved, since cheerleading is a year round sport. We want full-time, committed cheerleaders and parents who can make this program a success. These rules are read and revised each year by the Executive Board of the Boosters Club and the coaches from each squad so that we all understand their function, and we can treat all cheerleaders fairly.

1. Coaches will be selected following tryouts and must be approved by the board.
2. Composition of squads
 - a. The Varsity squad will consist of rising fifth and sixth graders.
 - b. The JV squad will consist of rising third and fourth graders.
 - c. The POM squad will consist of second-sixth graders and could possibly be divided into two squads, depending on the number of girls trying out. The division of the squads will be based on age and skill level, in the event the squad is very large.
 - d. Chief and Co-Chief for all squads will be determined at camp. This will be based on skill, character and leadership ability.
3. Tryout Process
 - a. Each cheerleader and at least one parent/guardian must attend a meeting in which rules and regulations will be explained. Signups will follow.
 - b. Tryouts will be held in the gym. Beginning on Friday, instructors will teach a cheer, chant, and a dance. On Saturday, we will review and practice. Instructors will complete a score sheet based on attitude, effort, leadership, respect and spirit. On Sunday, a panel of judges will score the cheerleaders based on ability and skill level. These scores, along with the scores from instructors and former coaches, will be tallied by a Booster Club Board Member and the coordinator. At this time, assignments to squads will be determined and posted.
 - c. **Solid T-shirts and shorts** are required for tryouts. Cheerleading shoes may only be worn if the color inserts are removed.
 - d. Judges will have cheerleading backgrounds and they will not be affiliated with this school.
4. Expectations
 - a. Scheduled practices are mandatory. Cheerleaders are expected to be on time and remain for the entire practice. Coaches set practice times based on facility availability. These times may vary and may occasionally include Sunday afternoon.
 - b. All cheerleaders are expected to attend any additional practices and other scheduled team events (ie Parade, competitions, etc). If a cheerleader does not attend, the absence will be unexcused. If a parent fails to notify the coach concerning an absence, the cheerleader will be required to sit out the first half of the following game.
 - c. Practice sessions are expected to be uninterrupted. Parents are encouraged to attend the last 10-15 minutes of practice to view progress.
 - d. Cheerleaders must be respectful, listen and behave so that practice runs smoothly.
**1ST offense, warning

****2nd** offense, cheerleader will be asked to sit out while practice continues and the coach will notify the parent.

****3rd** offense, full game suspension (unexcused) cheerleader will be expected to attend the next game, dressed in uniform, and sit with the coach on bench.

*******After 2 full game suspensions, a cheerleader may be dismissed from the squad*******

- e. Cheerleaders need to remember they represent our school in and out of uniform. They should be respectful to everyone at all times.
- f. You may only have practice one day a week, so it is very important that you come prepared to give 100% the entire practice. This expectation applies to games as well.
- g. No Cheerleader or parent representing Fair Grove Cheerleading, at any time or place, will spread gossip, rumors or make discrediting remarks concerning other cheerleaders, squads or coaches. Also, no cheerleader or coach should make any accusation or suggestion which cannot be verified as fact.
- h. All cheerleaders and coaches are expected to maintain certain standards of performance at all times. The quality of this program is judged by the statements and actions of every individual both on and off the field.

5. Games

- a. If a cheerleader comes to a ballgame not in complete uniform, she will sit out the entire game.
- b. Attendance at every game is mandatory. You may be asked to arrive up to 45 minutes early for pre-game practice and remain for the entire game.
- c. Coaches determine the arrival time. If a cheerleader is more than 10 minutes late, she will sit out the first half of the game. Two late arrivals will be considered an unexcused absence. Continued late arrivals will constitute full game suspensions. *****This rule also applies to practice sessions and 10 minute late arrivals should never become a common occurrence*****
- d. If a cheerleader has an injury (ie sprained wrist, ankle, pulled muscle, etc) she is expected to attend games, dressed in uniform, and attend practice sessions even if unable to participate.

6. Absences

Unexcused

- a. 1st offense, half game suspension
- b. 2nd offense and any thereafter, full game suspension

*****Cheerleaders must attend and be dressed in uniform for games during their suspension. A cheerleader who has been absent or suspended from 2 full games may be dismissed from the squad. CHEERLEADERS WHO HAVE BEEN DISMISSED FROM A SQUAD WILL NOT BE ALLOWED TO TRY OUT FOR CHEERLEADING THE FOLLOWING YEAR.**

- c. All cheerleaders will receive one excused absence for each sporting event (one for football and one for basketball) to be used at her discretion. All other absences (death in family, sickness, or accident) will be excused by supplying documented proof. Cheerleaders who are going to be absent must notify the coach as soon as possible. If a parent fails to notify the coach concerning an absence, the cheerleader will be required to sit out the first half of the following game.
- d. Cheerleaders participating in other activities...
****It is understood that cheerleading always comes first.**
****If a cheerleader deliberately misses a scheduled practice or game in favor of another activity, she will incur an unexcused absence. The only exception will be a very significant function, such as a championship game, etc.**

7. Safety

My cheerleader and I have read and understand the rules completely. We agree to these rules and are committed to working with the coaches to make this program successful.

"If it's in your heart, it shows in your spirit!"

Cheerleader signature _____

Date _____

Parent/Guardian signature _____

Date _____

If you would like to be added to the Fair Grove Booster's email list, please provide you email address

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