**Ola Middle School Cheerleading Guidelines**



**I. Purpose/ Commitment**

•To promote and uphold school spirit, develop a sense of good sportsmanship among the students, and to build better relationships between schools during athletic events.

•To represent OMS at practice, on game days, and at competitions.

***Commitment:*** All cheerleaders should remember that they are committed to the entire season. Cheerleading runs from June until November. If participation in any other sport or activity results in excessive absences or tardiness described below, it may result in dismissal from the squad.

**II. Participation**

Cheerleaders are expected to be at **all** cheerleading activities. Excused absences are school related activities, death in the family, or major illness. Unexcused absences are non-school related activities, work, mild sickness (including headaches, cramps, etc.) Doctor/dentist appointments are **not** excused. These need to be planned around cheerleading practices and events.

After 2 unexcused absences, the cheerleader may be considered for dismissal from the team.

Please do not plan vacations during our season. The success of our program is dependent on all of us working together. A stunt group is useless without all its members.

Extra practices may be called on late notice.

**III. Tardiness/Early Leave**

Tardiness or early leave from a practice or activity will result in extra conditioning (or other consequence set by the coach). If the requirements are not satisfied before a game, competition, or activity, the cheerleader will not be able to participate.

If this is a frequent problem or if late notice is given – the amount of time being late to/leaving from practice can add up to an unexcused day of practice.

☞Cheerleaders must be in attendance for at least ½ day on the day of a competition/game/practice in order to participate. Should school be canceled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified.

**V. Cheerleading Protocol**

**The following are *not* acceptable and will not be tolerated:**

* Talking excessively during games to other cheerleaders
* Talking during a game to spectators
* Chewing gum at games or practice
* Romancing with boyfriend/girlfriend while in uniform (no physical contact)
* Cursing or vulgar language
* Talking during the National Anthem/Silent time or while a player is injured
* Talking during instruction time during practice or game
* Complaining
* Gossip/disrespect to other team members
* Changing clothes on the bus without coach approval

**-** Any of the above in excess may be grounds for dismissal from team, benching of game and/or immediate consequence of extra conditioning.

**-** Benching of game and/or immediate consequence of extra conditioning, etc. can be imposed for not following the next bulleted section.

* Cheerleaders will NOT have on earrings or nails any time the team is together. This includes practice, games, pep rallies, etc. (this is also covered in Section VI Appearance, Uniforms and Equipment)
* Phones will be placed in phone bucket at the start of practice, no excuses.
* Hair for practices, activities & games will be decided by coaches/captains and must be worn by all cheerleaders
* Cheerleaders are expected to be at all conditioning and practices. If they are not, someone else will be put in that spot.
* Attire for practice, game days & activities will be decided by coaches/captains and must be worn by all cheerleaders
* ***Cheerleaders are expected to keep up their skills. If they do not continue to perform the skills thrown at tryouts, they may be demoted*.**

If a cheerleader is benched, he/she will sit with the coach the entire length of the activity with no socializing or cell phone.

☞Disrespect to **administration**, **faculty**, **staff** or disrespect to **cheer** **coaches** may result in dismissal from team. Talking back in any form to any of the above will not be tolerated! Talking back (and eye rolling) is DISRESPECT and will be handled in the form of extra conditioning, benching, probation and/or removal from the team. *(EX. Do not try to argue that you do not like to put your hair in a ponytail and won’t do it…. If your coach states something to be done or worn, there will be no discussion.)*

**-**It is a privilege to be a part of the Ola Cheer Program and each member will act in a respectable manner.

**Other grounds for dismissal**

* Poor health (causing excessive absences and or not being able to perform duties required)
* Breaking school rules (dress code, vaping, classroom behavior, skipping).
* Repeated emails from teachers about classroom behavior, etc.
* Smoking, drinking, or using drugs while in uniform or at any cheer or school activity
* Failing 3 out of 7 subjects per semester (at 9 week posting)
* Getting in trouble with law enforcement
* Inability to get along with other cheerleaders
* Benched more than 3 times
* Inappropriate material on social media that represents yourself and/or Ola negatively (note – actions/info on the internet/social media should still follow Ola cheer standards and covenant)
	+ Social Media includes any form – Instagram, TikTok, Twitter, Facebook, SnapChat etc (including anonymous accounts)

-First offense – Meeting with Coach and AD/ Contract

-Second offense – dismissal

* Any other behavior deemed inappropriate or detrimental to the team by the coach.
* Repeated visits to ISS
* Coach’s discretion/overall good of the team

☞You start representing Ola High School the minute you become a part of any Ola Cheer Team. Your actions reflect back on to your teammates and school.

**VI. Appearance, Uniforms and Equipment**

* Hair must be pulled back for all games/practices/competitions
* Jewelry of any kind may not be worn to any game/practice/competition. This includes tongue rings, belly rings, earrings, rings, necklaces or bracelets. (Medical alert charms and religious medals are exceptions but must be taped to the body) This is for safety reasons and **IS** a National Cheerleading Rule!
* Cheerleaders may not have nails that can be seen over the fingertips. (*NO acrylic nails, S&S, gel, or any other nail treatment. Natural nail only)*
* Uniforms (including team bookbag) will be purchased and kept clean.
* No one team member may change out of the uniform during an event. (Example: At a competition, everyone must remain in full uniform from the time we get off the bus until the time we return to the bus unless directed to change by the coach or given permission to change by the coach)
* Uniforms will not be worn except for games, competitions and designated activities. Uniform will not be worn outside of these unless the entire team is together. (Example: Do not wear your uniform to a restaurant unless with the entire team. Warmup and/or practice wear is allowed)
* Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of replacing the uniform.

**VII. Transportation**

* Misconduct during travel to or from the events will not be tolerated.
* Cheerleaders may ride home from away events with parents or an adult of the parent’s choice with a written note from the parent. The note must be presented prior to the event. At no time will a cheerleader be allowed to ride from away events with any non-approved person. At no time will a cheerleader be allowed to ride from away events with another student or teenager.

**Miscellaneous**

1. Squad members must be dressed, in uniform, and at the school at the designated time set by the coach.

2. Coaches will not be in charge of floats. If the team wants a float for homecoming, there will need to be a parent committee.

3. If a cheerleader withdraws from the school at any time after being selected, he or she will be dismissed from ALL squads they are a member of. If a cheerleader quits during the cheer season or is dismissed from the squad, she may not tryout for cheerleading in the middle school or high school (8th graders) the following year without undergoing the appeals process.

4. The appeals process includes a meeting with an administrator, coaches, other school personnel, cheerleader and their parents to discuss consideration for tryouts.

5. If your balance goes unpaid, your cheerleader will not compete, practice, or cheer until the balance is paid in full. All balances need to be paid by July 12, 2024

6. If you quit or are dismissed from a squad, you are responsible for paying for items ordered for you.

**Disciplinary Procedures**

*Benching, Suspension, or Dismissal:* If at any time a parent of a cheerleader has a question concerning the handling of discipline problems, please make an appointment with the coach to discuss the problem before it escalates out of proportion. The first step to handling a concern is to speak with the coach.

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| **Offense** | **1st** | **2nd** | **3rd** | **4th** |
| Unexcused Absences & Tardiness to games or performances  | Benching/PS | Suspension/PS | Dismissal  |  |
| Unexcused tardy to practice | Warning/PS | Benching/PS | Suspension/PS | Dismissal |
| Unexcused absence from practice | Benching/PS | Suspension/PS | Dismissal |  |
| Uniform Violations | Immediate Benching/PS |  |  |  |
| Swearing or Profane Language | Immediate Benching/PS |  |  |  |
| Unsportsmanlike Conduct | Immediate Benching/PS |  |  |  |
| Disrespectful attitude or insubordination toward coaches | Warning/PS | Benching/PS | Suspension/PS | Dismissal |
| Academic ineligibility (see handbook) | Immediate Dismissal |  |  |  |
| Confirmed use or possession of drugs, alcohol, or tobacco/vaping and paraphernalia  | Immediate Dismissal |  |  |  |
| Behavior detrimental to the squad’s safety or performance | Warning/PS | Benching/PS | Suspension/PS | Dismissal |
| ISS | Suspension/PS | Dismissal at coach’s discretion |  |  |
| OSS | Dismissal at coach’s discretion |  |  |  |
| Assigned to Alternative School | Immediate Dismissal |  |  |  |
| Violation of Social Media Agreement | Meeting with coach & AD/Contract | Dismissal |  |  |

***By signing below, I am stating that I have read the Ola High School Cheer Guidelines and I agree to follow the stated rules and regulations.***

**Cheerleader Signature & Date:**

**Parent Signature & Date:**

Please read and **initial** each of the following: **(Cheerleader and Parent)**

\_\_\_\_\_\_\_\_\_\_ I understand that I will be expected to bear the expense of uniforms, camp, clothing, clinics and other costs that may arise during the season.

\_\_\_\_\_\_\_\_\_\_ I understand that I must respect my/my child’s coaches, teammates, administration and faculty at all times. I understand that I must be a team player at all times.

\_\_\_\_\_\_\_\_\_\_ I understand I/my child must attend all practice sessions, activities and games scheduled throughout the season.

\_\_\_\_\_\_\_\_\_\_ I understand that I/my child must attend summer camp and other activities/practices planned during the summer, season and holidays throughout the season.

\_\_\_\_\_\_\_\_\_\_ I understand that I/my child represent Ola Middle School and will act in a way that will reflect on the school/team in a positive manner.

\_\_\_\_\_\_\_\_\_\_\_ I understand that once I/my child makes a team, my/her participation/behavior throughout the season will be taken into consideration during the following tryout.

\_\_\_\_\_\_\_\_\_\_ Parent/Guardian - I understand that if my child quits or is removed from the team for any reason – no refunds will be issued.

***I am PROUD to be an Ola Mustang***