

DePaul Prep Cheerleading
Contract
2023-2024



DEPAUL PREP
CHEERLEADING

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PURPOSE:

- To represent DePaul College Prep.
- To promote and generate interest, enthusiasm, support and pride in athletic teams, events, traditions, and DePaul College Prep.
- To maintain a high level of competitive excellence.
- To be a positive role model in/out of uniform and on/off campus.

ELIGIBILITY:

- Must be enrolled in a minimum of five courses. Exceptions for graduating seniors who have or are fulfilling graduation requirements and are on target to graduate.
- All students must have a passing grade in all classes.
- Coaches will check grades periodically. A student may not perform with incomplete class work, poor attendance, endanger of failing or failing grade.
- Students must follow all District and IHSA guidelines. **Initial:** [REDACTED]

EXPECTATIONS:

- Athletes are expected to give 100% effort all season, even when it is difficult.
- Athletes are expected to participate fully each day, and do not get to choose to sit out.
- Athletes are expected to follow injury protocol, which includes alerting coaches immediately, and taking the proper steps to safely return to play.
- Athletes are expected to arrive **10 minutes before the start time of practices, games, competition call times.**
- Athletes are expected to be the main source of communication when needing to address a challenging subject with a coach supplemented with parent support.
- Athletes are expected to uphold and maintain standards set forth by the IHSA, DePaul Prep Cheerleading, the DePaul Prep Cheerleading Contract, and DePaul College Prep Student Handbook..

COMMUNICATION:

- Athletes and Parents are not to add coaches on social media while the athlete is a student at PHS.
- Athletes may text coaches as needed.
- Athletes must be enrolled in the **GroupMe** app and on the team text/group chat.
- Athletes are encouraged to initiate conversations with coaches if/ when issues arise.
- Athletes must inform their coach when they are running late to practice, or an emergency arises etc.
- Athletes are to inform their coach immediately if they know they have a field trip that will cause them to miss practice.
- Athletes are to inform their coach immediately of any injury during practice.
- Athletes are expected to communicate with coaches if they plan to participate in another activity/sport.
- No call no shows are unacceptable for both practice and extra practices.
- If an emergency arises coaches must be informed prior to practice start time.
- Parents are to wait 24 hours before emailing coaches regarding an issue/ or complaint from a practice or event. **Initial:** [REDACTED]
- Respectful communication is always encouraged. Disrespectful and attacking communication will be forwarded up the chain of command and responded accordingly. **Initial:** [REDACTED]
- Parents are to communicate with coaches via e-mail or the **GroupMe** app only. Parents are not to reach out to coaches via their personal cell phones. (Except in the case of emergencies).
- Athletes and Parents are to keep all communication via text, email, and **GroupMe** appropriate and respectful to all athletes, coaches, and the program as a whole.
- Parents are to allow coaches 24 hours to respond to their emails prior to sending another email or going up the chain of command. **Initial:** [REDACTED]

Chain of command: Level coach > Head Coach > Athletic director > Principal

ATTENDANCE:

- **All DePaul College Prep attendance policies apply as follows. This includes excused/ unexcused policies, excessive absence policies, and makeup work policies. Please see the student handbook for guidelines.**
 - Coaches reserve the right to retrieve any school records regarding attendance in any class.
 - Students may perform with one absence from school in a week as long as it is not the day of a game, activity, or performance.
 - If an athlete misses the day of a game they will not cheer that evening. **Initial:** [REDACTED]

- Students must be present for the majority of the school day, the day of a game in order to cheer that night.
- Students must be present the majority of the school day the day before a competition to be able to compete.
- Attendance Expectations
 - Students must be at all additional practices. This includes break practices and all practices that occur two weeks prior to a competition.
 - If you are “kind of sick” or “not feeling well”, you are still expected to be at practice. You may sit and watch if you cannot participate.
 - If athletes are injured or are ill and sitting out they still **MUST** be dressed out for practice. **Initial:** [REDACTED]
- Cheer Tardies
 - Tardies are not acceptable and will result in consequences for the athlete including but not limited to; benching or athletic conditioning.
 - Mats need to be rolled out by practice start time on school days. Mats need to be rolled out by call time at outside of school hour practices. Failure to do so will constitute being tardy.
 - Athletes are expected to arrive **ten minutes early to all call times** to prepare for the practice or event. Failure to be early will constitute being tardy.
 - Failure to be prepared at the start of practice (dressed, jewelry out, hair up, shoes on, injuries taped) will constitute as being tardy.
- Excused/Unexcused Absences
 - An athlete will receive three (pre-approved) total excused absences. Anything over three will be considered unexcused. **Initial:** [REDACTED]
 - Coaches do not have to excuse absences. The calendar will be evaluated and decisions will be made accordingly.
 - Exact dates listed on the tryout application will be excused if they do not conflict with competition prep/ competition. If the dates change those new dates are not covered.
 - Athletes must submit an absence request form at minimum two weeks prior to an intended absence. If it is submitted within two weeks of the absence it is automatically unexcused.
 - In the event of an unexpected absences ALL coaches must be alerted **prior to practice start time.**
 - Not attending and not alerting your coach prior to any absence will result in a consequence. **Initial:** [REDACTED]
 - For additional practices and break practices absences must be cleared by both **Head and Assistant Coaches.** Depending on reasoning and timing in relation to competition, the absence may be determined either excused or unexcused. Athletes should submit an absence request form for all intended absences.
 - When absences are unexcused athletes may be benched from all or a portion of a game/ performance, or be pulled from competition. **Initial:** [REDACTED]
- COVID Addendum
 - Athletes should stay home if experiencing COVID symptoms and alert their coach before practice start time..
 - If an athlete needs to stay home for more than one day they need to obtain a COVID test.
 - Parents and athletes should be both understanding and flexible when it comes to the additions/subtractions of restrictions and procedures. Perry Cheerleading will follow all school and district guidance.
 - Parents and athletes should both familiarize themselves with our COVID guide- this will change as guidelines change [linked here.](#)
 - By initialing here you indicate that you understand the current COVID guidelines, as well as that COVID is a fluid situation and things can and very well will change throughout the season. **Initial:** [REDACTED]
- Attendance Discipline
 - Any student absent more than one day in a week may be benched, depending on the individual’s situation and the circumstances of that week.
 - Students may be benched with an unexcused absence from practice or a performance.
 - Students may be benched if they have excessive absences and/or tardies from practices.
 - If a student has a conflict with scheduled events, he/she must have their absence approved by the **head AND assistant coach two weeks prior** to the event, except for emergencies. Unapproved absences will have consequences. **Initial:** [REDACTED]

Make-up Work:

- Athletes who have been tardy, not dressed for practice, missed a practice/game will need to complete make-up work. You can find this information on the cheerleading website.
- Make up work needs to be approved by the level head coach and it must be turned in every Friday.
- Athletes out on a doctor's note must do make up work for every practice/game missed.

FINANCIAL OBLIGATION:

- All payments must be made on time.
- Parents must initiate communication if they need payment extensions. **Initial:** [REDACTED]
- Coaches reserve the right to withhold gear until payments have been made.
- Extras such as nationals gear or championship rings/ jackets will be the responsibility of each athlete.
- The Head Cheer coach will keep you updated on balances owed. If you have any additional questions regarding payment, balance, etc. please contact your head coach.

PRACTICES/GAMES/PERFORMANCES/ACTIVITIES:

- **Attire Expectations**
 - Students are responsible for ALL uniforms: DePaul Prep uniforms, practice uniforms, game day attire, etc. Students must pay for all costs of replacements. Students are not to alter DePaul Prep Uniforms without coaches permission.
 - Students must wear assigned uniforms to be able to practice, perform or attend performances.
 - **Practices** – T-shirts/practice tanks are to be worn to and from ALL practices. T-shirts/practice tanks are to be worn during conditioning.
 - Practice attire – Shirt, cheer shorts, sports bra, shoes, and socks – NO BOWS
 - All cheer members will need running shoes, game/track shoes and competition shoes
 - **Games/Performances** – Uniform, spandex, no show sports bra, bow, shoes, and socks.
 - **Game Day Outfit** – Assigned jersey/t-shirt, assigned bottoms
 - DePaul uniforms are not to be worn outside of games and competitions or into any DePaul events unless directed by a coach. Athletes should never be in attendance at a game in uniform if they are not cheering. **Initial:** [REDACTED]
 - Being in uniform means you are in the right attire from head to toe for the event in question.
 - If an athlete quits or is dismissed from the cheer program clothing received is not to be worn. Clothing not received will be forfeited to the program. **Initial:** [REDACTED]
- **Hair, Nails, and Jewelry**
 - Students must wear makeup and hair correctly and must make changes if asked by a coach. Hair must be pulled up out of the face. When cheering, hair must not touch shoulders.
 - Nails must be kept short (not to be seen over fingertips) AT ALL TIMES. If an athlete has nails that are not short they may be asked to sit out. **Initial:** [REDACTED]
 - Nails must be short and clean of any and ALL polish for competitions and performances. This includes but is not limited to; traditional nail polish, gel nail polish, acrylics etc.
 - Students are not allowed to wear any kind of jewelry. This includes medical bracelets or necklaces that are not securely affixed to the body.
 - Hair must follow DePaul Prep Student Handbook guidelines.
- **Game/Performance/ Activity Behavior Expectations**
 - Athletes are expected to be on their best behavior at all DePaul events. Failure to do so may result in being pulled from the event, future benching, or other disciplinary action.
 - Students must come dressed for all practices, games, and performances
 - Students must be on time to all practices, games, and performances. Call times will be given in advance.
 - Coaches may pull a student from games/performances/activities at any time.

Initial: [REDACTED]
- **Belongings**
 - **DePaul College Prep and Coaches are not responsible for any lost/stolen items. Initial:** [REDACTED]
 - Students may bring their cheer bags to football games. Only the essentials will be taken out onto the track. NO purses allowed.
 - Students may bring their cheer bags to performances/activities when traveling. Students may not bring valuable items to off campus events.
 - Phones must be put away during all practices/games/performances/activities. If a student needs to use his/her phone for an emergency he/she must have permission from a coach.
- **Games and Activities**
 - Athletes must travel **to and from** all games and activities with their team and coaches. **Exceptions will seldom be made prior to the event and must be approved by the head AND assistant coach.. Initial:** [REDACTED]
 - While in uniform at games/performances/activities, the attention of the squad must remain on the game/performance/activity at all times. Captains will be the only ones communicating to call chants, cheers, stunts, or dances.
 - Students may not go into football/basketball/competition stands to talk with parents or friends without receiving approval from a coach first.

- **Breaks**
 - Due to the importance of Summer Camp, athletes must receive approval from a coach if they are not able to attend **upon tryouts**.
 - There are often games and events over break. These are mandatory unless prior approval has been received.
 - **Break practices are mandatory, unless approved by a coach upon tryouts.** If a student does not attend break practices, they may be removed from the next competition, game, or performance at the coach's discretion. **Initial:** _____

COMPETITIONS:

- Varsity and JV cheer will compete. It is up to the head and assistant coaches' discretion which members will compete. Coaches reserve the right to add/replace a student for competition.
- Athletes must be present for choreography to compete.
- Athletes may be listed as an alternate. Athletes may also be made alternates at any point during the season for not throwing required skills, not throwing the same skills they threw at tryouts, or breaching their contract in any way.
- Alternates are required at all competition practices and performances. Alternates may be called to compete at any time.
- In order to be considered for JV or Varsity, athletes must be able to commit to ALL competitions.
Initial: _____
- All athletes may have additional expenses for competitions.
- Mandatory practices outside of regular practice times may be set up for competition.
- If any athlete misses a practice two weeks prior to competition, he/she may be replaced, and he/she will not compete for that competition. (Coach's discretion)

MANDATORY SPIRIT EVENTS:

- All members are expected to be at all spirit events.
- **Spirit Events** include but are not limited to outside of school hour's practices, games, competitions, and community service. Schedules are released by coaches as they become available. Athletic schedules (including practices) can and often do change.
- Coaches will post schedules on the cheer google calendar. It is expected that athletes and parents stay up-to-date on the calendar.
- Athletes are responsible to attend all **Spirit Events** unless cleared through the head coach **at least 2 weeks in advance**. Coaches will work on a case by case basis with parents and students on such events. **Initial:** _____

SAFETY:

*** The safety of all of our athletes is our number one concern.***

- Any new skills need to be pre-approved by coaches before performing. Coaches will be doing skills tests periodically.
- All injuries need to be reported immediately to a coach. Injuries will be assessed by athletic trainers/nurses. Trainer/Nurse will determine the need for medical attention.
- At any time if an athlete hits their head they need to report the suspected injury to the Head and Assistant coach REGARDLESS of if they are having concussion like symptoms. **Initial:** _____
- When out with an injury coaches will not return the athlete to play until both the trainer and a physician have FULLY cleared them. Partial clearance is not accepted. A doctor's note will be required. Exceptions made for concussions not referred out to a physician- The trainer has the ability to clear these.
- Coaches will work on a case by case basis to allow athletes practice modifications. However, if there are recurring issues athletes will be required to see a physician. If there is no injury, the athlete will be expected to participate at full capacity.
- A doctor's note from a family member does not suffice when athletes are either out injured or returning to play. **Initial:** _____
- When out with an injury an athlete will not compete or practice on another team prior to being cleared by a physician. Doing so can result in dismissal. **Initial:** _____

COMMITMENT:

Cheer members will be bound by their contract from the day of selection until the last day of school. Once an athlete is selected their 110% commitment is expected. Quitting during the season will result in not being able to try out the next season. If you commit to an additional team you are held to the same standards of commitment

- **DePaul Prep Cheer commitments should come before other obligations—second only to academics.** The DePaul Cheer schedule **MUST ALWAYS** come before other activities; other teams, jobs, clubs, parties, etc. This includes not leaving practice early or coming late due to an outside activity. If a schedule conflict arises, DePaul Cheer/ your team **MUST** be your first priority. If you cannot fully commit to cheer because you also chose to be a part of another demanding outside activity, then you may be dismissed from the program, and any money paid will not be refunded. Coaches will work on a case-by-case basis with parents and students on such events.

Initial: _____

- Athletes are encouraged to be involved in other school activities, but they must come second to DePaul Cheer. Athletes must alert

coaches prior to tryouts if they plan to tryout/participate in a second sport or school activity that may conflict with Cheer. Campus coaches/sponsors will determine if dual participation is feasible.

- The following circumstances can result in automatic dismissal from the DePaul Cheer program: non-payment for mandatory cheer items or events, failing grades, breach of contract, or any violation of the DePaul school code of conduct. **Initial:** _____

DISCIPLINARY ACTION:

Benching may occur for any of the below reasons:

- Required level skills are not met.
- If a student has a D they will receive a warning about the grade in question.
- Students who fall below a D in any class at a progress check will be placed on probation.
 - To regain eligibility...
 - At the end of each week the student **must** have an updated grade signed and dated by the teacher. This needs to be turned into a coach.
 - Once the student is passing again coaches will be informed and the athlete will be cleared for participation.
 - **COACHES CANNOT MAKE EXCEPTIONS TO THE ELIGIBILITY RULES**
Initial: _____
- The athlete is injured (must have doctor note)
 - Injured students will be benched until coaches have a doctor's note clearing him/her to participate 100% with **NO RESTRICTIONS**.
- Athletes are out of game day or performance uniform.
- Athlete displays Insubordination or disobedience towards any coach, captain, or squad member with delegated responsibilities.
- Poor attitude.
- Missing practices and/or performances without an approved excuse. **Initial:** _____
- Excessive absences and/or tardies.
- Ditching any classes.
- Not attending school the day of a game, performance, or activity.
- Breaking school policies.
- Not following the rules of the DePaul Cheer Contract. **Initial:** _____
- Inappropriate pictures or comments on the internet, on **ANY** social media forum/or text messages, etc. **Initial:** _____
- Any form of bullying.
- Any other situations that may arise and are unbecoming of a DePaul Cheerleader. Benching will occur at the discretion of the head and assistant coaches on a case-by-case basis.

Initial: _____

Responsibilities of Benched Student Athlete:

- A student benched must attend all practices, games, performances, and activities unless suspended from school.
- A student benched may lose privileges to wear a DePaul uniform during this time.
- A student benched must follow all rules of practices, games, performances, and activities.
- A student that does not follow the requirements of benching may be benched for a longer period of time or dismissed from the squad.
- A student benched more than three times may be dismissed from the Cheer Squad.

Initial: _____

Social Media:

- You are not allowed at any time to take inappropriate pictures/ videos while wearing anything saying DePaul on your outfit.
- You are not allowed at any time to post or send any inappropriate pictures/ videos via social media or text messages.
- You are not allowed to post any pictures with "red cups", vape pens, drug paraphernalia, at parties, or engaging in inappropriate behaviors. **Initial:** _____
- There will be no negative words exchanged on Facebook, Instagram, Twitter, Snapchat, etc.
- Everyone with a twitter, Facebook, snapchat, or Instagram account should follow the DePaul Pom and Cheer accounts and must allow DePaul Pom and Cheer to follow them. By signing this document you are agreeing to allow the program to monitor your social media activity. **Initial:** _____
- Social media bullying will NOT be tolerated. **Initial:** _____
- Any violations of our social media conduct guide will result in benching or immediate dismissal from the team at the coach's discretion. **Initial:** _____
- Serious/ Multiple offenses will result in immediate removal of the team.. **Initial:** _____

Dismissal:

- A student may be dismissed from the squad at the discretion of the coach and/or administration for such actions set in the Cheer Contract, DePaul Student Handbook, and IHSA Rules and Regulations. **Initial:** _____
- A student who has been unable to commit to the DePaul Cheer program or has excessive absences due to another demanding outside

- activity may be dismissed.
- A student who receives a school suspension.
- **Bullying/cyber bullying of any kind will not be tolerated.**
- A student that has been dismissed or has quit the team:
 - Must turn in his/her uniform and all school property.
 - Does not letter.
 - Is not eligible for any end of the year awards.
 - Will not attend the end of the year banquet.
 - Will not wear DePaul Cheer gear and will forfeit all items not yet received.
 - Will **not** receive a refund of **any** payments made.
 - **Will be unable to try out next season.**
 - **Initial:**

LETTERING:

In order for a member of Varsity Cheer to receive a letter or patch and qualify to purchase a jacket, he/she must: remain academically eligible, remain in good standing, perform in all required events, and be a member of the Varsity Cheer for a full consecutive year.

Students will receive a Participation Certificate and a Varsity Letter (one time only) if they have successfully met the requirement. All ensuing years after a Varsity Letter is earned, a 'Bar' will be given to the athlete. All student-athletes who compete will receive a separate certificate of participation.

By signing this agreement, I acknowledge that I fully understand and will abide by the rules and regulations of the DePaul Cheer Contract, in addition to IHSA Cheer rules and regulations. Athletes will not be permitted to begin practice until this agreement is on file with DePaul Cheer Coaches. I understand that it is expected I read this contract thoroughly and I understand that if I/my child chose to not follow these rules disciplinary action shall be enforced.

Parents: If my athlete breaks a rule in this contract, I will not argue the disciplinary actions set forth by coaches. I understand my athlete is expected to be a model of student behavior and citizenship and I support the coach's decisions if my athlete chooses not to uphold this contract.

Athletes: I understand the expectations set forth by this contract and agree to them. By signing this, I accept my spot on the team and agree to be a model of student behavior and citizenship. I understand that any breach of this contract will result in disciplinary action such as loss of points, conditioning, benching, or dismissal.

STUDENT (Print)

STUDENT SIGNATURE

DATE

PARENT (Print)

PARENT SIGNATURE

DATE

Please sign and return to coaches. Please note there are additional initial spots throughout the contract. Be sure to initial each spot as well. A copy of this contract can be found on the DePaul Cheer website for future referencing.