



## Cibola High School Cheerleading Contract 2023-2024

Dear Cheerleading Candidates & Parents/Guardians,

Thank you for your interest in the Cibola High School Cheer Program. We believe cheerleading is a rewarding and exciting sport; teaching dedication, sportsmanship and teamwork, all while promoting school spirit.

As a CHS cheerleader you will be a representative of the school, and will be expected to adhere to a strict code of conduct, both on and off campus. Keeping this in mind, both you and your parent/guardian will need to read the enclosed information to ensure you fully understand the responsibility and commitment expected of you as a CHS cheerleader. Please initial each page and sign where indicated in the packet. You will turn in each signed and initialed page, on the first day of tryouts, or at our first practice, in order to participate.

CHS Cheer is a 10 month competitive cheerleading program. Please consider the time commitment this sport will require from both the student and parent. Your commitment will require active participation in summer practices, summer camp, after school practices, pep rallies, fundraisers, team bonding, weekly games, and competitions. Due to the fact that cheerleading is a team sport, one person's inability to follow through on their commitment impacts the entire team. Carefully read the contract below and consider all commitments before trying out, or accepting a position on our teams.

In addition to the time commitment, academic requirements must also be met. You are a student first, and an athlete second. All cheerleaders must maintain a minimum of a 2.0 GPA with no failing grades to cheer, and participate in competitions. Failure to make grades twice is a means for dismissal.

We look forward to an exciting, productive and enriching season, and wish each and every one of you the best of luck!

Sincerely,  
Cibola High School Cheerleading Coaches

Varsity Head Coach: Maddison Weaver  
Varsity Assistant Coach: Karli Mercure  
Junior Varsity Head Coach: Aliah Burrows  
Junior Varsity Assistant Coach: Chloe Curvin

[maddison.weaver@aps.edu](mailto:maddison.weaver@aps.edu)  
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Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_

## Overview of Rules and Expectations

Please read the rules and expectations very carefully. All guidelines will be enforced.

### Expectations

- Cheerleaders are expected to be school leaders at all times and to uphold the highest personal standards. You must act in a respectable and professional manner at all times, remembering that you represent Cibola High School, in and out of uniform. Cheerleaders are to practice good sportsmanship, promote school spirit among spectators and avoid negative reactions to things deemed unfair, such as losing. The cheerleading program is expected to display teamwork and unity at all events.
- You must treat coaches, teammates, teachers, referees, other athletic teams, volunteers, and your peers with respect at all times.
- You must be able to accept constructive criticism for the improvement of the team and yourself.
- Cheerleaders will reflect team effort rather than individual concerns.
- All social media accounts must respectfully and appropriately represent the cheer program and Cibola High School. All accounts are subject to monitoring by coaches. Please refer to our Social Media Policy Form in this packet for clarification.

### Practices

- You must eat prior to practice- no snacking during breaks.
- Cell phones will be placed in the athlete's zipped pocket of backpack or purse and are not to be checked at any point during practice. If a family member needs to contact a cheerleader during these times, coaches' cell phones are always available.
- If an athlete is not in a specific stunt, tumbling pass, pyramid or formation during practice, they are expected to be attentive, spotting and still learning the material. Everything we do at practice should be done as a team.
- Athletes must arrive at the school 15 minutes before the scheduled practice time in order to roll out mats and begin to practice on time. We do not start this process until each member of the team arrives. We will wait and begin late for teammates who are tardy.
- Athletes must be in attendance at school on practice days in order to participate
- Athletes must be fully dressed out in the correct outfit at the start time of practice with all of their hair up and jewelry taken out. Athletes in the wrong outfit will be given one warning. Following occurrences will result in conditioning.
- Sports bras and spandex are the only undergarments permitted at practice. Bralettes, bandeaus, or wired bras are not acceptable practice gear. All soffe and athletic shorts are to be worn with spandex underneath and may not be rolled up to show the undergarment. T Shirts may not be rolled, cut, tucked, or tied up to show midriff.

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## Games

- Cheerleaders should be familiar with all cheers, band dances, fight song and material, as well as game rules in order to lead the crowd at appropriate times.
- Cheerleaders may not drink, eat, chew gum, comb hair, do makeup or visit with friends during performances or games.
- Bathroom trips should be taken before a game, at half-time, or after the game.
- Cell phones will be placed in the athlete's zipped pocket of backpack or purse during games. If family members need to contact a cheerleader during these times, coaches' cell phones are always available.
- Athletes who are not eligible for grades may not cheer at the games during that grading period, or until cleared by the athletic director.

## Competitions

- No cheerleader is guaranteed a spot on the competition floor. The maximum number of cheerleaders allowed at most competitions is 24, but the minimum number is up to the coach.
- Below are factors which may contribute to coaches' decisions as to who may compete:
  - Attendance/ tardiness to practices, games and performances
  - Attitude during practices, games and performances
  - Grades and GPA
  - Tumbling & stunting technique and skills
  - Execution of skills during practice, or at previous competitions and games
  - Communicating absences in a timely manner (refer to the attendance policy)
  - Number of spots on the mat for the particular routine choreographed by coaches
  - Injuries
- It is always a benefit to the team as a whole to have alternates in case of any emergency such as injury, family, grade risk, etc. Spots on the mat are never final and may be changed around as needed.
- Coaches' decisions as to who is a participant at competitions are not up for discussion or debate. Athletes are encouraged to ask how they can improve in order to be a candidate for a spot.
- The 3 weeks prior to any competition (4 weeks prior to State) are mandatory- no exceptions. Athletes who miss practice within the three weeks prior to a competition will not be considered for a spot on the mat, even if communicated in a timely manner.
- You must arrive at competitions fully ready and dressed out. This includes:
  - Full uniform- shell, skirt, liner, spandex
  - Sports bra, white socks, correct cheer shoes
  - Absolutely no jewelry
  - tattoos covered
  - Hair and makeup is to be done before arrival (coaches will put bows in hair)
- If any athlete arrives at a competition inappropriately dressed out, conditioning will occur at the next practice.

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- We will sit as a team before and after performances. Only at the coach's directions, may athletes leave the team seating area to visit family and friends.
- Athletes will return back to team seating area prior to awards ceremony
- All cheerleaders are expected to carry themselves respectfully and with great sportsmanship. We will wish other teams good luck and cheer for them, we will tell others "good job", and stand to congratulate the winning team.
- Consequences will occur for any athlete who shows poor sportsmanship at or following any competition.

#### Cheer Camp (Summer)

- Camp this summer will take place July 6th- 9th in town at the Embassy Suites hotel.
- Athletes will need to be dropped off and picked up from the hotel at the start and end of camp as we will be staying overnight at the hotel.
- Athletes will be given full outfits for each day of camp and must appropriately wear each outfit on the proper date. The expectation is that each cheerleader looks "game day ready" for all days of camp. These outfits are used as practice gear after the summer. Athletes will pay for a replacement if an item is lost or damaged.
- Athletes are responsible for keeping track of time in the mornings and during breaks in order to be ready and arrive in the ballroom on time.
- Phones will be collected at night by coaches and returned first thing in the morning to ensure focus, bonding and that athletes get an appropriate amount of sleep.
- The outside of the hotel doors will be 'scotch-taped' by coaches to hold athletes accountable for staying inside of their rooms at night. This is a safety precaution- please ask coaches if you have questions about this.
- Co-ed hotel rooms will not be assigned or tolerated. Females are not permitted in male rooms, and vice versa.
- Coaches will discuss camp details further as it approaches.

#### Double Participation

- Any job, outside school sport, or club sport must not interfere with cheerleading practices, games and performances.
- All school activities that would prohibit participation at a practice, game or cheerleading event must be given in written form to the coach from the school event advisor.

#### Transportation

- Cheerleaders will provide their own transportation to all events unless otherwise arranged by the coaches/school.
- If transportation is arranged by the coaches/school, cheerleaders must take team transportation unless prearranged with coaches.

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### Academic Requirements

- A student-athlete must have a grade point average (GPA) of at least a 2.0.
- You must also be enrolled, and maintain passing grades in at least 4 classes to be eligible to participate in the cheerleading program.
- Once selected, a cheerleader is expected to maintain a 2.0 GPA or above at all times, with no failing grades in order to participate in games, practices, and competitions.
- A copy of progress reports will be given to the coach after each grading period. Any cheerleader who does not meet the academic requirements may not participate in games or performances until the next grading period. These members are still expected to attend all cheerleading events with their team.
- If an athlete does not meet academic requirements for two consecutive grading periods, they will be dismissed from the team with no refund given.

### Lettering Requirements

- You must cheer and perform on Varsity for at least 90% of all games and/or performances.
- You must remain on the team until the Awards Banquet.
- You must be in good standing at the end of the year.
- Your cheer account must be paid in full.

### Duty/Assignments

- Summer:
  - Cheer Camp
  - All summer practices, conditioning and tumbling classes.
  - Attend the allotted amount of team fundraisers selected by the coaches (Individual fundraisers are not required, but are highly encouraged)
- School Year
  - During the fall season, cheerleaders will attend football games (home and away), and select volleyball or soccer games- as directed by coaches
  - During the winter season, cheerleaders will attend Boys and Girls basketball, and wrestling home matches- as directed by coaches
  - During the spring, cheerleaders will fully participate in all activities pertaining to the State Spirit Competition such as family night, additional practices and team bonding activities.
  - Attend and participate in school assemblies
  - Create locker signs and posters as directed for teams
  - Participate actively in team fundraisers
  - All weekly practices, conditioning and tumbling classes
  - Participate in competitions
  - Special events as requested, such as community involvement events

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### Discipline

- Any school discipline policy in effect that may be more restrictive, will take precedence over the cheer policy. Depending on the severity of the actions, consequences for breaking the contract in any way will be up to the discretion of all Coaches, Athletic directors, and the Principal.

### Coaches Availability/Expectations

- Cheerleaders and parents with concerns or questions are asked to speak privately, directly and respectfully with the coaches. Parents are urged to contact coaches concerning matters with their child that they cannot resolve satisfactorily on their own. Keeping in mind that our decisions are not always popular with everyone, our focus is on what's best for the team, the program, and the school. All team/coach/parent communication will be done in person, through phone calls, and on the Band App. Try to avoid texting whenever possible.

### Safety

- Each year, athletes will learn progressional skills and techniques to ensure success and safety when performing stunting and tumbling skills. Each year all coaches are safety trained through NFHS and maintain up-to-date First Aid, CPR, and Concussion certifications. Despite efforts to maintain correct progression and stay as safe as possible, accidents and injuries do happen. If you are concerned with the safety of your athletes, please contact the coaching staff.
- Coaches must be present for cheerleaders to perform any skills.
- Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
- Always use attentive spotters when stunting and mats for safety
- Never talk, laugh, or mess around when performing a stunt or learning a new skill.
- Report injuries to the coach as soon as they occur and follow all trainer and doctor recommendations.
- Always wear shoes and clothing appropriate for cheerleading.
- Never wear jewelry of any kind or chew gum at practices and/or games.
- Eat nutritious meals, stay hydrated, and get plenty of rest.

ALL RULES & GUIDELINES ARE SUBJECT TO CHANGE AT COACH'S DISCRETION

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_

## Attendance Policy

- All members are required to attend all scheduled practices, games, and other events deemed required by the coach. Illness with a doctor's note, and family emergencies are the only excuses for absences.
- Make appointments on non-practice days or during a time that will not interfere with practice. More than three unexcused absences will lead to disciplinary action at the coaches' discretion.
- If a cheerleader is going to miss an event or be late, they must communicate with the coaches 24 hours before the event starts in order for it to be excused.
- Pre-scheduled appointments during practice and game times are not excused, unless previously discussed with the coach.
- Practices will be held at least 3 days per week during the season or as needed. When preparing for competition or special events, practices will be more frequent.
- When you arrive at a game/practice, you must be dressed, fed and ready to cheer/practice at the assigned time or you will be considered late.
- No member may participate at a practice or game if they have been absent from school that day.
- Traveling plans must be communicated to the coach at least 1 month in advance for it to be excused.
- The practices three weeks prior to competition (4 weeks prior to State) are absolutely mandatory with no exemptions. Even if communicated in a timely manner, all members will be held to this standard.
- All practices are closed to friends/family.
- Athletes are expected to be 15 minutes early to each practice to set up. To be able to start on time. We will not begin rolling out mats until all members are present. (if one athlete arrives late, we start practice late)
- If you need to leave early from practice, this must be communicated 24 hours prior to the practice.
- Late arrival to a game will result in benching for quarters, half, or the full game depending on how late the arrival.
- Attendance at performances such as assemblies and competition are 100% mandatory by all members of the team. Missing these events will result in suspension from the next performance.
- Attendance and tardies from practice will be tracked by coaches. This will be considered in the selection process for competitions.

By signing below I agree and acknowledge the terms above

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_

## Social Media Policy

The CHS Cheer program will use the Band app as a platform for communication. This includes team chats, parent chats, a seasonal calendar, photo sharing, and general posts to keep everyone informed. Conduct on the Band App is to be appropriate and positive, if this becomes a problem it will be removed.

Please be aware that as a member of the CHS Cheer program you are held to very high standards and anything you say or post online is a direct reflection of yourself, your teammates, coaches, parents and the school. CHS Cheerleaders are expected to be professional at all times, in and out of uniform.

Your coaches, and the administration have the right to check any social media outlet at any time to ensure that this policy is upheld. Note that any of the following violations below will be taken seriously, and if violated could result in your suspension from the team.

Conduct on any social media page include and are not limited to the following:

- Do not post or let other people post comments or captions that include sexual, graphic, homophobic, racist or foul language on your page.
- Do not use your page to verbally degrade, abuse, bully or demean anyone.
- Do not post graphic videos/photos that contain nudity, foul language, sexual, or homophobic content. Do not post videos/photos that anyone viewing your page would find offensive- includes holding up the middle finger.
- If you are not allowed to wear something to school or cheer practice, you should refrain from posting it on social media.
- Do not post any comments or pictures of yourself or others where underage drinking, smoking, vaping or drug use is displayed.
- If you have to question if something is appropriate to post on your page, you should refrain from posting.

By signing below I agree and acknowledge the terms above

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_



## Appearance Policy

During Games, Competitions, Performances and Special Events:

- All parts of the uniform (uniform, shoes, socks, hair accessories, etc.) shall be the same for all members of the squad. You may not alter your uniform or practice clothes.
- All parts of the uniform are to be kept clean, pressed and repaired throughout the year. All cleaning and repairs will be the responsibility of each member.
- All squads shall wear full uniforms to school on game days and for pep assemblies, unless otherwise indicated by the coach.
- Jewelry is not part of the uniform. No jewelry is to be worn during practices or games. This rule encompasses any piercing on the body. Plastic replacements for metal jewelry are not accepted. Covering a piercing with a bandaid is not accepted. We will not make exceptions for new piercings that need healing- body jewelry is a safety hazard for the individual athlete and anyone they are in contact with.
- Hair cannot be dyed a color that can't naturally occur (blue, green, purple, etc.) Only under team direction can a portion of hair be dyed for the State Cheerleading competition.
- No tattoos may be visible in uniform at any time. Tattoos must be covered with athletic tape or makeup.
- Do not use makeup that will take away from the uniformity of the cheerleading squad during any event.
- Spandex and sports bras are undergarments and should be treated as such. Athletes may not practice in only spandex and a sports bra- shorts and shirts must be worn over the top. Bra straps may not show in any uniform.
- All outfit changes should be done in a bathroom stall or locker room.
- Due to OSAA Rules, participation with dermal, under the skin implants are not permitted.
- Hair must be worn all the way up into a ponytail for practices, games and performances
- Athletes are expected to arrive at practices, games and competitions in full uniform. This includes cheer shoes, bow, makeup, and with no jewelry.
- Nails may not be styled and must be kept at fingertip length for safety.

By signing below I agree and acknowledge the terms above

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_

## Medical Treatment Authorization and Liability/Appearance Release

I understand that there are risks of physical injury (including but not limited to cuts, sprains, broken bones and/or catastrophic injury) associated with, arising out of, and inherent to the activity taking place at this event. In recognition of this acknowledged risk of injury, I knowingly and voluntarily waive all rights and/or causes of action of any kind, including any and all claims of negligence, arising as a result of such activity from which liability could accrue to Cibola High School Cheerleading, its officers, agents, employees, instructors, subsidiaries, parent corporations and all affiliated entities (hereinafter collectively referred to as CHS). I hereby agree to release CHS and hold CHS harmless of all liability, and hereby acknowledge that I knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in this camp on behalf of the participant.

I am aware that this is a release of liability and acknowledgment of my voluntary and knowing assumption of risk of injury. I have signed this document voluntarily and of my own free will in exchange for the privilege of participation.

If I am a minor, my parent and/or legal guardian has signed this document releasing APS and/or Cibola High School Cheerleading from any and all such liability described above and has acknowledged that I am knowingly and voluntarily assuming all risks of injury inherent to this activity.

The student has my permission to attend/participate in the Cibola Cheerleading program. I warrant the above information is complete and correct. I have completely read and understood the above release information. I hereby authorize the Coach or their agent to act on my behalf to provide emergency medical treatment. I further release Cibola High School of all liabilities associated with my child's attendance in CHS Cheer events and activities.

By signing below I agree and acknowledge the terms above

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_

## Financial Commitment

### Individual Athlete Balances:

All prices listed are an estimate and may change once the items are ordered. You may pay your account in full at the start of the season, or follow the suggested weekly payment schedule listed below

We order items in bulk, therefore no late payments are permitted. Missing a payment may be grounds for dismissal from the team, unless prearranged with the coach. Individual sponsors may help pay for the cost of personal accounts. Individual fundraisers may be set up by athletes and their families.

### 2023-2024 CHS Varsity and JV Cheerleading Cost Breakdown

Practice/ Camp Gear (total plus shipping and tax)	<b>\$495</b>
● 3 T-shirts	\$90
● 3 Shorts	\$55
● "Mini Uniform" (new athletes only)	\$85
● Sports Bra (females)	\$25
● 3 game socks	\$25
● Spandex (females)	\$45
● Poms	\$60
● Shoes	\$110
Camp (in town)	<b>\$550 (based off occupancy)</b>
Backpack	<b>\$95</b>
Competition Bow (females only)	<b>\$50</b>
Gameday Bow (females only)	<b>\$40</b>
Competition Shirt	<b>\$70</b>
Total for full season	<b>\$1,300</b>

**\*\*\*Athletes are responsible for the cost of replacing any item that has been lost or damaged\*\*\***

Payment schedule for Varsity and JV- please make checks payable to CHS Cheer.

- **Payments will be due each week on Mondays, in increments of \$100.**
- **These dates are as follows:**
  - **May 8, May 15, May 22, May 29, June 5, June 12, June 19, June 26, July 3, July 31, August 7, August 14, August 21.**

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_

## Financial Commitment

CHS Cheer Program Finances:

We will have mandatory team fundraisers throughout the summer and during the school year. All members are required to attend and participate in each fundraiser in order to contribute equally. Account funds cover additional items which may include: competition entry fees, competition music, props, equipment, warm ups, team uniforms, etc.

- All money expended by and for the cheerleaders shall be budgeted by the coach and the CHS Bookkeeper.
- The funds must be in the cheerleading account before purchasing anything. All expenditures need to go through the coach first.
- All payments must be made out to Cibola High School and given to either the CHS Bookkeeper or to the coach prior to or on the date due. If given to the Bookkeeper, the coach MUST receive a receipt showing it was paid.
- Items may be added or removed over the year such as the cost for supplies, away game bus, etc. depending on the amount of fundraising that is accomplished.

I have read the information in the packet, specifically regarding the financial commitment that must be met to participate in the program. This includes both personal fees and sponsorship/fundraising expectations. I understand that all fees must be paid on the due dates or earlier, and if not, my cheerleader will be dismissed from the program. If my account is still outstanding at the end of the year, my son/daughter will not be allowed to try out for the next season. If my account is not paid in full by the end of the school year, CHS Cheer holds the right to add any money due to my school account. If my child quits, is dismissed, or doesn't make the team the following year, no refunds or extra money in the account will be paid out.

If my child is a senior, they will not be permitted to receive their diploma until the account is settled. Any remaining money at the time of my cheerleader's graduation will be donated to the program. Refunds will only be given for items my cheerleader did not receive.

By signing below I agree and acknowledge the terms above

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Applicant Initials \_\_\_\_\_

Parent/ Guardian Initials \_\_\_\_\_