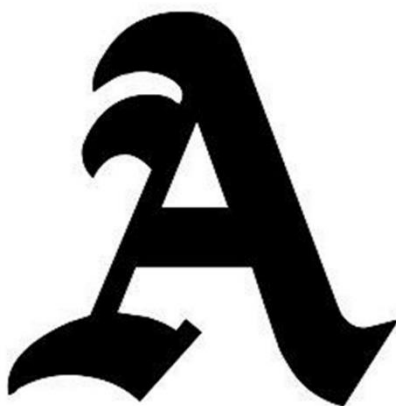


# APPLING COUNTY HIGH SCHOOL COMPETITION CHEER

## Cheer Handbook



GHSA Competition Cheerleading Guide



Congratulations on making the ACHS Competition Cheerleading team! As a member of this team you will be expected to fulfill certain obligations and responsibilities.

## MISSION

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (**whether in uniform or not**)
- Promote friendship with each other and with schools with whom we compete.
- Promote the development of lifelong values and skills.

## ACHS COMPETITION CHEER PROGRAM RULES AND REGULATIONS

Cheerleaders understand that teamwork and the maintenance of discipline is the key to the success of the team. Cheerleaders are dedicated to promoting spirit, enthusiasm and a positive winning attitude through example. Adherence to the cheer program rules and regulations is vital to achieve these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team, squad and school.

It is recognized that these rules and regulations are necessary to maintain morale, discipline and effective learning. Consistent enforcement of these rules and regulations is also necessary to ensure the safety and general well-being of each individual spirit leader. **Participation in competition cheerleading is voluntary, not mandatory. It is a privilege not a right and may be revoked by the school personnel** when a spirit leader violates the rules and regulations as outlined in the Appling County Student Handbook and GHSA rules apply first and foremost.

## ELIGIBILITY

All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment and responsibility required and expected. Please read the ACHS Student Handbook standards for athletic eligibility and the GHSA Competition Cheerleading Guide's guidelines for eligibility as they take precedence.

## GRADES

- ✱ Because cheerleaders are students first and athletes second, mid-quarters and 9-week reports will be turned in so the coach can monitor academic progress.
- ✱ See the ACHS Student Handbook for specific information about academic eligibility.

## CONDUCT

- ✱ By being part of an athletic team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of ACHS.
- ✱ Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at competitions, camp or competitions, etc.
- ✱ Excessive public displays of affection are never considered appropriate, especially in uniform, at competitions or in school.
- ✱ Proper appearance is required at all times, with clothing appropriate according to the occasion and must follow the ACHS dress code.
- ✱ Disrespect to any member of the cheerleading staff will result in immediate consequences – practice penalties or other disciplinary actions as deemed appropriate by the cheerleading staff. Inappropriate behavior and defiance will NOT be tolerated, including on social media.
- ✱ Cheerleaders must cooperate with all faculty members, squad members, competition officials and coaches.
- ✱ Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.
- ✱ Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses, may dictate harsher action.
- ✱ If a cheerleader receives an office referral at any point in the school year, she will be placed on a contract. If she has any other office referrals after being placed on the contract she may be removed from the squad.

## EXPECTED BEHAVIOR

All Appling County High School handbook guidelines must be followed at all times. Additionally, cheerleaders are expected to:

- ✱ Promote a positive image for the school community—your peers, parents, teachers, and community members
- ✱ Work cohesively as a team. (No one person or group has seniority.)
- ✱ While representing ACHS, cheerleaders **must not:**
  - ☹ Drink alcoholic beverages
  - ☹ Use controlled substances
  - ☹ Use tobacco products or e-cigarettes of any kind
  - ☹ Show unsportsmanlike conduct
  - ☹ Use profanity
  - ☹ Show excessive or inappropriate displays of affection
  - ☹ Be academically dishonest
- ✱ Cheerleaders must wear the designated uniform to each competition.
- ✱ Attend all practices and competitions.
- ✱ Participate in all team fundraisers.
- ✱ Your attitude and ability to work with different personalities must be exceptional.
- ✱ Lying or fabricating the truth will not be tolerated and can result in disciplinary action which may include immediate removal from the squad.
- ✱ Part of a coach's job is to know where you are at all times during practices, competitions, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- ✱ While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- ✱ Cheerleaders cannot wear or loan ACHS cheerleading uniforms/outfits when attending non-cheerleading activities.
- ✱ All official cheerleading decisions and activities will be made by the coaching staff.
- ✱ All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.

## **CONSTRUCTIVE CRITICISM**

- ✱ Cheerleaders must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole. Negative attitudes towards suggestions from coaches and teammates are not appropriate.

## **PRACTICE PENALTIES**

- ✱ Practice Penalties may be given for unexcused tardies, unexcused absences, misconduct, irresponsibility, etc.
- ✱ Practice Penalties will be given at the discretion of the coaching staff.
- ✱ Practice Penalties may include burpees, running laps, pushups, wall sits, etc.
- ✱ Practice Penalties are expected to be made up immediately – on the day of the mishap, immediately following the practice or performance.

## **ATTENDANCE**

- ✱ All cheerleading activities are mandatory. Cheerleaders are always expected to be on time. In case of emergency or illness, the parent must contact the coach by phone on the day of the emergency BEFORE the scheduled practice, performance, meeting or competition. If not notified prior to the scheduled event, practice penalties will be implemented.
- ✱ In the event of a suspension or injury, the cheerleader is still required to attend all competitions (in full uniform), practices and functions. A suspended or injured cheerleader is expected to remain with the team at competitions, not with friends.
- ✱ If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected.
- ✱ As stated in the Guidelines for Appling County High School Athletes, students must be present half the school day (full 2 class periods) to be eligible for practices and competitions scheduled for that day.
- ✱ If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS. In addition, the athlete may be benched for ISS, counseled and/or dismissed from the squad for OSS.

## **TARDINESS (will be strictly enforced)**

- ✳ Tardiness to practices or competitions affects the entire team. Athletes who are tardy to practice are subject to practice penalties.

## **ABSENCES (will be strictly enforced)**

Cheerleading is unlike other sports. We cannot easily and quickly substitute members. Your attendance to practice and competitions is very important.

- ✳ Unexcused absences may result in practice penalties.
- ✳ Illness or other extreme emergencies are the only valid reason for missing practices or competitions.
  - Illness with doctor's note, extreme emergencies, preplanned school functions or family events will be excused.
- ✳ Absences due to work schedules are unexcused.
- ✳ Attendance at a competition or practice without proper shoes, clothes or uniform will result in practice penalties.

## **PRACTICES**

- ✳ Safety is our first priority. No excessive horse-playing. Never stunt or tumble without the coach present.
- ✳ NO jewelry of any kind, hair clips, and/or barrettes
- ✳ No long nails or acrylic nails
- ✳ Be on time!
- ✳ Respect others and their belongings

## **ALTERNATE TEAM MEMBERS**

- ✳ The coaching staff will determine which athletes compete as "active members" and which athletes will be "alternate team members".
- ✳ Coaches will make these decisions based on the team's ability to score points on the GHSA Competitive Cheer Rubric and athletes' performance at practice and competitions.
- ✳ No athlete is guaranteed an "active" spot.

## **COMPETITIONS**

- ✳ Attendance to all competitions is MANDATORY, even for alternate team members.

## **TRANSPORTATION FOR COMPETITIONS**

- ✳ ALL CHEERLEADERS must ride the bus provided by the school district to and from competitions, unless your parent is present to sign you out after a competition. Friends or visitors will not be permitted on the bus.

## APPEARANCE

- ✱ Uniforms must be kept neat and clean. Lost or damaged uniforms must be replaced by the cheerleader. Uniforms are the property of ACHS and failure to return or pay for a uniform will result in a hold on grades/diplomas.
- ✱ For practices, hair must be tied back in a tight ponytail so it is off the face and shoulders. For competitions, the team will agree on a consistent hairstyle. Please note that judges may give the team safety violations for hair that is not properly secured.
- ✱ For competitions, the team will agree on consistent makeup style.
- ✱ Fingernails must always be kept to a short length with no white showing when palms are facing up.
- ✱ Gum chewing is not permitted while at practice or in a competition.
- ✱ **NO jewelry is permitted** to be worn during practices or competitions. This includes earrings, bracelets, rings, necklaces, watches, tongue, eyebrow or navel piercings. If worn to a competition or practice, the cheerleader will be instructed to remove such articles. The ONLY exception is a medical medallion or religious charm which must be worn taped to the skin with no chain. (As per GHSA rules.)
- ✱ NO visible tattoos.

## UNIFORMS/CHEER APPAREL

- ✱ Uniforms are provided by the school, considered school property, and must be cared for properly. Machine wash on a delicate cycle in cold water and hang to dry.
- ✱ ALL clothing items such as, but not limited to, bows, shirts, shorts, shoes, socks, warm-ups, etc. are to be taken care of and kept up with throughout the season. These items are not to be worn unless instructed by the coach.

## GENERAL

- ✱ All safety rules of the Georgia High School Association are enforced and followed at our practices and competitions.
- ✱ Cheerleaders are responsible for a certain amount of their own safety and protection during practices and competitions. Wraps, braces or tapes are to be worn when needed.

## SAFETY RULES

- ✱ A coach must be present to supervise during all stunting activities. Coaches must approve all new stunts. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of our athletes.
- ✱ ACHS Cheerleaders will be required to participate in warm up, conditioning and weight training activities to maintain strength and flexibility and prevent injury.

## PHYSICALS

- ✳ All ACHS cheerleaders are required to have a current physical (less than one year old) by the start of their cheering season and medical emergency release forms are to be given directly to the head cheerleading coach by the start of the season. A cheerleader will be benched until the cheer coordinator has all required forms.

## INJURIES/ PREEXISTING CONDITIONS

- ✳ Coaches must be made aware of all injuries occurring outside practice as soon as possible. **Please be sure that coaches are aware of any existing medical conditions/ allergies that may affect participation in cheerleading.**
- ✳ If an easily treatable injury occurs at practice (i.e. bruises, cuts, contusions) the coach will handle the situation if possible and the parent will be made aware of this injury as soon as possible.
- ✳ If a serious injury occurs at a competition or at practice, parents will be contacted via phone immediately. At this time, we may have already contacted Emergency Medical Services. We will communicate all information regarding the injury to the parent and the parent may come meet us at the high school/ injury location or meet us at the nearest medical facility if necessary.

## SUMMER

It is imperative that cheerleaders attend and participate in all summer activities and events including camps, tumbling classes, clinics, fundraisers and assemblies. Some are as follows:

- ✳ Summer Choreography
- ✳ Summer Tumbling Classes
- ✳ See the Competition Cheer Calendar for more dates and information.

## FUNDRAISING

- ✳ Every cheerleader will be expected to support all fundraising events which support the team.
- ✳ Failure to participate and meet your quota of fundraising will result in the cheerleader making up the profit portion of the sales missed.
- ✳ Turning in fundraising money after the due date will result in practice penalties.

### Fundraising Opportunities

- Mini Clinic –
  - Parent Showcase – (pre-game Jimmy Swain Stadium)
- Homecoming Dance
- Coke Fundraiser
- Our Booster Club may sponsor more fundraisers that all cheerleaders are expected to participate in.

## ESTIMATED EXPENSES

Please note that after payments have been made to the cheer program, they are **NONREFUNDABLE**. This rule is referring to incidents where a cheerleader quits or is dismissed from the team by a coach for any reason.

✧ **Competition Cheer dues - \$300.00**

These funds are used to provide your daughter with the following items and activities:  
Uniforms (rental), Accessories, Warm-up, etc.

✧ **Tumbling Classes** – Tumbling classes are provided through Encore. Athletes are responsible for keeping up to date on all tumbling class tuition.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command:

- Head Coach – LeeAnne Ewaldsen
- Assistant Coach – Joellen Stone
- Athletic Director – Jordan Mullis
- Principal – Dr. Ben Horner

## ACHS Competition Cheerleading Contract

### Student Agreement

I, \_\_\_\_\_, have read and understand the COMPETITION CHEERLEADING HANDBOOK. I agree to abide by the policies described as a chosen member of the squad. I am agreeing to the information in the handbook and understand that failure to adhere to these rules policies could result in dismissal from the squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date Signed

### Parent/Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the COMPETITION CHEERLEADING HANDBOOK. I agree to abide by the policies described. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

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

\_\_\_\_\_  
Date Signed