

2016-2017 GSHS Cheerleading GUIDELINES AND EXPECTATIONS

The primary purposes of the GSHS Cheerleaders are to be a team, support all athletic functions and represent Gibson Southern High School. Cheerleaders are expected to be respectful, committed and give 100% during practices, games and competitions. Cheerleaders are to promote school spirit and safety in accordance with IHSA, AACCA, NFHS and the Student-Athlete Handbook at Gibson Southern High School.

Attendance

- a) Good attendance and on-time arrivals are vital to a well-prepared squad for athletic events.
- b) Cheerleaders late or absent are responsible for obtaining any and all information.
- c) GSHS Cheerleading must be priority over any other non-school related extracurricular activity or events.
- d) If participating in another GSHS sport/activity; splitting the time equally between the two is expected. If other arrangements need to be made contact the coach to determine an appropriate schedule agreement.
- e) If you are unable to make a practice/ game due to an acceptable excuse, you **MUST** notify the coach at least 24 hours in advance. It is recognized this certainly may not be possible for illness/injury or death in the family. Contacting a teammate isn't considered acceptable.
- f) The coach is the **ONLY** person allowed to excuse an absence.
- g) Excused Absences include but not limited to; death in the family, personal illness/injury, some religious functions, and some school obligations/extracurricular activities.
- h) Unexcused absences include but not limited to; work, family events and non-school related extracurricular activities.

Practices/Games and Events

- a) A schedule will be set by the coach at the start of the season confirming day, time and location. Additional practices, reschedules, and time/location changes are possible and notification will be given in advance.
- b) Cheerleaders will cheer all home & away Varsity football, all girls Varsity home, all boys JV/Varsity home & away basketball, and Toyota Classic Tournament. Our season is August-March.
- c) Cheerleaders are expected to be present and on time to all practices, games and events.
- d) Cheerleaders are to participate in other events chosen by the coach. (pep rallies, camps/clinics, parades)

Competitions

- a) Cheering at school events are priority over competitions. (football sectional, regional, semi state, state)
- b) Cheerleaders who are competing with GSHS must give their full commitment to all competitions and additional practices that will be scheduled in advance.

Finances/Fundraising

- a) Cheerleaders are responsible for camp fees, competition fees, camp/practice wear, body suits, briefs, cheer shoes and other personal items. Extra costs may arise throughout the season.
- b) Money fundraised is property of the squad; decisions regarding its use will be made by the coach.
- c) In the event of a financial hardship, contact should be made with the coach to discuss alternative options.

Uniforms/ Appearance

- a) Cheerleaders are to practice healthy lifestyles and keep in the best physical condition.
- b) Warm-ups are worn to and from every event; uniforms are worn until completion of event.
- c) Uniforms and warm-ups are **NOT** to be loaned to anyone or worn to unauthorized events.
- d) Cheerleaders are responsible for the care and appearance of uniforms and warm-ups. Failure to do so will result in becoming financially responsible.
- e) While in uniform **NO** Jewelry, Gum, Visible Tattoos, Colored Hair, Bright Socks, Fake Nails, Nail Polish and hair is to be pulled back at all times.

Transportation

- a) The school will provide transportation when possible but parents may also share this responsibility. Cheerleaders will abide by all school transportation rules, procedures, and safety guide lines.
- b) Cheerleaders are expected to ride to and from the games as a team. All exceptions, such as going home with your parents, must be approved by the coach.

Social Media

- a) Gibson Southern Titan Cheerleaders have a Facebook page which information, pictures and videos are all posted. It is recommended you Like the page to keep up to date.
- b) The Coach cannot monitor or place restrictions on the use of networking sites but it is critical that as a student-athlete you understand that you are a representative of Gibson Southern High School and any information put on these sites can be accessible to anyone.
- c) Please be aware that the information, photos and other items you place on these sites will reflect on you, your family, the team and Gibson Southern High School.
- d) Threatening language, cyber bullying, pictures of illegal/ irresponsible acts could face discipline for violation of the standard as a GSHS Student-Athlete.

Discipline

- a) All discipline is at the discretion of the coach and will be dealt with as deemed necessary.
- b) It is not feasible to outline every possible scenario involving cheer guideline violations, the list below will serve as a guide for the most common infractions.
 - i. Late arrival to practice/game. Conditioning for every minute you're late.
 - ii. 3 excused absences from practice/game. Sit the next game in uniform.
 - iii. Unexcused absence practice/game. Conditioning and sit the next game in uniform.
 - iv. Improper attire to practice/game. Conditioning.
- c) Repeated tardiness, unexcused absence and sitting 4 games will be grounds for dismissal from the squad.
- d) Conditioning will be done at the end of practice or the next practice. (running laps, jumps, etc...)

Coach

Melissa Matsel

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GUIDELINES AND EXPECTATIONS ACKNOWLEDGMENT

I have carefully considered the Cheerleading Guidelines and Expectations by which the Gibson Southern Cheerleaders are expected to abide. I understand that guidelines will be strictly enforced and I agree that at all times will abide by these guidelines as long as I am a member of the Gibson Southern Cheerleading Team. I promise to uphold these high standards in a manner that will always be a credit to Gibson Southern High School. I also realize that failure to comply with these guidelines can mean dismissal from the team. I also understand that I will be responsible to replace any cheer equipment (uniforms, poms, etc.) that is lost, stolen, or damaged. I as _____ parent/guardian understand that if my student-athlete violates any guidelines he/she will be subject to the consequences that will follow.

I understand the very nature of the activity; cheerleading and gymnastics carry a risk of physical injury. The coach and cheerleaders will at all times follow the AACCA spirit safety rules when practicing and performing. No matter how careful the coach and cheerleaders are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes injuries such as concussions, muscle pulls, dislocation, broken bones or even catastrophic injuries.

Cheerleaders Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____