



MOUNT SI HIGH SCHOOL
CHEERLEADING

2019-2020

Introduction

This statement is intended to inform cheerleaders (parents, relatives, other interested parties and prospective cheerleaders) of the Mount Si High School cheerleading program. In all policy and program matters, members of the cheer squad shall be exemplary representatives of Mount Si High School. These policies are as follows:

I. PHILOSOPHY AND OBJECTIVES

The Mount Si High School cheerleading program is a student activity. As a student activity, its first and foremost responsibility to the student is to support and not to compromise the student's academic career. Secondly, the program should aid in developing the student participant into a responsible, mature and independent adult. Specifically, the program is a means of improving the student's mental and physical well-being. Cheerleading is an activity where the student (1) will be provided leadership training; (2) will develop the ability to make decisions; (3) will enhance the ability to respond to life's situations, e.g., conflict, anger and frustration, win/loss, and react in an appropriate manner; (4) will contribute to social development, e.g., awareness of one's self, development of self-confidence, development of interpersonal relationships; and (5) generally will maximize the opportunity for student growth, change and maturity.

The primary purpose of all Mount Si cheerleaders is to be members of the team, which has as its goal to support the athletic teams and Mount Si High School. That support is directed into three major areas, as follows: (1) to lead the cheers; to promote school spirit; to raise the level of fan support for the athletic teams; to lead in positive vocal support for the team; to solicit that support from Mount Si High School fans and to project that support to Mount Si High School and its teams; (2) to participate in the athletic activity known as cheerleading by performing gymnastics, partner stunts, motions, dance movements; to perfect this athletic activity for keeping the crowd attention/direction focused on the field/floor where the activity is taking place, and for entertainment and competitive purposes; and (3) to serve as public relations ambassadors of the athletic teams and Mount Si High School to uphold, reflect and project the goals and ideals of Mount Si High School to appear at Mount Si High School activities, functions and programs, at charitable and public causes to promote the athletic teams and Mount Si High School.

A secondary purpose for the Mount Si Varsity team is to train and compete at competitions both locally and at the national level.

II. ORGANIZATIONAL STRUCTURE

The Mount Si High School's cheerleading program has a Sideline and Competition Program. The Sideline Program will be split (via April Tryouts) into Varsity Sideline and JV Sideline. Sideline teams will support Varsity and JV Football, Varsity Basketball and Varsity Wrestling. From Sideline Cheerleaders, a Competition Team(s) will be selected.

The competition team(s) will be formed post try-outs by the coaching staff. The team(s) will be formed based on skills (stunting, tumbling and jumps), attitude, work ethic and positions available. If multiple teams are formed, one team will be a Nationals team and may be competing both locally and at the National High School Cheerleading Championship in Orlando, FL. Not all Sideline Cheerleaders will be asked to compete.

III. INVOLVEMENT AT FUNCTIONS/EVENTS

In addition to games, practices and assemblies, the coach may choose to have the cheer team attend a number of public relations and/or fundraising events each year.

The cheerleaders shall appear only at events/activities which will reflect positively on them as individuals and as representatives of the Athletic Association and Mount Si High School.

You cannot wear your uniform outside of school/team functions without prior permission from the coach.

IV. DRUG, ALCOHOL, TOBACCO POLICY

As stated earlier, cheerleaders are expected, first, to provide a positive image. This expectation is foremost when it comes to tobacco, drug, and/or alcohol use. Cheerleaders are reminded that, as highly visible members of the Mount Si High School community, their actions and behavior are under constant observation. Absolutely while in uniform, but also while not in uniform, Mount Si High School cheerleaders are known, subject to scrutiny, and can easily be the object of criticism for their behavior or actions, in particular, for participating in inappropriate activities.

Mount Si High School is committed to providing a safe and healthy environment for the cheerleading program. Thus, conduct which involves the unlawful possession, use, dispensation, distribution or manufacture of controlled substances and/or alcoholic beverages by a cheerleader while traveling for Mount Si High School or at any official cheerleading functions/ activities may result in termination from the Mount Si High School cheer program. Similarly, the unlawful possession, use, dispensation, distribution or manufacture of controlled substances and/or alcoholic beverages by a cheerleader at any other time may result in appropriate discipline, up to and including termination from the cheer program; any sanction for such a violation outside of cheerleading functions/activities shall be with consideration to the potential embarrassment or bad reflection on the cheer program, Mount Si High School Athletic Department and/or the Snoqualmie Valley School District.

Members of the squad shall adhere to Mount Si High School's Athletic and Activity Code in regards to the Drug, Alcohol and Tobacco Policy. This policy can be found at <http://www.svsd410.org/Page/6634> , pages 8-11.

V. ACADEMIC POLICY

Academic Standard:

Students must pass all classes and maintain a 2.0 cumulative GPA in order to participate.

Procedure:

Grade checks will be conducted regularly by the main office.

Members of the squad shall adhere to Mount Si High School's Athletic and Activity code in regards to the Academic Eligibility Policy. This policy can be found at <http://www.svsd410.org/Page/6634> , pages 8-9.

VI. ATTENDANCE POLICY

- Unexcused Tardy to practice (1+ minutes late) = 25 squat jumps
- Unexcused Absence to practice/game/event = cannot participate in next uniformed event, but must attend.
 - 2nd Unexcused Absences is dismissal from squad
 - Parent(s) will be notified via email for any unexcused absence.
 - Absences cannot be excused after the absence.
 - All illness related absences must be excused by a parent/guardian. If you go home from school sick, your parent/guardian must text/email/call BEFORE practice/game/event.
 - Any absence can be deemed Excused or Unexcused by the coaching staff.
- All other rule breaking and individual behavior situations will be handled case by case. Consequences for attitude and excessive rule breaking include, but are not limited to, dismissal or suspension for the team, mile runs, squat jumps or mat vacuuming.

If on academic suspension, the member will attend practice but will not be able to perform until his or her grades have improved.

If a cheerleader is injured, the member will attend practice once he/she has returned to school.

VII. RULES AND REGULATIONS

A. Tryouts

1. Anyone wishing to try out for cheerleading shall:
 - a. attend Tryout Clinics
 - b. maintain a 2.0 grade point average, with passing grades in all classes
2. For justifiable reason(s), the cheerleading coach can make an exception to the rules above.
3. Male squad members may be chosen at cheerleading tryouts or selected by the coach without an official tryout, at the discretion of the coach, and for all practicable purposes is considered a member of the squad.
4. The Mount Si High School Cheerleading program is a highly competitive and time-consuming activity. Persons who have other serious commitments (other than academics) of their time, such as a 15 hour or more work week or other obligations, are strongly encouraged to discuss their commitment with the cheerleading coach before trying out for the squad. Similarly, persons in academic programs or other athletic teams, which have significant time-consuming demands, are encouraged to do the same.

B. General

1. Cheerleaders shall:
2. Maintain a 2.0 cumulative grade point average, and maintain passing grades in all classes.
3. Not participate in a Fall or Winter sport. Cheerleaders can participate in a Spring sport.
4. Cheerleaders may not consume alcoholic beverages or any controlled substances
5. Cheerleaders must follow the guidelines for academic standards (Refer to section V Academic Policy in this document.)
6. Cheerleaders must follow the guidelines for attendance (Refer to section VI Attendance Policy in this document.)
7. Cheerleaders are expected to work as a team. Individual members of the squad are encouraged to be close friends. Squad members' friendships or non-friendships shall not have a negative effect on the team.
8. Each squad member is responsible for all of the clothing, uniforms, and equipment assigned to him/her. Care must be taken to ensure such clothing, uniforms, and equipment is in a clean and presentable condition. Each squad member shall safeguard his/her clothing, uniforms, and equipment and shall be, therefore, personally liable for its replacement for loss or damage, excluding normal wear and tear.
9. Other rules concerning cheerleaders may be promulgated verbally or in written form by the coach. Violation of these additional rules may result in disciplinary action.
10. Violations of any cheerleading rules shall subject the squad member to discipline in accordance with Mount Si Cheerleading Discipline and Code of Conduct Policy which is included in this packet.
11. These rules and regulations are subject to addition and change when found necessary and beneficial. The coach makes final acceptance of all rules.

C. Practices

1. Cheerleaders shall:
 - a. attend all regular practices
 - b. be on time to practice
 - c. notify coach as soon as possible if he/she finds it impossible to attend practice or knows he/she is going to be tardy
 - i. all absences must be excused by a parent prior to the absence
 - d. be prepared to practice, properly dressed
 - e. cell phones must be put away

D. Games

1. Cheerleaders shall:
 - a. attend all home games, required scrimmages, and/or special scheduled games or activities deemed appropriate by coach and/or administrator (including but not limited to, Mini-Cheer Camps, Freshman Orientation, Wildcat Days, Freshman Lock-in, etc. as assigned),
 - b. arrive at the game site at designated time
 - c. arrive at the game site ready and prepared, e.g. make up and hair done, proper uniform, no jewelry.

- d. All sports bras and/or bras must not be visible when wearing your uniform.
- e. While at games, community events, parades, etc. and in Mount Si uniform and/or apparel, you cannot have any PDA (public displays of affection). PDA would include any form of kissing (cheek included). Hugs and holding hands are acceptable forms of PDA when not actively cheering (i.e. you **cannot** sit with your boyfriend or girlfriend during halftime and hold hands/hug if you are cheering at that sporting event. You **can** sit with your boyfriend or girlfriend at a game and hold hands/hug if you are not cheering at that sporting event. Sitting out due to a different consequence or due to not passing cheer or dance check-offs would still mean that you are cheering at that sporting event.).
- f. Travel to away games will be in accordance with Mount Si High School and the Snoqualmie Valley School District rules and regulations.
- g. Squad members may not be transported by students, unless within district boundaries. Squad members may not drive to or from an away game, camp, or competition.
- h. The squad or a portion thereof will travel with an adult chaperone as a group and return as a group. Exceptions can be made prior to game day if the situation is absolutely necessary and discussed with the coach.
- i. Final authority of all decisions made while traveling shall rest with the coach.
- j. When only a specific number of cheerleaders are attending an away game, camp or competition, final authority on who goes rests with the coach. Consideration as to the selection shall be as follows: (1) determination of who wants to go; (2) attendance records at practices, games, special events with due consideration to tardiness; (3) input from the squad (vote as to whom the squad thinks would be best to go). Other methods of selection, which could be used, are (1) drawing (2) seniority (3) class or (4) grade point average.

F. Miscellaneous

1. At all overnight events, male cheerleaders must leave by 10:30 p.m. (unless an earlier time is set). Males are not allowed to spend the night.
2. Squad members are not allowed to date. This could potentially cause an unwarranted division in the team.
3. Squad members can attend Bellevue College (Running Start). However, these students are expected to schedule their BC classes so that they do not interfere with practices. They will also be expected to attend Mount Si assemblies in which the cheerleaders are performing.
4. **If a cheerleader quits or is removed from the squad for any reason, that cheerleader is still responsible for their balance in full.**
5. Cheerleaders and parents should not badmouth, gossip, etc. about coaches, cheerleaders or other cheer programs. Any individual found making unkind remarks about the program can potentially be suspended or removed from the team. A cheerleader can be removed from the program for their parent's actions.
6. Cheerleaders and parents must be aware their actions on through texts, Facebook, Twitter, as well as any other online source is a reflection not only upon them and their family/cheerleader, but the program as well.

VIII. INJURIES/ILLNESSES

Any illness or injury shall be immediately reported to the coach and/or athletic trainer, (if available). ***If you do not report your illness or injury to the coach, the coach may not know you are hurt or sick. It is the cheerleader's responsibility to report injuries and illnesses to the coach.***

Unless a cheerleader arrives at practice with a doctor's note, cheerleaders are expected to participate in practice in full. Cheerleaders/Parents cannot self-diagnose. Cheerleaders arriving at practice injured without a doctors note and not wanting to participate in full will be sent to the trainer.

Any injury suffered during practices, games, or other official functions, should be treated by the squad member's family physician. Expenses for such treatment shall be paid by the squad member's personal insurance.

If an injury or illness incapacitates a squad member, he/she shall not be permitted to practice and cheer for a period of time as determined by the coach, athletic trainer or a doctor. Return to participation at games, or practices, must be provided in writing by a doctor. If a doctor recommends that a squad member no longer cheer, due to injury or a health problem, the

squad member shall be removed from the squad. If chronic illness or injury causes a squad member to miss games or practices repeatedly, the squad member may be removed from the squad by the coach.

IX. HEALTH, LIFE-STYLE AND NUTRITION

Introduction

The Mount Si High School cheerleading program is committed to promoting and fostering healthy lifestyles and eating habits for squad members. Conduct which opposes this philosophy and/or conduct which poses unacceptable risk and disregard for the health, safety and welfare of participants is in violation of this policy and will result in appropriate counseling and/or disciplinary action up to and including termination from the squad. Cheerleaders at Mount Si High School must be excellent athletes. Cheerleading involves some aspects of several athletic activities, e.g., rotation and tumbling of gymnastics, stamina of basketball, strength of bodybuilding and football, balance and movement of dance, etc. The Mount Si High School Cheer Program is highly athletic in nature. Therefore, the standards of the Mount Si High School cheerleading program are the standards of a top athletic program that any other sports team would adopt.

A primary activity of the Mount Si High School cheerleaders is the partner stunt. In accordance with the WIAA (Washington Interscholastic Athletic Association) and the NFHS, (National Federation of State High School Associations), partner stunts combined vertically shall not exceed two human heights level) and horizontally (side-by-side partner stunts). The nature of these activities demands certain general physical requirements of the Mount Si High School cheerleader. The male squad member(s), if there is a co-ed squad, and/or female bases must have sufficient strength to base stunts and to lift, hold, throw and catch top girls safely. Female squad members who top must be of appropriate size, weight and ability such that they can be lifted, held, thrown and caught safely. Body composition and ability varies from individual to individual, but size, weight and flexibility can and do effect the ability of the flier and the safety of squad members. Despite the sensitive issue of size and weight concerning squad members, it will eventually affect the decision on who will fly and base. This is for safety reasons purely, but anyone, no matter what their body composition, who proves to be of appropriate ability, may be chosen to accept any desired position.

All positions in stunts, formations or any other various positions will be earned by the participant, by proving themselves to be capable of performing their duty to the best of their ability and to help make the squad the best that it can be.

Program Requirements

If an unhealthy weight gain or loss becomes apparent to the coach and when this weight gain or loss is reasonably believed to be a detriment to safety, the coach will develop a plan to assist the affected squad member, consult parents and request the student seek consultation from a nutritionist and/or physician.

Procedures

Squad members who acknowledge an eating disorder problem may be placed on temporary suspension from performance (games and practices). Parent(s)/guardian(s) will be consulted and the squad member will be encouraged to seek medical (physical and psychological) services. Upon the recommendation of a physician and with the concurrence of the coach, the squad member may be returned to performance. In accordance with the severity of the problem, the coach may seek the physician's continued approval for the squad member to perform (play and practice). A squad member whose eating disorder problem presents sufficient documented disruption to squad practice, travel, and performance may be suspended or terminated from the program.

Because of the nature of the cheerleading activity (partner stunts), each squad member's health and fitness is significant. Unlike most sports, the collapse of a squad member, due to health or injury problems could potentially lead to the serious injury of other squad members, not just the one member who is sick (or injured). While the coach will demonstrate a compassionate understanding for sickness (and injury), the safety of all the squad is a more significant concern. Health (and injury) problems will be dealt with fairly, but firmly. When any possibility of danger to other squad members is reasonably foreseeable due to the health of another squad member, the unhealthy squad member may be suspended or terminated from the program.

Policy Conclusion

Squad members must realize that they are what they eat and drink. The ultimate responsibility for weight maintenance rests with the squad member himself or herself.

X. SAFETY

The increased athletic activity in cheerleading has resulted in an increased concern for safety. Cheerleading involves a variety of gymnastics, motions, partner stunts, rotations, dance and heights; participation in cheerleading involves a certain amount of danger of personal injury. Cheerleaders are placed on notice that improper conduct of cheerleading activity may result in catastrophic injury. In becoming a participant in this program, a cheerleader voluntarily assumes the risk involved by participating in cheerleading practices, games, and other activities.

The Mount Si High School program and the Washington Interscholastic Athletic Association (WIAA) have adopted the National Federation of State High School Associations (NFHS) Spirit Rules. All squad members shall be thoroughly familiar with and shall carefully abide by the NFHS guidelines. Cheerleaders are aware the failure to abide by the NFHS guidelines may result in immediate and serious discipline to include possible dismissal from the squad.

Copies of the NFSH guidelines are readily available. A copy of the NFHS Spirit Rules Book is available through the coach; cheerleaders are encouraged to be aware of the contents of the NFHS Rules Book.

XI. COST

A fundraising committee will be organizing and scheduling all fundraisers. Parents with financial concerns are encouraged to become involved in the Fundraising Committee.

XII. COMMUNICATION

The cheer season is comprised of weekly practices, games, community events, fundraisers, competitions, etc. The coaches will do most communication of the scheduling of these events and any changes via email. It is imperative that both you and your cheerleader provide an email address that you check daily for any updates and changes as games and events can change at last minute.

A team Group Me app will also be used for coaches and teammates to send information and reminders out quickly to the athletes.

MOUNT SI HIGH SCHOOL Cheerleader Code of Conduct

1. I will remember, at all times, that I represent Mount Si High School students, faculty and staff, and that my behavior will be such that it will bring respect to the squad, our leadership, athletics, the school, my family and myself. **This also includes online behavior and images including but not limited to Facebook, Twitter, Instagram, SnapChat, etc.**
2. I will follow the rules and regulations set up by the school and the individual team of which I am a member.
3. I will maintain good citizenship and academics according to the Mount Si High School athletic and academic policies.
4. I will behave in a respectful manner towards all administrators, faculty, staff, supervisors, coaches, chaperones, parents, and community members and realize that my individual behavior can be viewed as a reflection of the entire squad.
5. I will not drink or involve myself in drugs and tobacco.
6. I will share equally in all duties of leadership, which includes attending activities, wearing school colors on color days, wearing costumes on dress days, wearing uniform/cheer wear on game days, and being a **positive influence on and off** campus.
7. My attendance will be 100%, unless I am at home ill and **a parent verifies it**. I will be on time to practice, games, and required activities, and I will come prepared. Attendance issues will result in dismissal from the team.
8. If I have specific responsibilities, and am going to be absent due to illness or special circumstances previously discussed with my Coach, I will make arrangements to have someone take my place. If I am unable to complete my assigned duties(s), I will notify the Coach so *that* job will get done and will not “fall through the cracks”.
9. I will be **open and honest** with my Coach in all matters. If something is bothering me, I will go directly to my Coach and not “cause waves” within the organization.
10. I will not discuss, outside of cheer, any issues of concern discussed in meetings that are not for the general public.
11. I will meet new individuals on campus and broaden my friendships so I can truly represent my peers.
12. I will include others in any and all activities as often and as to as great an extent as possible. I will help all Mount Si students “do something” because... it is time!
13. I will **listen** when others are talking and will practice good communication skills during practice, meetings, (and hopefully beyond...) so that we may accomplish as much as possible with few distractions.
14. I will not argue for argument sake. If I have a *real problem* with something, or someone, I will speak up!
15. I will make sure I take responsibility to be aware of meeting times, practices, activities, etc. Part of this responsibility includes checking my email and/or Group Me for changes, additions and cancellations daily. If I am unsure of what time to arrive, what to wear, etc.

Acknowledgement and Acceptance of the Mount Si Cheerleading Program Guide 2019-2020

Cheerleader:

I have attended a meeting where the rules were explained and have read through the Program Guide. I've spoken with the coach/my parents about any concerns I may have related to the terms of this agreement. I agree to abide by all terms/conditions previously described for the duration of the 2019-2020 cheer season.

Signature

Date

Parent/Guardian:

I have attended a meeting where the rules were explained and have read through the Program Guide. I have discussed any concerns/questions with my child and the coach. I agree to support all of the terms/conditions set forth by these terms and guidelines.

Signature

Date

If you have any questions regarding the Mount Si Cheer Program, please contact the coaches to discuss the circumstances directly.

Jessii Stevens

Robby Sortore

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*THIS DOCUMENT MUST BE SIGNED AND RETURNED BY TUESDAY, MAY 14th.



2019-20 MOUNT SI HIGH SCHOOL CHEERLEADING Cheerleader Contract

General Information

Congratulations on your selection as a Cheerleader for Mount Si High School Cheerleading.

Please initial and sign all items below which signify that you understand the commitment to Mount Si Cheerleading and that you will adhere to this commitment.

_____ **Fall Season** (August thru November)
Initial Varsity: Available for Scarlet and Grey Scrimmage (August 30th)
Varsity: Available for all Varsity Home Games and half of the Away Games
Varsity: Available for post-season play

Junior Varsity: Available for Scarlet and Grey Scrimmage (August 30th)
Junior Varsity: Available for all JV or Freshman Home Games and one Away Game (potentially)

_____ **Winter Season** (December thru February)
Initial Varsity: Available for Varsity Basketball Games
Varsity: Available for post-season play

Junior Varsity: Available for Weeknight Varsity Basketball Games
Junior Varsity: Available for Varsity Home Wrestling Matches

_____ **Competition** (November through February)
Initial If selected to compete, you will be expected to attend all competitions.

_____ **Responsibilities**
Initial Responsibilities include, but are not limited to, all practices and conditioning during the year, cheer camp, summer practices, assemblies, parades, Mini Cheer Camp, football and basketball games, competitions and community service through February 2020.

Athlete Name

Parent Name

Athlete Signature

Parent Signature

Date

Date

*THIS DOCUMENT MUST BE SIGNED AND RETURNED BY TUESDAY, MAY 14th.