



# 2021-2022

## Rules & Guidelines

COACHES INFORMATION:

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### *Attitude/Behavior*

1. As a representative of Warren Woods Cheer Program, all cheerleaders must conduct themselves in an appropriate manner in school, on the field, while traveling, at games and/or competitions and out in the community.
2. Positive attitude, good sportsmanship, and being a team player are qualities expected of each team member. Failure to exhibit any of these qualities will be subject to consequences determined by coaches.
3. Any behavior that is a detriment to the team aspect or an individual's well being will not be tolerated. All team members must function as a team unit in order to succeed.
4. **Performance time is a privilege. Coaches have the right to add or take away performance/competing or game time for any team members. This is based on performance and attitude at practices, games, competitions, school, outside of school, and ability.**
5. Insults, disrespectful behavior, or dishonesty towards a teammate or coach in any way will not be tolerated from any member of the program. Consequences will be determined by the coaches.
6. Girls will represent the cheer program at all times including but not limited to social media including Twitter, Facebook, Instagram, etc. These may be checked and monitored by coaches. Anything deemed unbecoming of an athlete will be reviewed and proper consequences will apply.
7. Social Media bullying, trash talk, or/and fighting will not be tolerated. Any proof of said behavior may hold consequences such as loss of participation or even as much as dismissal from the team.

### *Communication with Parents & Athletes*

1. If the athlete has a problem, question, or concern they will discuss this with the coach FIRST. After doing so, then a parent if needed may contact the coach regarding the issue.
2. Parents will adhere to the 24 hour rule and will not confront a coach at a game, competition, or event regarding any issues they feel needs addressed. After 24 hours the parent will communicate with the coach in the appropriate way (See Rule 3) to set up an agreed upon time and place to discuss any issues. This discussion will take place at least 24 hours AFTER the situation.
3. If a parent needs to contact the coaches for any reason they will do so **via email** (wwtcheerleading@gmail.com). Coaches will have at least 24 hours to respond.
4. Messages from the girls will NOT be accepted after 9pm. Returned calls will happen the next day. Unless otherwise instructed by the coaching staff.
5. If needed, leaders will be chosen for the Varsity and JV team. Those chosen will act as a liaison between the coaches and the cheerleaders.

### *Grades*

1. School is the girls' first priority. MHSAA grade guidelines will be followed to ensure eligibility. They must also maintain satisfactory citizenship.
2. Weekly grade checks are performed by the school every Friday. Eligibility is based on that proceeding Sunday to Sunday. Example if Friday is the 1<sup>st</sup> of the month the athlete is ineligible the 3<sup>rd</sup> to the 10<sup>th</sup>.
3. If an athlete's grade drops below eligible level, they will have one week to bring their grade up. If the grade does not improve, the cheerleader will not participate in practices or competitions until that grade is reached or the coach has chosen to make an agreement with that teacher.

## **Practices/ Gymnastics**

1. All practices scheduled by the coaches are mandatory. This includes gymnastics, workouts, and strength training. You are expected to be on time. Early is on time (15 minutes) and on time is late.
2. **You are to be ready to practice when practice is scheduled to begin. That means mats rolled out, stretching, hair, and social conversation should be completed by the time practice is scheduled to begin.**
3. Practice end times are when physical practice ends. All cheerleaders are required to stay and clean up the practice area before being dismissed.
4. Everyone must come to practice dressed appropriately including: correct and assigned practice clothes, shoes, hair tied back, no jewelry or long nails. (Any wrapping/taping by the trainer must be done PRIOR to the start of practice.)
5. Try not to make medical or personal appointments on scheduled practice/games and/or competition days. Make sure your parents know your practice schedule to avoid this occurrence.
6. The athlete **MUST** contact the coach **PERSONALLY prior** to missing a practice or other cheer functions. Failure to do so will result in a no-call/no-show absence.
7. The student athlete must participate in practices. We will be involved in many weekend games and/or competitions/activities during the year, which you must be available for.
8. You must participate in extra practices as deemed by the coach. You will receive ample time to adjust schedules.
9. Athletes may not leave any event without informing the coach in person; this includes but not limited to practices, games, competitions, and team events.
10. If the athlete is going on vacation, the coach must be given vacation dates 2 weeks in advance. Failure to do so may result in removal from material.
11. Driver's training is not a warranted excuse to miss practice. If an athlete chooses to take driver's training classes during practice time then that athlete is choosing to not be choreographed/taken out of rounds.

## **Games and/or Competitions**

1. Cheerleaders must attend all games and/or competitions as scheduled.
2. Cheerleaders must be at the football field or competitive site at scheduled time. Failure to do so will result in partial/full suspension of a game/competition.
3. During a game and/or competition all cheerleaders are to stay in the designated areas assigned by the coaches. During games and/or competitions cheerleaders are **NOT ALLOWED** to go into the stands.
4. During sideline season if a break is allowed from the coaches during halftime all cheerleaders will return to the field ready to cheer the second half of the game when the clock reads 4 mins left.
5. A post-game and/or competition discussion is mandatory for all team members. Cheerleaders are not dismissed until the conclusion of this meeting.
6. Cheerleaders **MUST** ride the bus if provided. Release of liability forms must be turned in **BEFORE** the first game and/or competition. \*Please see Warren Woods Athletic Handbook.

7. Cheerleaders suspended from a game and/or competition must still sit in uniform on the sidelines with the coaches. Failure to comply with this will result in immediate dismissal from the team.

### **Absence Policy**

1. Athlete's must arrive to practice 15 minutes before the start time. An athlete will run for every minute they are late. Tardiness will result in the team's practice being extended the amount of minutes that someone is late. Minutes will be added together pending numerous late people. This rule affects the entire team. **DO NOT BE LATE!!**
2. Two tardies = one unexcused absence.  
Being late over 30mins with no call/text to coaches = One No Call/ No Show
3. There are three kinds of absences: excused, unexcused, and no-call/no-show.
  - a. **Excused:** This means that the coach is aware that you will not be in attendance and has approved your absence. There is no penalty for this absence until the 10th absence occurs. 10 Excused absences are allowed per season. Once an athlete reaches 10 absences, all absences after that will be unexcused.
  - b. **Unexcused:** This means that the coach has been notified prior to practice but has decided that the reason for the absence does not warrant it to be excused. The penalty for this type of absence may result in removal from game and/or competitive material.
  - c. **No-call/No-show:** This means that you failed to contact the coach PRIOR to the designated meeting time. There is no excuse for this type of absence and the penalty is severe. Penalty for this type of absence may result in removal from game and/or competitive material. **Second offense will result in removal from the program.**
4. To participate in an event, the athlete must be in school a full day the day of the game and/or competition or if the game and/or competition is on a weekend the Friday before.
5. If an unexcused absence is taken the week of a performance the cheerleader may be taken out of the said performance at the coach's discretion.
6. To participate in practice after school the athlete must be in school a half a day.
7. Each Cheerleader is allowed 3 unexcused absences per season. **If a 4th unexcused absence occurs the cheerleader will be removed from the team.**

### **Illness Policy**

1. If you are sick and must miss more than one practice, workout, gymnastics, game, or competition, you will need to provide a doctor's note to return. You need to go no later than the day after the missed event.
2. Your attendance is expected at practice unless you are physically unable to do so. If you miss a full day of school, you are not allowed to come to practice. This may result in removal from competitive material.
3. A headache, stomachache, cramps, or cold does not constitute an excuse to miss practice.
4. You must contact the coach PRIOR to **each** practice. For example-if you are sick on Tuesday, do not assume that the coach knows you are still sick on Wednesday. Coaches expect a text message before each missed practice.

### **Uniforms/Equipment**

1. On Game, Performance and/or Competition days, the athletes will wear appropriate required clothing and/or uniform/warm-up assigned by the coaches. If it is found that the cheerleader was not in required clothing consequences may be issued that can include but not limited to loss of participation in events.

2. Uniforms property of Warren Woods Public Schools must be returned to the school at the end of the season clean. If this is not adhered to the cost of replacement uniform will be the responsibility of the cheerleader and will only be worn for cheerleading activities ONLY. CLEAN uniforms & shoes are required at all cheer events. Excellent care of uniforms is expected at all times.
3. Any damage or illegal tampering of the uniforms or Warren Woods Cheer Program equipment will result in the player paying for all damages. Additional consequences may follow at the coaches' discretion.
4. Hair and nails are a part of our uniform meaning every cheerleader's hair must be styled the way the coach requested and MUST be one natural shade (blonde, brown, black, red). Nails must be cut short, no nail polish, and no acrylic nails.
5. Uniforms must be dry cleaned at the end of the season. During uniform turn in, the uniform must be turned in inside the garment cover.

### *Finances*

#### *\*Communication with coaches is the key!\**

1. Money or payment arrangements for expenses of the competitive season will be due before the items are ordered. No money/payment arrangement = No order.
2. Fundraising money of any kind is non-refundable.
3. If for any reason an athlete gets dismissed from the team or quits all money paid is non-refundable.

### *Awards*

#### *(Fall Sideline)*

Participation awards will be provided to all those who participate and compete in 90% season and their finance account must be paid in full one week before the awards are issued.

#### *(Competitive Season)*

1. To earn a JV award the cheerleader must participate and compete in 90% of the JV competitions of that season and their finance account must be paid in full one week before the awards are issued.
2. To earn a Varsity award the cheerleader must participate and compete in 90% of the Varsity competitions of that season and also be eligible to compete at Districts and Regionals along with their finance account being paid in full one week before the awards are issued.

### *Immediate Suspension*

1. Blatant disrespect to the coach or any other team member.
2. Poor moral conduct.
3. Insubordination.
4. Failure to adhere to absence policy.
5. Alcohol or drug use during the season.
6. Any cheerleader who "walks-out" of practice is choosing to remove themselves from the team.
7. **All team members will be re-evaluated throughout the season to determine their position within the program. Your spot on a team is NOT guaranteed! Coaches reserve the right to change the cheer program (Varsity and JV teams) if the above criteria is not being met.**

Please scan this code and fill out the 21-22 Competitive Cheer Agreement once you have fully reviewed this packet. This form must be completed prior to tryouts.

