

Cheerleading Team Rules of Conduct and Behavior

MVU Athletic Philosophy

Students and parents should recognize that, when exercising the privilege to participate in any co-curricular activity, some additional time and effort is necessary. When participating in co-curricular programs, students must conduct themselves in a manner which is beyond question both in and out of school. Students in these programs have greater responsibilities as school citizens.

Second, the athletic experience at Missisquoi fosters leadership, discipline, commitment and a sense of responsibility to the entire school and community. Our aim is to develop competitive student-athletes without losing sight of educational values such as citizenship, health and scholarship.

Athletic Rules and Responsibilities

Student athletes must understand they represent our school and program both on and off the court in.

1. The athletic department, in compliance with the school wide policy, prohibits the possession, use and/or abuse of alcohol, tobacco or drugs of any kind. This violation extends beyond school grounds and functions. Should the violation occur on school grounds the schools Act 51 Policy will also be instituted.
2. Bullying, harassment or hazing of any kind is not permitted. Any student-athlete who participates in such activity will be subject to disciplinary action, which could include possible suspension or removal from his/her team.
3. If a student-athlete is assigned teacher or administrative detention it must be served when scheduled regardless if it's a game day or not, the athlete will not be allowed to participate in 1/4 of the next game for every detention assigned.
4. If an athlete is suspended from school he/she may not attend practices or games during this time. The athlete will be required to sit out **1 game** for every **DAY** of suspension. For example, if the Athlete received 2 days of suspension, they will sit out 2 games. If suspension is repeated the Coach has the right to discuss future participation, and may result in the removal from the team.
5. At the end of the season all uniforms and equipment must be returned to the Head Coach in the same shape they were given. If a piece of equipment is damaged or lost the athlete is responsible for paying for it's replacement.
6. Each student-athlete will abide by and uphold the academic eligibility requirements.

Please detach and return to Coach DiDio by the first game.

I have read and agree to follow and uphold the Athletic Rules and Responsibilities (listed above) that come with participating in the Missisquoi Valley Union High School Cheerleading team.

Student-Athlete signature

Parent or Guardian signature

MVU Cheerleading - Attendance/Late Policy

Attendance and Late Policy

Cheerleading is a team sport and it requires commitment. We function as a **TEAM** and everyone is an essential part of our routines. Attendance is **MANDATORY** at **ALL** practices and games. If your cheerleader is late or does not attend practice or a game (unexcused) then the stunts, dances or cheers cannot be practiced and /or performed as they should be and safety can become a concern. Cheerleaders count on each other to be at both practices and games in order to be effective spirit leaders.

Therefore:

- All athletes will be given **1 excused absence** for a game or practice. *If you are **sick/absent (EXCUSED) from school, are getting educational help from a teacher, have a standing doctors appointment or have a family emergency you will be excused from athletic commitments.** With this being said, I ask that when possible appointments be made when the athlete does not have a cheerleading commitment. Work schedules, babysitting, family vacations, and/or other school or outside activities/clubs DO NOT qualify as excused absences.
- All cheerleaders are required to attend every practice and game, **if any cheerleader is unexcused or No Show for more than 1 practice** they will be not be allowed to cheer at the following game, but will be required to attend in dress clothes to show support and camaraderie for their team.
- **If any cheerleader is unexcused or No Show for a GAME** they will be **not be allowed to cheer at the following 2 games**, but will be required to attend in dress clothes to show support and camaraderie for their team.
- If a cheerleader is late to a practice or game **3 or more times**, the cheerleader will be required to sit out that amount of time at the next game.
- Absences/tardy's beyond those listed above will result in a scheduled meeting with the coach, has the right to discuss future participation and removal from the roster.
- Attendance is mandatory for all in season fundraising, team building activities and scheduled clinics.

I recognize that being an MVU cheerleader is a commitment by both the athlete and their family, and as I understand rides and practice schedules can be difficult, please be aware of the time commitment and requirements of this sport.

Please detach and return to Coach DiDio by the first game.

Attendance/Late Policy

I have read and agree to follow and will uphold the attendance/late policy requirements (listed above) that come with being part of the the Missisquoi Valley Union High School Cheerleading team.

Parent or Guardian Signature

Student Athlete Signature

Date

Academic Eligibility Requirements

Middle School Cheer (Grades 5-8) & Freshman & Sophomore Cheerleaders

Athletics in grades 7-10 is the start to understanding that academics come first followed by athletics. Together, they are powerful for the student/athlete's growth. We want to encourage every athlete to work hard in both academics and athletics. ***Athletic eligibility will be based on Habits of Work.***

| | Rarely | Frequently | Consistently |
|---|--|--|---|
| Personal Responsibility for Learning <i>I demonstrate initiative and responsibility for learning.</i> Self Direction (TS 2.d) | I often need reminders to bring the required materials to be ready for learning. I often need reminders to complete and submit tasks on time I often need reminders to arrive to class on time and remain in class as expected | I frequently have the required materials to be ready for learning. I frequently complete and submit tasks on time I frequently arrive to class on time and remain in class as expected | I consistently have the required materials to be ready for learning I consistently complete and submit tasks on time I consistently arrive to class on time and remain in class as expected I positively and respectfully advocate for my learning needs |
| Persistence <i>I persist in solving challenging problems and learn from failure.</i> Creative and Practical Problem Solving (TS 3.h) | I often need prompting to approach a challenging problem. I sometimes give up when a task seems too difficult. | With feedback, I persist in solving challenging problems and sometimes learn from mistakes and stuck points. | I seek out and/or persist in solving challenging problems and learn from mistakes and stuck points |
| Responsible Citizenship <i>I take responsibility for personal decisions and actions.</i> Responsible and Involved Citizenship (TS 4.b) | I am working on taking some ownership for my productivity and decisions in terms of how they affect the learning environment | With reminders, I can take ownership for my productivity and decisions in terms of how they contribute to a positive learning environment | I can demonstrate responsibility for my productivity and decisions in terms of how they contribute to a positive learning environment |

The MVU Thunderbirds Habits of Work are based on the Vermont Transferable Skills

Students will be assessed several times throughout the season. Any student who does not meet or exceed the following requirements may face ineligibility before or during the season.

1. **Eligible:** If a student has received a ***Frequently or Consistently*** for their score, they may participate and play on the team.
2. **On Warning:** If a student has received a score of a ***Rarely*** from **one** teacher, they are eligible to continue to participate but are required to follow up with the teacher that week to determine a plan for growth and progress.
3. **Probation:** If a student a received a score of ***Rarely*** from **two or more** of their teachers. Players will have 1 week to demonstrate positive growth.
4. **Not Eligible:** If the player does not demonstrate growth after the week probation, they will be considered ineligible until growth is once again determined. ****If a student become ineligible, they will be removed from the competition routine, but may be able to complete the regular season; this is determined on a case by case basis.****

*****Grades 5 & 6***** The head coach will be checking in with your teachers periodically throughout the season to assess if you are still meeting or exceeding the requirements for eligibly throughout the season.

Academic Eligibility Requirements

Grades 11 - 12

1. Athletes must maintain a GPA of 2.0 or greater with no more than ONE "F" OR ONE "I" in courses taken from the previous marking period. Fourth quarter grades will be used for all fall sports.
2. During the season, if student-athletes have one "F" or one "I" they will be allowed to participate in practice, but will not be allowed to participate in games until the grades have been rectified - this may effect eligibility to participate in competitions and other team/school events or activities. This decision will be made at the discretion of the Coaches and Athletic Director.
3. Student-athletes who have not met the eligibility standards at the time of report cards will NOT be allowed to participate until the next marking period.