North Mecklenburg High School

Cheerleading Program Handbook

2019-2020



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| **Head Coach:** Brenda Barrino  [brenda1.barrino@cms.k12.nc.us](mailto:brenda1.barrino@cms.k12.nc.us)  980-343-3840 ext. 4003634 | **JV Coach:** TBD |

**I. Purpose**

The North Mecklenburg High School cheerleading program’s purpose is to provide each team member the opportunity to represent the school by promoting school spirit, sportsmanship and enthusiasm for all NMHS athletic teams. The program will also cultivate participants’ confidence, leadership and physical abilities.

**II. Academics**

Remember you are a student first!! All cheerleaders are expected to maintain high academic standing in all classes.

1. If a team member drops below a 2.0 on a progress check, they will be ineligible to participate in practice or games. The cheerleader must make arrangements with teachers to improve grades to become eligible again.
2. If a team member’s grade in a class falls below a C, the cheerleader may be placed on probation & must create an improvement plan or attend tutoring with the teacher to improve the grade.

**III. Attitude & Behavior**

Each cheerleader is responsible for his/her own actions whether in uniform or not and is expected to follow all NMHS and CMS rules. A cheerleader’s responsibility is to model positive behavior for fans and towards the opposing team and officials. Cheerleaders are also expected to exhibit exemplary behavior in the classroom and towards all NMHS staff. Respect among teammates and coaches is also mandatory and disrespect will result in disciplinary actions and possible removal from the squad.

1. Cheerleaders must be law abiding citizens. An arrest/infraction will result in suspension & possible dismissal from the team.

**IV.** ​**Practice**

All practices are mandatory for members of the NMHS cheerleading program.

Varsity practice will be Monday, Tuesday, Wednesday & Thursday from 2:45-5:00. As of now, JV practice will be held concurrently with Varsity. As the season progress, practices will be cut down.

1. Cheerleaders must come to practice dressed & ready to begin with proper equipment at the designated time.
2. All team members are required to stay for the entire practice. Early departures or late arrivals will count as a tardy. The team will be dismissed once all equipment is stored & the practice area has been cleaned.
3. Gum, soft drinks & jewelry (including body piercings) are not permitted during practice.
4. Cell phones should only be used b​efore or after​ practice.
5. Stunting or tumbling of any kind is ​NOT PERMITTED​ without direct supervision of the coach.
6. There is a 15-minute grace period for pick-up once practice is over. 2 or more late occurrences will result in demerits.

**V. Games**

1. Cheerleaders must arrive dressed & game ready 1 hour prior to the start of home games and at the designated time for away games. A changing room will be provided for away games.
2. The uniform must be worn in its entirety. Cheerleaders without proper attire will be ineligible to participate in the game.
3. Gum, soft drinks & jewelry (including body piercings) are not permitted during the game.
4. Socialization with the crowd from the sidelines is not permitted. Conversations in formation should be kept to a minimum. Cell phones can be used before the game or during halftime.

**V. Games (cont’d)**

1. Cheers should be called every 30-35 seconds and should be appropriate to the game situation. All team members are responsible for keeping up with the flow of the game (offense, defense, special situations, scoring etc.)
2. All cheerleaders must return to the sideline with no less than 2 minutes left in the halftime.
3. For away games, cheerleaders are not required to ride the bus back to campus. An advanced notice form **with parent signature** is required if a cheerleader is not riding back on the bus. Parents will sign students out at the away games.

**VI. General/Miscellaneous**

1. Cheerleaders are expected to display appropriate behavior & attire at all times as a representative of NMHS.
2. Uniforms will be issued by the school and are property of North Meck’s athletic department. All school issued apparel will be collected at the end of the season or if a cheerleader is dismissed. Damaged or lost apparel must be replaced by the cheerleader.
3. Cheerleaders are not able to wear uniforms outside of official cheer events or loan to non-team members.
4. Any injury or illness is to be reported to the coach immediately. If a cheerleader sustains an injury during a squad event, he/she will be treated by the NMHS athletic training staff. The coaches will follow doctor recommendations to ensure health & safety of all NMHS cheerleaders.
5. Cheerleaders must maintain optimal performance size and weight. All squad members are required to perform weight training and cardiovascular workouts outside of practice on an individual basis.

**I have read and understand the content and requirements of the NMHS Cheer Program. I have received a copy of the handbook and agree to abide by these guidelines as a condition of my participation in the program. I also understand that failure to follow these guidelines & procedures may result in disciplinary action or removal from the team.**

**Student name (PRINT): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent name (PRINT): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NMHS CHEERLEADING ATTENDANCE POLICY**

**ALL practices, games and scheduled events are MANDATORY.**

Excused absences​ allow cheerleaders to participate in events. Unexcused absences will result in exclusion from practices and/or games.

**Overview**

Cheerleading is a sport that requires full teamwork and participation every practice, game or competition. Anytime a cheerleader is late or absent, stunts, formations & ultimately safety are jeopardized. NMHS cheerleaders are expected to be punctual or early for all cheer related activities.

1. Cheerleaders should contact the coach ASAP to communicate that he/she will be late or absent.
2. Cheerleaders who must arrive late or miss an event are required to give ​at least ​24 hours notice by email and then follow up with either a phone call, text or GroupMe message. Anyone without proper notification will be given an unexcused absence or tardy.
3. Excused absences are those approved in advance by the coach. Please remember communication of an absence doesn’t guarantee an excused status. A cheerleader can accumulate 3 ​excused​ absences per season without penalty. After 3 absences (excused or unexcused) a demerit will be issued.
4. NMHS cheerleaders will follow the CMS Athletics guidelines regarding eligibility for practice & games. Students must be present 1⁄2 the day to be eligible for participation in practices or games.
5. If a cheerleader misses practice he/she is expected to get caught up with everything that was missed prior​ to attending the next practice.
6. An unexcused absence = forfeiture of participation in the next game

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| **EXCUSEDABSENCES (n**​**ot an exhaustive list**​**)** | **UNEXCUSED ABSENCES (n**​**ot an exhaustive list**​**)** |
| School related events required for a grade (Direct email from teacher) | Jobs/employment/babysitting |
| Emergency family events | Non-emergency doctor visits |
| Severe illness (must provide doctor’s note next practice) | Other extracurricular activities |
| College visits | Family/friend trips, parties, vacations |

**\_\_\_\_\_\_ Cheerleader’s Initials \_\_\_\_\_\_ Parent’s Initials**

**North Mecklenburg High School Demerit System**

A demerit system will be used to document violations of the NMHS Cheer Program’s guidelines and procedures. Any cheerleader who accumulates ​5 or more demerits​ will be suspended & may be subject to removal from the squad. The following list is not an exhaustive list and coaches have the right to invoke the “X rule” to assign demerits for specific, isolated occurrences.

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| Infraction | Points |
| Tardy​ (practice or game) | 1 |
| Prohibited items at practice or game (jewelry, gum, cell phone) | 1 |
| Incomplete/improper practice or game attire | 1 |
| Socializing/cell phone usage during practice or game | 1 |
| Late returning from halftime or 2nd game | 1 |
| Incomplete/wrong/no uniform | 2 |
| Unexcused absence | 2 |
| School rules infraction | 2 |
| Attitude infraction ​(disrespect, rudeness towards coaches, faculty, team members etc.) | 3 |
| ISS | 3 |
| OSS | 5 |
| Unsportsmanlike conduct | TBD by coach, athletic director & principal |
| Social media policy violation | TBD by coach, athletic director & principal |
| X-rule violation | TBD by coach |
| 2nd offense ISS or OSS | Dismissal from team |

**\_\_\_\_\_\_ Cheerleader’s Initials \_\_\_\_\_\_ Parent’s Initials**