

Rock Cheerleading Handbook

2012-2013

The Cheerleaders of Round Rock High School are the athletic spirit leaders of the school. The Cheerleading organization includes Varsity, Junior Varsity, and Freshman cheer squads; escorts; a mascot; and (a) manager(s). A head coach, assistant coaches, some consult(s), and a parent organization all support this student organization. The Rock Cheerleading Handbook has been designed to outline the policies and procedures that will guide the organization during the year. Please note that although the most common kinds of situations have been identified in this handbook, the list is not comprehensive. It is the responsibility for every member of the cheerleading program to be familiar with this handbook. A copy will be given to each parent upon request. In addition to being held responsible for the policies and procedures identified in this handbook, the members of the RRHS Cheerleading organization are also responsible for abiding by the Round Rock Student Code of Conduct and the Extracurricular Code of Conduct. It is an honor and privilege, not a right, to be a RRHS cheerleader; therefore, **excellence is expected and required**. It is important for each applicant to fully understand that cheerleading is a time consuming activity and must be a priority. It is a year-long season; therefore, a year-long commitment is absolutely necessary.

Why we do what we do:

We believe cheerleading should teach teamwork, discipline, setting and reaching goals, hard work, sacrifice, and determination. We believe those who have character, work hard, and have a good attitude are the most successful in whatever they do. We believe learning these qualities in High School prepare you to succeed later in life. These guidelines are made so we can have fun, be safe, work hard, and develop character qualities that make us successful.

We believe in two core values:

1. Respect yourself
 - This means taking responsibility for your own actions and always
 - ✓ giving 110% of your effort
 - ✓ having a positive, encouraging attitude
 - ✓ respecting those around you
 - ✓ knowing what the expectations, schedule and details are
2. Respect your team
 - This means working together at all times and always
 - ✓ encouraging one another to give your best and have a positive attitude
 - ✓ standing up for each other and providing positive peer pressure in and out of cheer
 - ✓ hold each other accountable and push each other to be better
 - ✓ communicate with one another and work out your differences in a constructive way

**“A LEADER LEADS BY EXAMPLE,
WHETHER SHE INTENDS TO OR NOT.”**

Article I: Purpose

The purpose of cheerleading is to create, promote and uphold school spirit and a positive school environment by participating at athletic events and extracurricular activities as deemed appropriate by the campus administration and sponsor. Participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct.

**“WHEN A TEAM OUTGROWS INDIVIDUAL PERFORMANCE AND
LEARNS TEAM CONFIDENCE, EXCELLENCE BECOMES A REALITY.”
JOE PATERNO**

Article II: Expectations

Cheerleaders must enjoy learning and performing stunts, jumps, cheers, chants, and dances as well as conditioning. Cheerleaders must promote and maintain relationships with faculty, administration, student body, and work cooperatively with the drill team, band, athletic teams, and all school organizations. Everything you do, whether in uniform or not, reflects upon you, your team, your school and your family. **A Dragon Cheerleader is expected to be above reproach at all times.**

Section A – School Leadership

All members will respect and maintain good relations with the coaches, other members, teachers, administration, fellow students and the community of Round Rock. Do not use cheerleading as an excuse to miss class or turn in late work; do not sleep in class; do not roll your eyes or ever talk back to an adult! Cheerleaders are expected to be examples for their fellow classmates; therefore, showing disrespect to faculty, staff, students, or property will absolutely not be tolerated. Cheerleaders are expected to be leaders within the school community on and off the field, as well as, on and off the campus. Misconduct, disrespect, and attitude problems will not be tolerated.

Section B – Physical Functions

Cheerleading is an athletic endeavor. A physical exam given by a doctor will be required of all new cheerleaders. We will run, lift weights, stretch, and workout just like other athletes. Workouts will vary depending on that day's agenda. Safety is our primary concern. Cheerleaders will be extremely well-trained and prepared before any stunting or pyramid building will take place. Cheerleaders will also be expected to do proper stunt progressions within their stunt groups before moving to advanced stunting- **no matter your individual experience**. Proper warm-up, stretching, and cool-down activities will be directed and followed to prevent injuries. Cheerleaders are expected to treat practices seriously and participate to their fullest potential at all times.

Section C—Respect

Cheerleaders at Round Rock High School are expected to show everyone the highest level of respect. **Disrespect will not be tolerated.** Disrespect towards coaches and other adults (teachers, administrators, faculty, parents) will result in immediate discipline. Disrespect towards captains will result in discipline. Disrespect may result in removal from the squad.

“Good character is more to be praised than outstanding talent. Most talents are to some extent a gift. Good character, by contrast, is not given to us. We have to build it piece by piece—by thought, choice, courage and determination.” –John Luther

Article III: Requirements

Section A—Participation

Because participation in Cheerleading is a privilege and not a right, Round Rock Cheer is authorized to set higher standards for participants than it would for those students who choose not to participate in these activities. Important goals of the program are to give students direction in developing character, self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Section B – Academic & Grading

Round Rock High School cheerleaders will be expected to maintain academic eligibility. Simply stated: **grades come first!** Cheerleading will never be an acceptable reason for grades to falter.

Grading Policy

Class grade will be determined by a daily grade consisting of attendance, uniform, and participation as well as a required semester final exam. Failure to pass all classes, including cheerleading, on a report card will result in a three-week probationary period. If after the three weeks the cheerleader is passing all classes on their progress report, probation will be lifted. If after three weeks the cheerleader is failing any class, the probationary period will continue until the end of the six-week period. If the cheerleader fails a second six-week period, regardless of the class, **she will be removed from the squad and will be ineligible to try-out for the following year.** During the probation period, the cheerleader must practice and attend all cheerleading functions, but will be required to sit with the coaches, out of uniform.

Article IV: General Information

Section A- Summer Camps

1. Summer camps are optional for all squad members. All travel and expenses related to attending a summer camp may be paid through fund-raising activities, individual payments, or Booster Club support.

Section B- Transportation

1. Transportation arrangement to performances will be determined by the coaches.
2. Cheerleaders will abide by all school transportation rules, procedures and safety guidelines.
3. Travel to and from away games or events is as a squad, via school transportation. Leaving an away game or event with a parent is discouraged, and permitted only with prior written approval from Dr. Warrick and a coach or in an emergency situation as deemed by a coach or principal. Leaving an away game with someone other than your parent is prohibited.

Section C- Stunting and Tumbling

You may never stunt or tumble without permission from the coaches. The coaches must be observing and/or supervising any stunt or tumbling.

Article V: Responsibilities

Being a member of the RRISD cheer program is an honor, a responsibility and a privilege. Due to the level of the visibility of campus cheerleaders, it is imperative that squad members set a good example for peers.

Section A- Performance Uniforms

1. Uniforms will be considered school property and will be worn only when instructed by the coaches.
2. Uniforms worn during the school day must meet the RRISD dress code regulation.
3. Cheerleaders will be responsible for any missing or damaged uniform pieces and he/she will be expected to pay reimbursement or replacement costs.
4. Cheerleaders must ensure the uniform is always clean and in good condition.

Section B- Personal Presentation

1. Cheerleaders will wear hair and fingernails as designated by the coaches.
2. Cheerleaders will not chew gum or eat during practice, pep rally, game or performance.
3. Cheerleaders may not wear any type of jewelry (including bandage coverings, or spacers/retainers) while in uniform, practicing, or performing.

Article VI: Financial Expectations

1. There will be a maximum (required) out-of-pocket expense of \$650 per cheerleader incurred for required cheerleader related activities, clothing, and equipment. Optional purchases may be more.
2. All cheerleaders will participate in fundraising to help offset your personal costs. The coaches will organize between one and two fundraisers in which a portion of the profits are to be applied to your personal account.
3. All cheerleaders will be required to participate in fundraising activities to benefit the squad.
4. Each member is expected to get a sponsorship of at least \$100 (money due by August 1st). For each dollar above the initial \$100 that is raised, 50% of the profit will be applied directly towards your account.
5. Per district policy, cheerleaders with an outstanding invoice will not be allowed to participate in any future RRISD cheer tryout.

Below is a **Sample Invoice**. This is an example of what your costs are **estimated** to be.

Type	Price Per Item	Qty	Size	Total	
Squad shirt (RR Varsity/JV/Freshmen)	\$18.00	1		\$18.00	Required for everyone
Program shirt #1 (RRHS Cheerleader)	\$20.00	1		\$20.00	
Program shirt #2 (ROCK Cheer)	\$21.00	1		\$21.00	
Practice Shorts- Yellow & Pink	\$16.00	1		\$16.00	
Practice Shorts- Black & Leopard	\$16.00	1		\$16.00	
Sports Bra	\$11.00	1		\$11.00	
Shoes (new shoes required every year)	\$62.00	1		\$62.00	
Universal Uniform Top (new for 2012-2013)	\$90.00	1		\$90.00	
Universal Uniform Skirt (new for 2012-2013)	\$44.00	1		\$44.00	
Motionflex Bodyliner (new for 2012-2013)	\$29.00	1		\$29.00	
Socks, package of 3 (multiple quantities recommended)	\$6.00	1		\$6.00	Required for new cheerleaders
Bow (multiple quantities recommended)	\$7.00	1		\$7.00	
Warm-up Jacket (name optional, +\$10)	\$55.00	1		\$55.00	
Warm-up Pants	\$30.00	1		\$30.00	
Game Day Jersey (name optional, +\$13)	\$40.00	1		\$40.00	
Low-Cut Briefs (multiple quantities recommended)	\$17.00	1		\$17.00	
Backpack (same as 2011-2012)	\$48.00	1		\$48.00	Optional for everyone
Sweatshirt (same as 2011-2012)	\$45.00	1		\$45.00	
Long-sleeved t-shirt	\$23.00	1		\$23.00	
Tax, Shipping & Handling	material cost			\$89.70	Required for
Camp	\$90.00	1		\$90.00	Optional for everyone
Team Building Activity	\$40.00	1		\$40.00	
Tumbling Class	\$8.00	10		\$80.00	

The payment schedule for the 2012-2013 cheer year will be as follows:

1. By March 29th- \$200 initial payment due
2. By May 1st- \$200
3. By June 1st- \$200
4. By July 1st- \$200
5. By August 1st- remainder of invoice balance

If your invoice is not paid off by the given due date, you will need to meet with the campus principal and/or coach to establish a contract with a payment plan. Cheerleaders with invoice balances are not eligible to exempt finals or participate in cheer tryouts.

Article VII: Practice Expectations

Section A- Attendance

1. Practices are required and each member is expected to attend. If you have prior knowledge that you are going to miss, you must notify the coaches ASAP. An excused absence is allowed only in cases of emergency or illness. An excused absence from school is an excuse to miss that day's practice, but the coaches must still be notified prior to practice. Consequences are detailed on page 7.
2. Work, family activities/vacations, tutoring, college classes, all-star practice, driver's education, doctor's appointments, or any other extra-curricular activities MAY NOT INTERFERE WITH PRACTICES. You will have access to the cheer calendar and will be informed of changes as soon as they come. Tutorials should be scheduled around practice times. You may not leave early or arrive late.
3. Other extra-curricular activities, while encouraged, are not an excuse to miss practice, nor an excuse to leave early or arrive late to practice. We have a very limited amount of time, and we need to use it effectively.
4. 1st period practices begin promptly at 8:30 am. Tardies will result in discipline.
5. If you do not know the material learned in practice, you will not perform for the event- period.
6. At practice, there are to be no cell phones (per RRISD policy) or other distractions. Practices are closed to all family and friends. Infractions of these can/will affect your grade and will be disciplined.

Section B- Practice Uniform

1. Cheerleaders will be dressed out in the appropriate workout uniform. This dress code will apply to practices both during and outside of the school day, i.e. before and after school practices. You must wear designated practice clothes and cheer shoes, and hair must be securely pulled back into a ponytail and away from your face.
2. No food, drink (other than water or Gatorade) or gum is allowed at practice.
3. Jewelry will not be permitted during practices- this includes belly button rings, nose rings, etc.
4. Incorrect practice uniform and other infractions of these (and other stated) rules will result in a lowered daily grade and/or discipline. If it becomes a chronic problem there will be consequences at the coaches' discretion.

Article VIII: Game & Performance Expectations

Section A- Attendance

1. You are expected to attend all scheduled games, pep rallies, performances and any event scheduled for the school or community. An excused absence is allowed only in cases of funeral or illness with a doctor note. If you cannot attend, you must inform the coaches ASAP (even though this does not make an absence "excused").
2. Work, family activities/vacations, tutoring, college classes, all-star practice, driver's education, doctor's appointments, or any other extra-curricular activities MAY NOT INTERFERE WITH GAMES/PERFORMANCES. You will have access to the cheer calendar and will be informed of changes as soon as they come. Tutorials should be scheduled around games/performances. You may not leave early or arrive late. Consequences are detailed on page 7.
3. Varsity may not leave campus after school on football game days.
4. Absence from school for more than half of the school day on a performance day will automatically exclude you from participating.

Section B- Time

1. You are to arrive in the designated area at the time set by the coaches, in complete uniform, prior to the start of the game to warm-up, stretch, and review any material or procedures.
2. Any squad member that arrives late will receive discipline.

"Don't lower your expectations to meet your performance. Raise your level of performance to meet your expectations. Expect the best of yourself, and then do what is necessary to make it a reality."

Ralph Martson

Section C- Uniform

1. You must wear your designated outfit to school on game days and designated uniform to the game. Your uniform must be complete upon arrival. Uniforms must be clean and appropriately fitting, and unzipped skirts in public are not permitted.
2. Complete uniform includes the correct skirt & shell, undergarments that are not showing, cheer shoes, white socks & bow, no nail polish or jewelry, hair neatly up and away from face.
3. All cheerleaders will look uniform. This means, if we all agree to wear our cheer warm-ups, then we must all wear it. We will not have someone **not** wearing it. If you do not have the required uniform, then this will result in benching, and a "Strike". Same thing applies to ribbons, etc.

Section D- Spirit

1. Laziness and lack of spirit and enthusiasm will not be tolerated. Each cheerleader will remember her purpose – to lead the crowd in cheers and motivate the crowd and team (not for personal notoriety). Inappropriate behavior, whether during play or breaks, will not be tolerated. Inappropriate behavior includes, but is not limited to, yawning, slouching, poor sportsmanship, chatting, showing disinterest, lazy motions, practicing motions, and any silly behavior that could draw negative attention.
2. During the game you will demonstrate maturity and spirit. You will pay attention to the game and know when/when not to cheer. Cheers should be appropriate to the game situation.
3. All members will follow the Captain(s) instructions.
4. You may not visit with family or friends during the game. There will be time before and after the game to visit with them, but they are not allowed on the track at any time!
5. Half time is reserved for supporting the Dragonettes and Band, and for team meetings. During half-time, we will have a brief team meeting. Pending the intensity of our half-time meetings, you will have rest time. Half time resting will be down on the track, out of the view of the crowd. You may visit the concession stand or family/friends only with permission from the coach(es), and only at half-time.

Section E- Before and After the Game

1. Before the game:
 - a. Every cheerleader has a job to do. The time that you are told to arrive, is the time designated to give you time to do your job, warm-up, and stretch
 - b. You should have our cheerleader bag with you at all games. In your cheer bag, you should have your water bottle, pony tail holders, warm-ups, etc.
 - c. Varsity: You will have a required designated time to eat dinner as a team.
2. After the game/pep rally:
 - a. No one is dismissed until the track/court is clean and the equipment is put away. The coaches will dismiss you as a group.
 - b. Each Varsity cheerleader has a job (signs, run-through, etc.) to do before, during and after the game. Upon return to campus, she must put her equipment up where it belongs. NO cheerleader is to be dismissed until everything is put away. The coaches will dismiss you as a group.
 - c. If you are staying for a game following your own game (example: JV or freshmen staying for a Varsity volleyball/basketball game), you must change out of your cheer uniform and wear your school attire. You are not to wear your uniform.

IMPORTANT DATES!!!

***Please see the cheer website for calendar & other info.
Make sure you **CLICK** on the event to get the details.***

www.dragoncheer.org

Article IX: Consequences & Discipline Policy

Coaches will have full discretion in every discipline situation. Discipline may include, but is not limited to: conditioning, strikes, community service, benching, and removal from the squad. This strike policy is a GUIDE to our discipline system. It is not meant to be inclusive of every, or exclusive of any situation. The coaches will handle all discipline issues with fairness and with their discretion as they arise.

Section A- Strike System

The strike system will be a guide to our discipline policy and may be adapted during the year, by the coaches, as needed. An infraction of the rules will result in a "strike". Also, if either of the coaches deems an offense severe enough, a cheerleader may not receive a strike at all; she may be placed directly on probation, or removed from the squad at the sole discretion of the coaches. The strike system will be followed to promote character, leadership behavior, academic excellence and positive cheerleader representation.

- Squad members will be given one warning before a strike is received.
- Once 3 strikes have accumulated for a squad member:
 - During football season, that member will be benched for the upcoming game/performance.
 - Benched cheerleaders are required to attend the game, but not in uniform.
 - Failure to attend will result in additional strikes.
 - In the event that benching a member would be more detrimental to the team, the coach has the right to alter/delay the consequences as they see fit.
 - During basketball season, that member will have alternate consequences designed by the coach.
- When 6 strikes are reached, the cheerleader will be removed from the squad. In alignment with district policy, once you have been removed from the squad, you are not allowed to try out for the following year.
- Strikes are for each cheer season, applicable to their specific season. They start the day after tryouts and continue until the last school day of the following year. They are not refreshed during the year.
- For more details on attendance, please see page 5.

Examples of Strikes

1 Strike Actions

- Incorrect uniform/jewelry to a game/performance (or habitually to practice)
- Tardiness to a game/performance (or habitually to practice)

2 Strike Actions

- Unexcused absence to a practice
 - This includes summer, as well as before/after/during school practices
 - This includes not being able to practice at all due to not dressing out properly

3 Strike Actions

- Unexcused absence to a game/performance
- Disrespect to a coach or other adult

***This list is NOT exhaustive and is used as a small example only

Examples of Grade Infractions

-1 Point Actions

- Incorrect uniform/jewelry to practice

***This list is NOT exhaustive and is used as a small example only

Section B- Dismissal from Squad

Once a squad member has been dismissed from the squad, they are responsible for any monies still owed, and must turn in any school issued uniforms to the coach. The cheerleader will not be eligible to tryout again for one full school year.

Article X: Supplemental Information

Section A- Hazing

Hazing means any intentional, knowing, or reckless act occurring on or off campus directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. Students shall have prior approval from the administrator for any type of –initiation rites of a school club or organization. **No student shall engage in any form of hazing. No student shall encourage or assist any other person in hazing.** The act of hazing and failure to report known hazing can result in criminal penalties as well as school disciplinary action. (RRISD Student Code of Conduct)

Section B- Alcohol, tobacco and controlled substances

The use, possession of, or association with tobacco, drugs, and/or alcohol at ANY time while being a member of the cheerleading team is prohibited. This includes weekends, holidays, and during the summer. An involvement in sexually-related behaviors and/or activities in a public forum, including parties or on the Internet is prohibited. Violation of these may result in your suspension and/or removal from the squad. You are expected to comply with all rules of the school and district and laws of our community. Consequences will be administered at coaches and administrators discretion.

Section C- Internet Safety

Members of the RRHS Cheerleading team shall refrain from posting questionable material, including pictures and dialogue on the internet (including but not limited to “Facebook” and “My Space”) and will monitor to the best of their ability what their friends post about them. Cheerleaders with pictures of themselves in compromising situations will be subject to benching/probation/removal from the team. **Cheerleaders will not have pictures of themselves with any form of alcohol/drugs/tobacco in the background or foreground of the picture as well as not posting any pictures of a sexual nature. Failure to follow this policy can and will result in benching/probation/removal from the team.**

Article XI: Captain(s)

When people respect someone as a person, they admire her. When they respect her as a friend, they love her. When they respect her as a leader, they *follow* her.

-John C. Maxwell

Section A- Leadership Roles

1. Captains/Officers will be required to commit time for additional responsibilities of the cheerleading program and they will be expected to be a positive role model, serving as a community ambassador of the program.
2. Captains/Officers will demonstrate leadership by setting an appropriate example for peers, assisting the coaches with planning and preparation, and assisting with communication between all coaches and squad members.

Section B- Leadership Rubric

When a captain or leader is chosen, the leadership role will be determined by the following process:

1. Members who wish to become captain/officer shall submit an application.
2. A rubric will be designed to evaluate the following attributes: Attitude, Leading by Example, Character, Respectfulness of Authority, Work Ethic, Responsibility, Leadership Ability, Maturity, Kindness/Respectfulness of Peers, and Ability to Communicate Effectively.
3. All Captain/Officer positions will be decided on and governed directly by the coaches. The coaches reserve the right to appoint, remove, and replace captains/officers as needed.

Article XII: Extra Curricular Code of Conduct & Student Code of Conduct

All Cheerleaders are expected to abide by the Extra Curricular Code of Conduct and the RRISD Student Code of Conduct. Any Violation of these two codes will result in disciplinary action.

Rock Cheerleading & Escort Information Form

Student Name: _____ Current Grade: _____

Parent/Guardian Name(s): _____

Address: _____ Zip: _____

General T-shirt Size: _____

Student Cell: _____

Home Phone: _____ Fax: _____

Mother Work: _____ Cell: _____

Father Work: _____ Cell: _____

Student email: _____

Mother email: _____

Father email: _____

Additional email(s): _____

****This is the email address(es) for all future cheer correspondence.*

*Please put all preferred email addresses (parents & students)! Please write legibly!****

Is there any other household that needs to receive information? If so, please give info:

Insurance Information

Insurance Carrier: _____ Insurance Phone Number: _____

Policy Number: _____ Group Number: _____

Emergency Contact Information (other than parent/guardian)

Name: _____ Relationship: _____

Phone Number 1: _____ Phone Number 2: _____

Allergies? _____

