CHEERLEADING CONTRACT

The following are the rules and expectations of the 7th and 8th grade cheerleading and competition squads. All cheerleaders and parents must read and sign this form.

CHEERLEADING SQUADS

There are no tryouts. Any 7th and 8th grader who wants to cheer is invited to be a member of the squad. Each should attend the spring cheer clinic.

COMPETITION SQUAD

This is an additional squad. They will compete at the IESA State Cheer Competition in January. All 8th grade cheerleaders are invited to be a part of this squad. I may also add 7th grade cheerleaders if space allows. Practices for this squad will begin on the first Friday we are in school and continue until the competition in January. There may also be additional practices added when needed. I will do my best to work around schedules for these practices.

There is an additional $50 fee for all competition cheerleaders. This fee pays for music and a choreographer to help with the routine. This fee is due on the first choreography practice.

Practice

At the beginning of the school year, all cheerleaders will attend a week long Boot Camp. This will be every day after school from 3-5. This week is used to learn all sidelines and most floor cheers. Regular practice for game cheer will be Wednesdays from 3-5. Practice for competition cheer will be Fridays 3-4:30. There may also be days when
competition will go until 5:00. I will inform you ahead of time when this is the case.

During September and part of October, game cheer practices will be at the Elementary. Beginning mid October, they will be at the JH. Competition cheer will generally be at the JH.

Please note that these are **MANDATORY** practices. Everyone is expected to attend. Each girl is responsible for letting me know when she will miss a practice. If you know that you will have to miss a practice, I will need a note or an email from a **parent** explaining the reason. It will be considered an unexcused absence if I am not notified. **Do not** ask one of the other cheerleaders to tell me. I will check my email before each practice. If a cheerleader is not at practice and I have not received an email before 3:00, I will call or email to check about the cheerleader.

Three unexcused practice absences will result in being dropped from the squad.

**IMPORTANT!!!!!!!!!!**

Because we only practice once a week, please schedule appointments (doctor, dentist, orthodontist, etc) at other times.

**UNIFORMS**

The Athletic club provides the uniforms. This includes the shell and skirt. All cheerleaders will purchase shoes, spandex shorts, shirt and bow. I will order the shoes, shirt and bow. The athletic club has or can order spandex if you do not already have a pair. These should be navy blue. No bright colors. These will be ordered in September. 8th grade
cheerleaders who cheered last year will not need to re-order. We will keep the same shoes and shirt. We will order new bows each year.

**ALL UNIFORMS MUST BE WASHED WITH CARE. PLEASE WASH THEM ON DELICATE AND HANG TO DRY.**

Uniforms will be returned to school at the end of the season. Please hang on a hanger and covered with plastic.

**GAMES**

Games will begin in November and end in February. The cheerleaders will cheer at all home games and away games that are in town. We will travel for all tournaments.

Cheerleaders must attend all games. You will be allowed on 3 unexcused absences. Excused absences are and not limited to: Illness, Family Emergency, Special Family Event, and Holy Trinity Games. School sports (games) are considered excused absences. There are sometimes conflicts between games. This does not happen too often. If there is a conflict between cheering and playing in a Holy Trinity game, cheerleaders will play the game.

Pleased remember that being a cheerleader is a commitment. If you know that you will have to miss a game, I will need a note or an email from a parent explaining the reason. I will also need a note or an email from a parent if you have missed a game due to illness or emergency. If I do not receive a note, the absence will be considered unexcused. Three unexcused game absences will result in being dropped from the squad.
GAME RULES

- No gum at games or practices.
- No jewelry of any kind at games or practices. **Do not have ears pierced during the season. No earrings are allowed. This includes cartilage piercing. They will have to be removed. This is very dangerous during stunting.**
- Hair must be pulled up in a high pony tail. No long side bangs. Please wear the team bow for all games. If you are someone that loses things easily, please order an extra bow.
- All cheerleaders will arrive at the gym 30 minutes prior to the game to practice and warm up. Please come dressed with hair up and shoes on. Any cheerleader more than 10 minutes late will sit out an extra quarter. Exception will be made due to other Holy Trinity athletic conflicts. If you know you are going to be late, please let me know in advance to avoid sitting out.
- All cheerleaders will be doing Starting line-up and Floor Cheers for both 7th and 8th grade games. Due to number restrictions on Sidelines, we will separate for this. 7th grade cheerleaders will cheer sidelines for the 7th grade game and 8th grade cheerleaders will cheer sidelines for the 8th grade game. 8th grade cheerleaders will sit in the stands by me during the 7th grade game and 7th grade will sit in the stands by me during the 8th grade game.
- Uniform, including cheer shoes, should be neat and clean.
- Only bring water to drink.
- **Please check in with me when you arrive at the school.**
- Unexcused absences from practice or games prior to the game will result in the cheerleader sitting out the first half of the game following the absence.
**TOURNAMENTS**

Times for tournaments are often not scheduled until a couple of days before the tournament begins. We will have the dates of the tournaments. When we play will depend on our seed. Please leave all the dates open. **All cheerleaders will be expected to cheer at all tournaments.** The absence policy is the same for tournaments.

**If you have work or family obligations that might keep you from being able to drive your cheerleader, please plan ahead for rides.**

**PHYSICALS/FEES/ELIGIBILITY**

Cheerleading is considered a sport at Holy Trinity. All school rules apply. All cheerleaders should have a current physical on file with the office. Cheerleaders must follow all eligibility requirements listed in the Athletic handbook. Athletic fees will be charged.

**Please read over the school handbook for any questions concerning these policies.**

**BEHAVIOR**

Our cheerleading program has been successful because we work as a team. I expect hard work, cooperation and Christian behavior. Our squad represents our school. If behavior problems exist, I will follow these steps: 1. Verbal warning. 2. Written warning in email to parents. 3. Meeting with Coach, Principal and parents with possible removal from squad.
ATHLETIC CLUB

All parents will be asked to volunteer to work during some home games. This is mandatory. Please know that our Athletic Club works very hard to provide our athletes with uniforms and equipment. They cannot do it without your help. They will contact you prior to the season about helping out.

FORMS AND PAPERWORK

Please bring the following to the first week of practice:

1. Liability Waiver
2. Parent Contact Information Form
3. Cheer contract, back signature page

I would like my own copy of these. If you have filled them out for another sport, please fill out again for me. These can be found on the Sport page of the school web site. Thanks!

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I HAVE READ AND AGREE TO ALL THE RULES AND EXPECTATIONS OF THE HOLY TRINITY CHEERLEADING.

CHEERLEADER_____________________________________

PARENT___________________________________________

DATE______________________________________________