

Competitive Cheer Expectations

-  I am accepting my position on the Creekview Middle School Competition team. By accepting this I agree to the following terms and conditions. Failure to follow through with the expectations that will be required to be successful will result in coming off of the floor, being moved on the floor, and possible expulsion from the team. I understand if I am removed or leave the team that could also result in removal from the sideline team, and affect my ability to try out next season.
-  I understand that my position on this team is a privilege. At any time I can be moved from one spot to another, or even off the floor, based on my performance and ability, and the need of the team.
-  I understand being a part of a team, is bigger than myself. It requires teamwork, on and off the floor. It requires commitment at practice, tumble class, fly class, stretching daily, and otherwise. I will be required to be accountable to my team through posting of videos/pictures in our group band. And I understand this is a team group message, not meant to be shared outside the team.
-  I understand Any decisions made by the coaches will be BEST for the team.
-  On this team, we are based on ratios based on the score sheet. (Stunting and tumbling must be practiced as often as we feel necessary.)
-  If at any time you are unable to fulfill your duties to keep our ratios where they need to be for the team, your position on the floor can be in jeopardy.

👉 We have a different sickness policy as things currently stand, and we expect the athlete to be at practice otherwise. If an illness or symptom occurs, contact the team rep or Coach. If an injury occurs we may require a doctors note to excuse you. *If absence becomes a problem/ this is a team sport, there is not a bench of athletes ready to go in for you. Only you can fulfill your role, and the team suffers if you are not at practice.*

Sitting out in practice is unexcused without a doctor's note. (after 1 practice) If the athlete is injured enough to sit out, we need to go ahead and see a doctor so we can make the best plan for the team.

👉 I understand that being a teenager, there can be drama; however, **NO DRAMA** will be tolerated with this team ! (**parents or athletes**). This is difficult to enforce in middle school, it can not affect the “mats”, please help us encourage that it will all be fine and work itself out. Do not allow your athlete to speak badly about another child, and do not speak about another child, or coach, or decision (at all) especially in front of your athlete. **When you as the parent question the coaches decisions openly, or speak negatively , IT TRANSLATES TO PRACTICE THE FLOOR AND THE TEAM.** These kids will argue, they will hurt each others feelings, and have their feelings hurt. If we continue to encourage them to be kind, show grace, it will work out. Sometimes we have to encourage them to let it work out amongst themselves.

👉 If at any point the coaching staff becomes aware of any drama, you will be reprimanded, and possibly removed from the team at coach's discretion. If the drama is an adult, we may ask you to not attend team events.

👉 If at any point you are removed from the team, (or leave the team) there is **NO** refund. *And if you have a balance due it is still expected to be paid. We really expect all athletes to fully think about and commit before*

taking this position. Quitting a team is a HUGE deal. It is hurtful to the team, and causes distress. We view athletes quitting a team as a liability. There will be times you are not “happy” or its hard, you will be busy, October will be the busiest! . However the reward for pushing through is worth it. It is our goal to raise up young adults capable of hard things, as well as cheerleaders. To teach them it is about more than themselves is a very rewarding quality they can grown in.

 We will not discuss another athlete with any other athlete or parent. We EXPECT the same of you.

 Anything (skill, spot) in the routine is not up for discussion. *This includes your Childs roll on the team. The **athletes make a team, not a position**, that position can and will change most likely. 90% of the time it is not about your athletes skill, it is about the routine. Remind your athlete being on the team is enough, and their success does not depend on “point jumper” or “Last pass” etc. **When a parent is ok and supportive, it DOES translate to the athlete.** We dont know how else to say that if you are ok if your flier comes down, they will be too, if you support the coach in the fact the athlete got moved in jumps, they will be ok to. However if your response is, “absolutely not, Im calling them immediately , you hurt the respect and relationship between the athlete and the coach. Encourage your athlete to talk to **THEIR COACH!** Your athlete may come off the competition floor at some point, (or out of a stunt) based on their ability to complete their tumble/ stunt/ dance etc position. This doesn’t mean they are off the team, and are still expected*

at all practices, and team events- it just may mean they are not competing that week.

 If you feel that you need to discuss something within the routine, please contact us outside of practice. Not right after practice (or at a competition). Also, if you are upset, we ask for a 24 hour rule, and that you remember, they are middle school aged. Their perception is often just that, their perception. We will also remember this when they talk to us.

 If you feel that you need to discuss finances, please contact Tiffany or Deann.

We love all of our athletes and families. This is a demanding sport just like any other. It is intense and we are here to support you and your athletes. Please know that we are tough on them, practice is hard, physically and mentality. Our goal is to be successful competitively speaking, but also to raise up strong community leaders and capable young people.

If situations arise, that deem it necessary to add to this list, we reserve the right to do so. By signing below, I have read and agree to the Terms and Conditions of accepting this position on the Creekview Middle School team.

_____ Athlete's Signature /Date

_____ Parent's Signature /Date



Creekview Cheer Constitution

Philosophy: We are a united Cheer family here at Creekview. We support all sports and extracurricular programs with the utmost integrity. We are dedicated to lifting the spirit of Creekview by committing ourselves to building a program that supports and encourages athletes to be well-rounded, responsible, and positive in all aspects of their life. We are dedicated to setting the best example possible for all present and future Grizzlies.

Purpose: The purpose of this sport shall be to promote and uphold school spirit, to develop a sense of good sportsmanship among students, and to promote the safety and integrity of cheerleading.

Uniforms:

A. Uniforms are the property of each cheerleader. All items required are expected to be taken care of and be competition ready.

B. Do not iron or dry clean the uniforms. Follow laundry directions on the uniform tag and do not remove the tags from the uniform.

D. All cheerleaders are required to wear proper under garments that have been approved by the coach.

E. Uniform attire includes warm up capris, white no show socks, white infinity cheer shoes, bloomers/spandex (navy), sports bra,(that has regular straps as to not show through the uniform). Comp bow, uniform bodysuit and skirt, and warm up jersey. All cheerleaders are required to have all items on competition day. Practice wear is also required to be maintained and worn properly. And your Creekview Comp backpack

Attendance: Competition/Practice:

- Cheerleaders must attend all practices, competitions meetings, team building events, and fundraisers during the season. If not their spot on the mat may be changed, and if fundraisers are not participated in there will be a financial charge on your account to compensate.
- You are expected to arrive 15 minutes before the time you are scheduled to be there. (15 Minute Rule) If you are on time you are late. This includes all cheer events: practice, camps, or competition. You are expected to have eaten, and have ample water! DO NOT MAKE A MESS OR LEAVE YOUR TRASH AT THE GYM OR ANY PLACE WE ATTEND!
- You are expected to fully participate in all practices. If there is an injury that would keep you from participating for more than 1-2 practices the coach may ask you to get a doctors note. Competition Cheer is a physically and mentally demanding sport. There are times things will hurt. We need you to understand the difference in hurt or injured, when do I push through, and when do I need rest. If I am injured at practice I must tell my coach before I leave.

Practice/ Competition: (This is a general rule of thumb, read as it applies to competition) Attire:

A. All cheerleaders are expected to arrive in their CLEAN uniform/ practice wear and prepared to practice or compete. This includes your hair up, in a bow!

B. All cheerleaders must wear the assigned practice clothes at all practices and events. At practice, hair must be pulled away from the face with a bow!

C. Fingernails must be kept at an appropriate length: if they can be seen from the palm side, they must be cut. Only clear nail polish will be allowed at comps. NO TIPS, Nothing but a bare, nail.

D. No jewelry of any type will be allowed including: earrings, rings, bracelets, watches, belly rings, necklaces, nose rings, tongue rings, etc. Medical alert tags may be taped to the body Not even rope bracelets/anklets, or a hard tie around the wrist!

No Glitter whatsoever in accordance with GHSA rules.

Banquets:

A. Cheerleaders must attend the post season banquet .

Fundraising:

A. During the year, cheerleaders will participate in fund raising projects. Each cheerleader is expected to raise funds for its operational costs, clinics, uniforms, and other cheerleader accessories. Often it applies directly to your athlete!

C. Each fund-raiser will have a team minimum. Fund-raisers cover purchases such as our mats, uniforms, team building events, and possibly a portion of fees. You will be notified prior to each fund-raiser the amounts of the team minimum.

D. Parents are expected to participate in the fundraising process. You are required to be at all fundraising events unless the coach has stated otherwise.

Financial Commitment:

A. Purchases and reservations are made based on your commitment to this team. We will try to work out arrangements with you, but all balances must be paid. This includes on time, and even if you are removed, or choose to leave the team, your balance is expected. Items for the cheerleaders will not be handed out until payment is made.

Cell Phone Policy:

- Any time you are with your team, whether it be team building events, practice, games, or competitions, you are not to be on your cell phone. Your cell phones must be put away, and they must not ring during practice or competitions. WE DO NOT WANT TO SEE THEM!
- Break-time during practices, and competitions are NOT the time to check your phone. Your coach will allow you to call your parents in the event that practice is running late or early, etc...
- You are expected to be a member of your teams BAND app to be up to date on all communication , and be active in a positive manner in the group.

Creekview Comp Reputation

Attitude:

- Anytime you enter practice, games, or competitions, you must have a positive attitude. You need to leave all cares, worries, concerns, or issues at the door.
- When you are at practice you need to have respect for all persons in the building which include ALL coaches, teammates, school officials, other coaches, parents etc...

School Appearance:

- All cheerleaders must uphold the school's code of conduct and dress code while they are on school grounds for any reason. If in uniform, or official practice wear you must display expectations of being a Creekview Comp athlete. Ears and cameras are everywhere, and what you say, how you act, and what you do

matters. It will get back to us.

- Cheerleaders are LEADERS, and we lead by example.

Social Media:

- Think before you post! Be kind, and be a good example. You are a Creekview Cheerleader and that means others will be watching you. Be careful of your content! Even the lyrics to a song in a dance you may be doing on tic tok.
- Rule of thumb: Don't post anything that you don't want your coach, parent, grandparent, or school administrator to see.

Drugs and Alcohol:

- A. If a cheerleader is caught with drugs or alcohol and is given a citation ,the cheerleader has 5 days to report the incident to the coach.
- B. The situation will be handled as deemed by the coach and board.

Consequence Policy

The consequence policy applies to all cheer events. The coaches have the right to change or bump a punishment at their discretion depending on the severity of the behavior.

****Please Note: If you quit before or during your season, then you will not be able to receive a refund for any money that has been paid to any of the Creekview Cheer programs if the date of quitting is after the first order is placed. Also, you MAY not be eligible for the next season try-outs for the teams that you previously quit. This policy extends to each cheer team that your cheerleader is a part of. If you quit one team or both, then it is a possibility that you will not be eligible to try-out for the next season. This also includes if your cheerleader has been removed from the team. This is also at the discretion of the coach and board.**

Agreement/Signature

Now that you have read the Creekview Cheer Constitution, you are required to follow the specified expectations and must sign below. This form must be signed by you and given to your coach to continue to try-out or participate in the Creekview Cheer Program.

By signing this document, you are agreeing to uphold the rules and expectations of this program for the entirety of the season. If for any reason you break your agreement, then you will be subject to the consequence policy or removal from the team.

Cheerleader's First and Last Name (Print)

Cheerleader's Signature

Parent Name (Print)

Parent Signature Date

2022 **This will be signed after making the team.** Cheerleading Signature Page

Constitution

I, _____ (cheerleader) have read the CHS cheerleading constitution and agree to abide by all policies. I realize that if I fail to do so, I may be removed from the squad. I, _____ (parent) have read the CHS cheerleading constitution, and I agree to assist my child on upholding the policies stated. I understand that if my child fails to abide by the rules and regulations, my child may be removed from the squad. I further agree to provide reliable transportation to and from all cheerleading functions.

(Cheerleader Signature) (Date) _____
(Parent Signature) (Date)

CODE OF CONDUCT I have read and agree to the terms set forth the Creekview High School CODE OF CONDUCT.

(Student/Athletes Name) (Date) _____
(Parent Signature) (Date)

I understand the financial obligation and agree to pay all costs.

(Parent Signature) (Date)

Inherent Risk Sheet I have read and agree to the terms set forth on the inherent risk form.

(Parent Signature) (Date)

INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file with the board before the student can participate in the sport, practices or clinic (including tryouts). Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and comps) and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.

8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Lift weights to increase strength and guard against injuries.
12. Always wear shoes and clothing appropriate for cheerleading.
13. Never wear jewelry of any kind or chew gum when cheering including practices and games.
14. Always have your hair pulled back from your face and shoulders.
15. Eat nutritious meals and get plenty of rest. Drink lots of water At practice and before!
16. Always ask for assistance or advice at any time.
17. Take all activities seriously.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading. I agree to release my coaches, administrators, and school district from any and all liability.

Parent: _____ Date:

Cheerleader: _____ Date: