# Roseville High School Cheer/STUNT Handbook

**Mission Statement:**

Roseville High School's Cheer and Stunt Program stive to offer a unique opportunity for personal growth, leadership, and involvement in diverse activities. We are committed to the highest level of performance, self-discipline, respect for the school, and the performance of responsibilities related to the pursuit of school spirit and pride. The coaches work in conjunction with the RHS Athletic Department in enriching the mental, physical, and emotional well-being of all students by providing competitive opportunities in which the lifelong values of sportsmanship, individual effort, teamwork, integrity, and commitment are emphasized.

**Program Expectations:**

RHS cheerleaders demonstrate a proven ability to balance academic requirements and demands with extracurricular and personal activities. Being the most visible and most recognizable representative of our school, we are in the position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrates these standards. Appropriate behavior will help to earn the respect of the student body, which is the core to developing effective school spirit and student involvement.

* Athletes are expected to participate in all school functions and spirit days and be a dedicated and motivated member of our team. (On and off the field). You will carry yourself with high standards of respect and always treat teammates, coaches, teachers, and others with the same level of respect.
* Any disrespect or defiance shown to teachers, coaches, rules, administrators, school officials which results in an action form of a disciplinary referral may result in squad dismissal.
* Unsportsmanlike conduct or disrespectful conduct toward other teams will not be tolerated and may result in immediate dismissal from the squad. Physical violence toward someone else will result in DISMISSAL from the squad NO MATTER who started the altercation.
* Foul language, fighting, gossiping, and other forms of rudeness will **NOT** be tolerated.
* Excessive public displays of affection (PDA) are NEVER considered appropriate, especially in uniform/ spirit wear, at games or at school. **Remember - you are always school representatives. You represent not only yourself, but also those who support the program.** Violation of any of these guidelines will result in disciplinary action.
* There will be **NO** tolerance in terms of the use of alcohol, drugs, or tobacco on or off campus and may result in removal from the team. Students suspected of possessing, using, sharing, or selling/purchasing an illegal substance can be suspended from the team pending investigation of the matter. The infractions listed above will result in a minimum of five days suspension from Roseville High School and will follow by the consequences stated in the RHS Athletic Handbook Illegal Substance Protocol.
* Internet behavior will be monitored. Inappropriate photos, comments, etc. will not be tolerated. This includes bullying and/or foul language on social media sites and inappropriate images suggesting involvement with drugs, tobacco, or alcohol. School and Athletic Guidelines for consequences will be followed.
* Cooperation and teamwork are imperative in building a great team. Squad problems and conflicts should be discussed only with the coaches, not with people outside the squad.
* The use of cell phones is strictly prohibited for the duration of cheer practices, games, and cheer performances at any cheer related event unless given permission by coaches.
* If a cheerleader quits the team, they **will not** be able to tryout the following school year.

**Grades and Athletic Eligibility:**

* Athletes are in a leadership role as they wear uniforms to school and lead the crowd each week at football and basketball games. Athletes must maintain a minimum of **2.0 GPA** from the day of tryouts through the school year to be eligible to participate in tryouts, football/basketball games, halftime routines, and performances on/off school grounds.
* If an athlete falls below the minimum 2.0 GPA at the end of a grading period, they will be placed on probation. During the probation period, they must still attend **ALL** activities and practices, but will be unable to participate. During the probation period, they may not wear any piece of the RHS uniform.
* Athletic clearance forms and physical exams must be completed by own physician prior to participating in try outs or any summer practice. All RHS Athletic Handbook Policies will be followed.
* According to RHS attendance policy, students must attend school for the full, regular school day to be eligible to attend practice or participate in a game/rally that day. Any athlete leaving school early or checking in late MUST check in with the athletic office as well as the attendance office. If you miss school due to a court appearance, funeral, or medical appointment, you may still be eligible to participate but ONLY if you have been cleared by the athletic office.

## RISK/SAFETY

Stunting and tumbling, by their very nature, pose some inherent risk of an athlete being injured. These injuries could include, but not limited to the following: Sprains/strains, abrasions, unconsciousness, head injuries, fractured bones, dental injuries, and paralysis. If selected to the squad, EVERY member must follow safety guidelines taught to them by instructors and coaches. A concussion screening provided by RHS will be completed on every participant at the beginning of the season. An additional screening will be provided if a participant suffers any type of head trauma or concussion-like symptoms during the season to compare to their baseline screening. All of our coaching staff is AACCA Spirit Safety Certified, NFHS Concussion Awareness Certified, NFHS Sudden Cardiac Arrest Certified, and CPR/AED/FA Certified. RHS Cheer has an Emergency Action Plan (EAP) for a variety of medical or emergency scenarios that may occur at practices or events during the season. Our EAP is reviewed by coaching staff every three months.

**Practice Guidelines**

* Practices: You are to arrive at least 10 minutes prior to practice time in designated spirit wear, hair pulled back in a ponytail and immediately begin stretching.
* For safety reasons, coaches will designate practice areas. Appropriate mats will be used for mastering stunting and tumbling techniques.
* All stunts and tumbling must be practiced under the supervision of the coaches and never in the absence of such supervision. In addition, safety guidelines set forth by the NFHS and AACCA will be followed.
* Be aware that the tumbling and stunting performed may reach an advanced level but will in no way be permitted at games unless mastered in practice.
* Taking part in a stunt without the coaches' approval or presence is prohibited. If an athlete stunts outside of practice, they are violating policy and therefore release the coaches, administrators, school, and district from any responsibility of injuries. Violation of any of these guidelines will result in disciplinary action.
* Cheer Team practices are **CLOSED SESSIONS** and cannot be attended by parents, family, or friends without consent of advisor or coaches.
* All practices are **MANDATORY.** The ONLY excused absences will be for illness/court appearance/funeral (see absence policy)
* Focus on cheer- give 110% to your team, your coaches and yourself! Leave social distractions out of the gym. Respect yourself, family, team/program, coaches, school, and community.
* Practice attire qualifies as an RHS Cheer T--shirt and orange, black or gray shorts Spandex/briefs no-show socks and white cheer shoes. Your cheer shoes should be worn ONLY to cheer related activities, NOT FOR PE**!!** Vans, Converse, Toms, Uggs, slippers, and flip flops are unacceptable at any time during practice or game days. If you show up without the correct shoes, you will be asked to leave the practice/game which will therefore count as an unexcused absence.
* No spaghetti strap tank tops
* NO **J**E**W**ELRY**…** NO E**X**CEPTIONS. You **W**ILL have to remove it. Any current piercing must be removable during participation.
* **K**eep nails short for safety purposes - coaches can / will determine appropriate length and alter if necessary.
* Athletes should come prepared to participate at every practice unless they have a doctor's note and have cleared this with the coach before practice begins. Girls must still attend practice dressed in the proper attire. **W**hen a practice is missed, it is the responsibility of the athlete to find out what was missed and make it up before the next scheduled practice begins.

### Football & Basketball Season Expectations

**ALL GAMES ARE MANDATORY.** The **ONLY** excused absences will be for illness/death in the family (see absence policy). All athletes must attend the full school day to be eligible to participate in the game. Arrive on time, in uniform, ready to cheer (hair and make-up done). You must stay with team in assigned area and always demonstrate positive sportsmanship. There will be NO snack bar breaks during your game so please plan accordingly and bring everything with you. You will occasionally be required to perform halftime at the JV/Varsity game if our halftime performance is a Unity routine. (Homecoming, Casaba, etc.)

**Game Attire**

* Cheer uniform including no-show cheer socks, clean cheer shoes, hair pulled back with appropriate bow and simple make-up.
* Only nude, beige, and light pink polishes or French manicure is allowed with uniform, including to school on game days. Cheerleaders will be asked to remove inappropriate polish or be benched.
* Jewelry is acceptable to wear to school but must be removed at game time (includes belly button & nose rings). No dangly earrings, hoops, or earrings larger than a dime are permitted.
* Please wear the appropriate bra with your uniform. Inappropriate or incomplete attire can result in disciplinary action (i.e., benched for a quarter or until attire is appropriate or complete). Always bring EVERYTHING (liners, bows, warm-ups) to each game, just in case.
* NO BUS: We rely on parents to transport cheerleaders to most events. RHS Cheer Staff cannot be involved in the organization/ implementation of transportation plans.
* Arrival time is 30-45 minutes before game time.
* Carpooling is strongly encouraged. Please plan for prompt post game/practice transportation. RJUHSD's "Meet Me at the Game" Policy will be followed.
* Injured Students- Official notification of injury and clearance to participate from the doctor must be given in written form to a coach or school nurse BEFORE full program participation is allowed. It is still your responsibility to be present at all games, and other required events and to sit with the coach. You must be fully dressed and present.
* No part of your cheer uniform should be loaned out or worn to a non-cheer event. This includes warm-ups, sweatshirts, T-shirts, etc. Cheerleaders should not rely on fellow teammates to supply uniform, clothes, or accessories for cheer. Please keep track of your ENTIRE cheer wardrobe!

#### Attendance

All Practices, games, rallies, and scheduled community events are MANDATORY. Each person is responsible to be informed of the dates and times of all cheer events.

**Excused Absences:**

* Funeral attendance or death in the family.
* Special activity or field trip at RHS (please have this approved by the coach at least 1 week in advance).
* Religious Holiday (Please meet with the coach individually to include these on her calendar).
* Immediate family functions such as weddings or other **one-time** events.
* An athlete who misses more than ½ a day of school or does not attend classes cannot participate in practice but is expected to attend if able. All other activities and appointments should be scheduled around cheerleading commitments including medical appointments when at all possible.
* It is at the discretion of the coach to decide if an absence should be excused.

##### Unexcused Absences

All other absences are unexcused. Athletes are allowed one unexcused absence per season. If they are unable to attend a practice/event, they must contact their coach **one week in advance.** Failure to do so may result in suspension.

* Any non-emergent absence where an athlete misses 30 minutes or more of a practice or mandatory event that has not been previously cleared with the coach.
* Appointments, doctors, dentists, family business or work should be scheduled around mandatory cheer events, missing cheer for such items under non-emergency circumstances results in an unexcused absence.
* Ineligibility due to GPA requirements or parental discipline are not considered excused absences.

###### Missed Practices/Games

Failure to attend practice for **any** reason (excused or unexcused), can result in ineligibility to participate in a half-time performance, rally performance or other choreographed routines. Missing the scheduled practice before a performance will result in the athlete being removed from that performance. Missing the scheduled practice at which performance material is taught may also result in them being removed from

that performance. Missing a game/rally/or similar event will result in the athlete being suspended from participation.

Suspension

Athletes who cannot follow the above guidelines will be suspended from participation. Second unexcused absence in one season = 1 game. Third unexcused absence in same season = parent conference/ contract/ 2 game suspension. Fourth: Dismissal

Grievances

The coaching staff is always open to discuss any issues that arise, however there is an appropriate time and place to do so. Please approach your coach before or after practice to arrange a time (outside of practice, games) to discuss any problem that might arise. Email is also an easy way to reach a coach if other time is not available. To be successful, everyone must work as a team, and no one wants that more than your coaches.

**Step 1:** Coach and Athlete, or Advisor and athlete

**Step 2:** Coach and/or Advisor, Athlete, and Parent

**Step 3:** Coach and/or Advisor, Athlete, Parent, and Administrator

**I have read and understand the handbook**

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**(Athlete signature) (date) (Parent signature) (date)**