



## **Ladue High School**

### **Cheerleading Guidelines**

#### **2017-2018**

#### **Philosophy**

The Ladue Cheerleaders will serve as the primary support group to lead and direct spirit for fall and winter sports. Members shall encourage school pride, good sportsmanship, and a positive image in ALL school activities. Good personal conduct is not limited to the sidelines. Members will strive to project an image of high standards, morals, and goals for others to follow. Ladue Cheerleading is a progressive athletic program, which offers levels of cheerleading that may include a freshman, JV and Varsity team. Cheerleaders are spirit leaders, role models, and athletes.

#### **Priorities**

1. A cheerleader's main responsibilities are his/her academics. The educational process should not be compromised by participation in cheerleading.
2. The primary function of the cheerleading program is to support interscholastic athletics and project the goals and ideals of Ladue High School.
3. Cheerleaders incorporate gymnastics, jumps, partner stunts, arm motions, pyramids, and dance movements into their cheers and routines. Team members will be required to participate in all aspects of these skills.
4. Cheerleaders have a responsibility to put forth an athletic, dedicated and positive effort at all times.
5. All cheerleaders have a commitment to the two athletic seasons of football and basketball as well as the schedules they are assigned. Cheerleading will be a priority over any other commitments such as clubs, jobs, or social groups.

#### **Requirements**

1. For each semester, cheerleaders must maintain appropriate grades, credits, and citizenship in accordance with the Athletic Department requirements.
2. All cheerleaders must have a current physical before the first August practice. Cheerleaders will be benched from all cheerleading activities until a physical is turned into the Athletic Office.
3. If you are injured during the summer or regular season and have received medical attention, which results in restricted activity, you must be cleared by the school's athletic trainer as well as a medical provider to be reinstated.
4. All cheerleaders must maintain a cooperative and positive attitude.

5. Cheerleaders are responsible to have all proper attire with them at all times, which include games and practices.
6. Cheerleaders must be fully prepared or ready at the start of any cheerleading activity. Ex. Games, practices, fundraisers, performances. All cheerleaders must have fourteen full official fall cheerleading practices before they can cheer the first game for each season as well as participate in pep rallies according to the MSHAA Rules and Regulations. Summer practices do not apply to the 14 rule.
7. Summer practices will be held 1-2 times per week.

## **Conduct**

1. By accepting the privilege/honor of wearing a LHS uniform, a girl accepts the fact that her actions are more prominent than those not associated with such an activity. Because of this prominence and because cheerleaders represent the school, exemplary behavior is mandatory at all times, anywhere in the community of LHS and at all functions where the girls are recognized as representatives of Ladue.
2. Cheerleaders must not post inappropriate pictures or use foul language on social media sites.
3. Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school.
4. Drug use (including alcohol) is not allowed at any time according to Ladue's Athletic/Activities Code of Conduct, either on or off campus. The consequences are explained in the Code of Interscholastic Athletics/Activities, which all parents and cheerleaders must sign. In addition, LHS cheer coaches reserve the right to impose additional consequences based on the circumstances of the offense, ranging from being benched to dismissal from the squad.
5. Cheerleaders must display proper behavior in the class including: being on time, not skipping and not cheating. If grades are not meeting the Ladue Athletic Standards, and may require a meeting with cheerleader and parent.
6. Respecting coaches and fellow cheerleaders is expected.

## **Attendance**

1. Regular attendance at school and practice is expected. Cheerleaders are required to be present at all assigned games, spirit events and activities.
2. Each cheerleader will be given one pre-approved miss per season. The second time a cheerleader misses she will be required to sit out the next game or event.
4. If you will not be at a practice, coaches need to know by 12:00 pm of that day.
5. You must be present at school for a half of a day to be able to participate in practices and games.

## **Absences:**

1. **Illness:** Call your coach if you are going to be absent. Additional call must be made by your parent to confirm reason for the absence.
2. **Doctor Appointments:** If a doctor appointment is unable to be scheduled around practice or games a doctor's note is required upon the return of the cheerleader. All doctor appointments that interfere with practice or a game should be discussed with the coach prior to the practice.
3. **Make-Up Tests:** You are to schedule make-up tests on days other than practice days if possible. If the only time a teacher will give a make-up test is during practice, you need to have a note signed by the teacher stating that you were there taking the test.
4. **Leaving Practice Early:** must be pre-approved by the coach before the day of practice.
5. Any other attendance issues will be considered at the discretion of the coaches.

## **Uniforms**

1. Cheerleaders will wear the appropriate uniform and accessories on all game days and spirit events. It is the responsibility of the member to find out which uniform is to be worn from a captain.
2. Jewelry is not allowed at practices or games. This includes body piercings, bracelets, rings, necklaces, watches, pony tail holders around the wrist, etc. This is for the cheerleaders' protection and mandated by the Missouri Cheerleading Association.
3. Hair must be pulled back in a ponytail. All cheerleaders must wear a bow regardless of their hair length.
4. Cheerleaders may not wear bright nail polish. No artificial nails are allowed. Nails should be short in length.
5. Cheerleaders should come to practice dressed in appropriate clothing: shorts, t-shirt, cheerleading shoes, and hair up.
6. All uniforms provided by the school are the cheerleader's responsibility to take care of. All uniforms will be turned into the coaches at the end of the basketball season. Failure to turn in uniforms will result in holds on the student's account.

## **Financial Obligations**

Cheerleaders and their parents/guardians are responsible for fulfilling their financial obligation.

1. Financial obligations include shoes, liners, camp, cheer bags, cheer fee, camp clothes and possible costs throughout the school year.
2. Each cheerleader must pay for camp and camp clothes prior to attending camp.

3. All items must be paid in full to receive the items, as well as all balances must be paid before the first football game in order for the cheerleader to participate in the season.

4. Returning cheerleaders may not tryout for cheerleading if they have an open balance. Seniors must pay their balance to the cheerleading program by April 1<sup>st</sup>, or they will be placed on the “fine list” at school and will be prevented from senior activities (prom, graduation, etc.).

### **Game Rules and Etiquette**

Each Cheerleader should become familiar with the game rules and procedures for each sport for which they are cheering:

1. No visiting with friends or checking phones except when approved by coaches.
2. Watch the game and be aware of what’s going on
3. Learn cheers/chants. Failure to do so can result in a benching.
4. Cheerleaders must stay the entire game, except in an emergency (which is pre-approved).
5. If you are benched for a game, you must attend the game in full uniform and sit with the coach for the entire game.

### **Camp**

1. Camp is highly recommended for all cheerleaders.
2. All camp participants must purchase the required camp attire.
3. Camp and Camp clothing must be paid in full in order to attend camp.

### **Squad Assignments**

1. Freshman level is for freshman only.
2. JV level can include freshmen, sophomores, and juniors.
3. Varsity level can include sophomores, juniors, and seniors.
4. Once a cheerleader is assigned to her squad, no re-assignments will be made.

I read and understand the cheerleaders' guidelines. I hereby agree/support the rules and regulations established for the Ladue High School Cheerleaders.

Cheerleaders Name \_\_\_\_\_

Cheerleader's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_