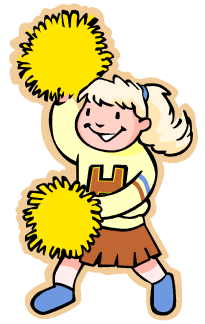


East High Cheerleading Disclosure 2009-2010

Coach: Tuesday Siciliano
Phone: 801-583-1661 ext. 3222
Email: tuesday.siciliano@slc.k12.ut.us



Mission Statement and Philosophy:

East Cheerleaders are the main spirit organization of East High School. Their responsibilities will be to support and promote school spirit, school events, and activities. That support is directed into three major areas, as follows: 1) to raise the level of fan support for the teams in a positive manner during athletic events by cheering and providing entertainment; 2) to develop good sportsmanship and behavior by being an excellent example at all times (whether in uniform or not), emphasizing the ideals of ethical conduct, integrity, accountability, and fair play, showing courtesy at all times to visiting teams, competitors, hosts and officials; and 3) to support good relations in the community by reflecting and projecting the ideals of East High School during activities, functions and programs, and at charitable and public causes that promote the athletic teams and the school. Remember that being a cheerleader means that you are a leader and representative of East High School and its community. You must be excellent examples and representatives of East High School. Being a cheerleader is a privilege in which not many people have the chance to do. As a cheerleader you must NOT take advantage of your position on the squad. You are still required to obey all school and district policies.

The East High School Cheerleaders are an athletic and performing squad, which focuses on cheering, stunting, dancing, and performance techniques. Our philosophy is based upon the basic necessities of dedication, commitment, teamwork, and work ethic. Cheerleading is an activity where the student will develop the ability to make decisions, enhance the ability to respond to life's situations, such as conflict, anger, frustration, decision making, and will contribute to social development, such as confidence.

Duties and Responsibilities

Cheerleaders are expected to possess a high level of motivation and personal accountability. A cheerleader must show the ability to lead, to follow, and to accept constructive criticism from fellow squad members and coaches. The attitude, dedication, and the enthusiasm of the squad members are just as important as the skills involved in cheering. Our goal is excellence from the squad. Members need to be prepared to train and act accordingly.

All Cheerleaders

1. A cheerleader must be willing to devote 100% of class and practice time cheering. Duties cannot be neglected due to involvement in any other school or personal activity.
2. Prompt attendance at all practices, games, classes, and performances is mandatory.
3. Prompt payment of all fees. If you need to make payment arrangements with the treasurer please contact your coach. All fees must be paid by the set due date. All unpaid fees will be put on the fines list and will effect graduation and/or yearbook collection.
4. All cheerleaders are required to participate in fundraising events throughout the year to pay for additional costs.
5. Cheerleaders are responsible for maintaining their uniform and equipment. Additional items and attire will be checked out. Cheerleaders are responsible for ruined, lost and stolen items.
6. Positive attitudes, respect for coaches and the desire to work hard is a necessity and must be maintained at all times.
7. Cheerleaders are responsible for knowing when practices/games are scheduled and which uniform to wear.
8. Cheerleaders are required to perform in all set performances. You are required to attend all required practices for each performance. If you miss more than 2 rehearsals you will be removed from that performance. If we have 2 weeks or less to learn a piece you will be removed if you miss more than one rehearsal. If you miss a spacing rehearsal you will also be removed from the piece.
9. Attendance two weeks before ANY performance is mandatory, missing during this time, will result in being dismissed from the performance.
10. As cheerleaders it is our duty to promote EHS athletic events. Publicity will be done either during class or before school. Each cheerleader will be required to make a certain number of posters and hang them in the school. Posters must be readable and neat. When taping posters, you must tape around the entire border of the poster. Posters may NOT be hung in the bathrooms, on doors or windows. It is your responsibility to clean up after your self when done making signs; this means putting away markers, paints, paper, cleaning paint brushes etc.
11. Hello Week, Homecoming, Little Leopards, and Spirit Week are events that the cheerleaders are in charge of and put together. It is mandatory for all students to contribute to their assigned committee, attend all events/activities in respect to each event. Failure to complete assignments or attend required activities will result in a loss of points.

Captains – (in addition to the above)

1. Captains must be an example to all members of each squad at all times.
2. Must be able to understand and demonstrate confidentiality.
3. Responsible for squad morale and discipline.
4. Responsible for execution of rules and regulations as provided by the cheer disclosure statement and code of conduct, including but not limited to appearance, performance and disciplinary action if needed.

5. Responsible for communication between squad and coaches in the event of questions of other information.
6. Responsible for communication about important upcoming events. Be prepared to hand out reminders about schedules and information.
7. Responsible for poster announcing game times and places.
8. Determine game plans, including time out cheers and stunting.
9. Be prepared for additional duties as decided by the coaches.
10. Must attend leadership seminars and captains meeting as provided by the coaches.
11. Be in charge of instructional cheer video/DVD and equipment check out.
12. Responsible to teach cheers and dances.
13. Provide encouragement and support in such a way that new cheerleaders feel comfortable asking for help.

Rules and Regulations

General

1. Cheerleaders are expected to work as a team. Individual members of the squad are encouraged to be close friends. Squad members' friendships or non-friendships shall not have a negative effect on the team.
2. Cheerleaders may not participate in sports, other offices, or activities that conflict with cheerleading (i.e. volleyball, basketball, soccer, tennis etc.)
3. Cheerleaders must be familiar with region rules and regulations.
4. Cheerleaders must NOT stunt outside of cheer practice or without the supervision of their coach.
5. Respect for coaches is mandatory.
6. Respect for captains and/or officers is mandatory.

Practice/Class

1. Must wear proper cheer clothes, including cheer shoes to **every** class/practice.
2. Practice begins according the time set on the coach's clock (when in doubt, be early).
3. All cheerleaders are required to stunt, and will not be allowed to skip this important part of cheerleading, unless the member is injured.
4. Bathroom needs must be taken care of before practice/class starts.
5. If a cheerleader is injured, ill or unable to workout, attendance is still required.
6. A doctor's note is required to release an injured cheerleader back into workouts/performances.
7. Cheerleaders must arrive on time, fully prepared and ready to work hard.
8. Stretches/warm-ups are a part of our safety policy and talking during this time will NOT be tolerated.

Games

1. **All Games**
 - a. Socializing with friends/fans/BOC/photographers/etc. while the game is in progress is not allowed, except after you have performed and during halftime.
 - b. All squad members must know and have passed off all cheers and routines prior to the beginning of each season. Cheerleaders who fail to do so will not be allowed to cheer.
 - c. All cheerleaders are required to abide by the appearance policy for all games.

- d. Cheerleaders are to be in cheer lines, stretched and stunts warmed up by the time (1) the National Anthem starts and (2) the clock on the scoreboard starts (including quarters and halftimes).
- e. All activity including talking, should come to a halt immediately when the flag ceremony begins, cheerleaders should be in line, in a cheer salute stance and ready to begin.
- f. Stunting (any tumbling skill, toss, mount, or pyramid) and tumbling (rolls, forward and backward, cartwheel, round-off, handstand, walkover, front/back handsprings, flips etc.) may not be performed without a coach present and aware that the stunt is being performed.
- g. All cheerleaders must be in full uniform and ready to go upon arrival! Make-up and hair done in a pony tail, uniform or required dress on, including shoes, poms, etc.
- h. If you are not clear on what to wear follow this rule: When in doubt, bring everything.
- i. Greet cheerleaders from the opposing team. DO NOT make fun of or criticize any other team or performing group.
- j. All cheerleaders will watch and cheer for the half time performances by the opposing school.
- k. Any infraction of the foregoing rules will result in loss of grade points (participation, performance, appearance points and/or game privileges). Reoccurring infractions may result in suspension or probation.

2. Home Games (including “all games” rules)

- a. Attend home games, scrimmages, and/or special games as scheduled per squad.
- b. Arrive at the game site thirty minutes prior to the start of game, unless the coaches designate an earlier or later time.

3. Away Games (including “all games” rules)

- a. Time for arrival to meet the bus is determined by the coaches. Buses leave exactly on time. The bus can not be held for any reason.
- b. If the bus is missed, the cheerleader will be allowed to cheer if the cheerleader’s parent brings him/her to the game and the cheerleader rides the bus back to school. If not, the cheerleader will not be able to participate at the away game as a cheerleader (no uniform) resulting in loss of points.
- c. Cheerleaders must travel to and from away games with the squad. NO EXCEPTIONS!
- d. No shouting profanities, obscenities, criticisms or hanging anything (including head, feet, arms, and hands) out the windows of the bus.
- e. Respect for the bus driver and bus must be shown at all times. Loss of points will result for the entire squad if garbage is left for coaches or captains to pick up.

Attendance Policy

Excellent attendance and punctuality are vital to an outstanding squad. Absences and tardies affect the entire squad by limiting activities when even one person is missing. It is important not to inconvenience the entire squad and coaches during practice/class by being absent. You are part of a team in which you rely on each other, absenteeism and tardiness will not be tolerated. East High tardy policy will be followed.

Absences

Any member who is unable to attend a designated practice/class must contact the head coach at least one day in advance, if not earlier. Do not have other students relay messages. If you miss class it is your responsibility to contact the coach or your head cheerleader to find out what you missed.

1. Absences will be excused with a note, at the coach's discretion, and may include, but are not limited to:
 - Extreme personal illness, you must call before practice/class that day.
 - Death in the family.
 - Wedding in the family
 - Pre-arranged vacation. Cheerleaders must notify the coach at least one month in advance of vacation. These absences are excused at the coach's discretion. Vacations during the month of August will not be excused, as well as during September and October during preparations for Homecoming.
 - These absences are excused, which means the student is able to make up the points missed, they are not automatically exempt from the points of the missed event.
 - In order for the absence to be excused, you must bring a signed note from a parent stating the reason you missed or are going to miss any cheer related activity. If the absence is during class the note must be taken to the Student Service Center, they will give you an excusal note that must be shown to the coach in order for your absence to be excused.
2. Unexcused Absences include, but are not limited to:
 - Parties
 - Concerts
 - Vacations without one month prior notice
 - Study time/work/church
 - Other rehearsals/classes/practices
3. Any unexcused absence will result in the loss of daily class/game points, and are **NOT** allowed to be made up.
4. More than two unexcused absences per term will result in probation. This means more than two in any regard, whether it is in class, games, or extra practices.
5. Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule as stipulated and agreed upon before tryouts.
6. If a member misses class or any part of school on a game day, they will not be allowed to cheer at that game, unless the absence is excused. If you are too sick to come to school, you are too sick to cheer.
7. Excused absences still result in loss of points, but are allowed to be made up. **Make up options will only be allowed for excused absences**, whether the absences are in class, games, practices etc. Members can attend an outside aerobics, cheer, tumbling, stunting class, or attend an extra game. They must fill out a make up form, which they can get from the coach. **Excused absences must be made up within ONE WEEK from the absence.**
8. You may only miss two practices (excused or unexcused) while preparing for a performance. Missing a third time will result in you being removed from the performance. Missing anytime 2 weeks before the performance will result in dismissal from the performance.
9. I will not accept any extra credit.

Tardies

1. Tardiness will not be tolerated. The school tardy policy will be enforced.
2. Tardies will affect daily participation points, game attendance points, and team standing.
3. A tardy of up to 10 minutes will result in a loss of one point per minute.
4. Tardies over 15 minutes will result in zero points for attendance and you will not be allowed to cheer for the entire first quarter.
5. All cheerleaders must be willing to practice at designated times, which will include early mornings and after school.
6. Leaving early without prior notice will be considered a tardy/sluff/absence depending on the amount of time gone from class/game.

Grading Policy

Grading will be based upon the following, but not limited to: class attendance, game attendance, rehearsals, performances, assignments, publicity, required school events such as Homecoming, Spirit Week, and Little Leopards, effort, participation, and preparedness.

1. Class attendance - points will be given on a daily basis for participating in class. To earn full daily points (20) the student must be dressed appropriately for class, be present the entire class, have a good attitude, and demonstrate effort in class. Appropriate dress is as follows: cheer shoes, gym clothes, no jewelry, no gum, and hair pulled back. Each student will receive TWO free tardies in which no points will be deducted, each tardy after that will result in a loss of 5 points.
2. Game Attendance - cheerleaders must attend all assigned games/events and practices. Game attendance is mandatory. Cheering at a game is considered a performance and takes priority over rehearsals, other classes, work, etc. All members will be required to attend assigned UHSAA designated games including but not limited to, football, volleyball, and basketball. In addition, team members will also be required to attend a specific number of secondary athletic events, which are appropriate and desired by the athletic team members. They may include, but are not limited to, track, tennis, wrestling, soccer, softball, baseball, swimming.

Each game in which you are cheering will be worth 30 points. The breakdown is as follows:

- 10 points for being on time. You will lose 1 point for each minute you are late.
- 10 points for being FULLY prepared to cheer upon arrival. This means dressed in your uniform, no jewelry, hair pulled back in a neat and clean pony tail, shoes on, poms, etc. Not being fully prepared will result in loss of points.
- 10 points for professionalism. This includes staying in line, not talking/socializing, knowing cheers, listening to the head cheerleader, following directions, and good sportsmanship. This also includes being back in line at the designated time after quarter breaks and especially after half time. **Remember, cheering at games is a performance;** just as a game is for a basketball/football/soccer player. You must be on your best behavior at all times.

3. The grading scale is as follows:

A	95-100%	C	73-76%
A-	90-94%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	59-62%
C+	77-79%	F	0-58%

*Your grades will be calculated by total points received throughout each term. I will update ESIS once a week, so please check your progress and contact me if there are any questions.

Appearance Policy

1. Uniforms must be clean and pressed.
2. Cheer shoes must be clean
3. All squad members must have the same uniform look.
4. NO JEWELRY is ever permitted in cheer, whether it is in class, practice, games, or performances. This is a safety issue.
5. Hair is to be pulled back out of your face for class and practice. Hair must be pulled back in a clean pony tail for all games and performances.
6. NO GUM will be allowed during class, practices, games, or performances
7. Fingernails must be at an appropriate length.
8. Cheer shoes should only be worn for class, practice, games, and performances.
9. Cheerleaders are expected to follow the school dress code at all times and are expected to wear costumes that are designated by the SBO's/Cheerleaders on activity days.
10. Cheerleaders are not to loan out any piece of their uniform or equipment to anyone. All parts of the cheer uniform (shell, skirt, poms, shoes, bikers, body liner etc.) should not be worn by anyone other than the cheerleader or for anything other than cheer activities.
11. Cheerleaders are to only wear their uniform on designated game days or events. The wearing of the uniform is a representation of our school and must not be worn in any videos, or activities without prior consent and full disclosure of activity to the coach.
12. The squad captain will decide what is to be worn on game days as well as what to wear while cheering.
13. Failure to comply with policies stated above will result in removal from the activity and loss of points. Repeated offenses will result in suspension, and if behavior continues it will result in probation.

Code of Conduct

Any action, which brings undue embarrassment to the squad, will be ground for suspension, probation, or dismissal at the discretion of the coach.

1. Respect must be shown to the coach(s), captains, officers, and spectators at all times.
2. Abusive language during class, practice, games, or performances will not be tolerated and will be grounds for possible suspension, probation, or dismissal from the squad. This includes confrontations with game officials, opposing cheerleaders, coaches, and fans.
3. Loyalty to each other, pride in the school and squad must be shown at all times. Courtesy and respect to all people must be demonstrated at all times.
4. Respect for officials must be shown at all times and each squad member must have a basic knowledge of the game.
5. Squad members will not converse unnecessarily with the student body, spectators, other squad members or the team since this hinders their attention to the game.
6. Respect must be shown for the National Anthem by standing quietly at attention in lines as a squad, in cheer salute, facing the flag.
7. Respect must be shown to facilities by cleaning up after yourself and throwing away any mess made during the game or in class.
8. Drug and alcohol use will not be tolerated at any time. If violation of this policy occurs, it will result in dismissal from the squad at the coaches discretion.
9. Association with others violating the cheer code of conduct is also unacceptable. For example, if a cheerleader is somewhere and others start to engage in activities that do not meet cheer standards, he/she should leave that situation immediately.
10. Safety is our first priority. Students must always pay close attention to all instructions, follow safety guidelines, focus, and take cheer seriously. Failure to do so can result in injury.

Disciplinary Action

Failure to comply with the requirements set forth in the East High Cheer Disclosure Statement will result in a disciplinary action, such as suspension, probation, or dismissal from the squad. Please keep in mind that rules are not meant to punish, but to help the squad work together to reach their highest potential.

1. Eligibility standards must be maintained at a 2.5 GPA and no F's term by term. If a cheerleader is placed on probation for grades or citizenship, he/she has one term to raise their GPA to the required standard.
2. A cheerleader/mascot may be put on probation upon notification to the cheerleader, administration, and parents.
3. A cheerleader/mascot can only be placed on probation one time during the year, if standards are not met thereafter, or if the cheerleader/mascot qualifies for probation again, he/she is subject to immediate dismissal from the squad.

4. Suspension from the squad for disrespectful attitude toward coaches, captains, and other squad members can be implemented at any time at the sole discretion of the coach.
5. Cheerleaders/mascot found to violate the drug and alcohol policy will be disciplined immediately and/or dismissed from the squad at the discretion of the coach.
6. Behavior in violation of the code of conduct is subject to immediate suspension, probation, or dismissal at the discretion of the coaches.
7. Violation of safety guidelines is subject to immediate suspension, probation, or dismissal at the discretion of the coach.
8. Failure to enforce discipline for any infraction or series of infractions does not waive any right of the coach to discipline for the infraction at a later time, or for subsequent violations, or to enforce a cumulative disciplinary action for subsequent violations.
9. One warning will be given for talking/misbehaving/being out of line during class/practice/games. If you have to be asked again you will sit out for the rest of class/practice, or for at least one full quarter of a game. If this happens more than once, you will be suspended for one game.
10. Probation is a two week period, where the cheerleader will change the behavior in question that is not in accordance with the disclosure statement or eligibility requirements. While on probation, a member is not allowed to wear any cheer uniform/clothing, or cheer/perform at any games/performances during that period. However, the member is still required to attend all scheduled classes, games, practices, events. While sitting out during games members must fill out the required form for the sport they are watching and must sit next to the coach.
11. Suspension is a set number of games/performance/activities in which a cheerleader may not participate. Members are still required to attend all assigned events, but will not be allowed to wear the uniform or any cheer related clothing. The member must sit next to the coach.
12. If a member is continually tardy (3 or more) to class, games, practices, performances, per quarter, they will be warned. If tardiness continues they will be suspended for one game. If tardiness still continues they will be put on probation.
13. If a member is more than 15 minutes late to a game they will NOT be allowed to cheer for the first quarter.

Things to Remember

I expect you to be hard-working, prompt, look sharp, and give your all in front of the crowd as well as behind the scenes. Any goofing off at games not only makes the individual cheerleader look bad, but reflects poorly on the other squad members and East High. Remember you are an East High Cheerleader at all times. Any poor decision making on your part will reflect back on East. We're all in this together.

Being a member of the East High School Cheerleading squad is a huge commitment and will take up a lot of time, dedication, energy, and responsibility. In order to stay on top of everything you are involved in you must stay organized. Plan out each day and write everything down; school, homework, practices, games, social events, work, etc. Make a schedule and stick to it. Always make sure you give yourself at least 30 minutes a day to relax, watch TV, take a bath, anything for personal time. And as hard as it is, please try to get to bed early.

Remember, that just because you are a "cheerleader" doesn't mean that you should live up to the expectations; you **MUST** exemplify them and more. Cheerleading can help you accomplish, your dreams. While being a cheerleader you learn how to have teamwork, responsibility, time management, perseverance, dedication, athleticism, self confidence, assurance, and so much more. School as well as cheerleading can open doors that can help you do what you want to do in life.

Believe in yourselves. Encourage your squad mates to do well in school, to get good grades, and make responsible decisions. Challenge them to do their best, study for that test, and reach for their dreams. In everything you do, remember:

"To accomplish great things, we must not only act, but also dream, not only dream but also believe."

"Remember...there is always a little girl in the stands that wants to be just like you, don't disappoint her."

"A good cheerleader is not measured by the height of her jumps but the span of her spirit."

"It's not the glitz of the uniform that matters, but the spirit that shines within it."

"Good performance requires work. Great performance requires sacrifice."

Follow the 3 R's:

Respect for Self

Respect for Others

Responsibility for all your actions

By signing this East High Cheerleading Disclosure Statement, you are stating that you have read, understand, and agree to abide by the rules and regulations contained in this document. This document must be signed by both cheerleader and parent. Detach this page and return to the cheer coach.

Student Name (printed) _____

Student Signature _____

Date _____

Parent/Guardian (printed) _____

Parent/Guardian Signature _____

Date _____

Parents,

I would like to be able to keep you in the loop of all activities and upcoming events that involve the cheerleaders. The best way I feel to do this is to create an email list that I could send you calendars, cost breakdowns, fundraising information, etc. If you could please neatly write your email below, I would truly appreciate it!!

Sincerely,
Tuesday Siciliano

Email address: _____