

Denver East Cheerleading Handbook 2023-2024

The role of a cheerleader is to be a positive leader at Denver East High School. An Angel cheerleader is required to be a positive leader, an Angel representative, student and teammate at all times both in and out of uniform. All cheerleaders within our program will be expected to model sportsmanship and promote school spirit among students and our community.

Any parents/athletes that cannot commit to the terms and condition of this handbook is ineligible to be a cheerleader at Denver East High School.

Description of teams:

Varsity Team: This team will consist of no more than 28 members. The Varsity team will be responsible for cheering at the varsity home football games and the varsity basketball homes games, as well as other designated sporting events. As a member of the Varsity team, you will NOT be able to participate in other athletic programs at East while we are in competition season. This is the competition team with a heavy summer and fall schedule. Practice participation is crucial for preparing for competition. The Varsity team will be participating in Regionals, League, State and Nationals. ALL PRACTICES ARE MANDATORY.

As a cheerleader, you are expected to participate at any/all designated events unless they have been previously excused.

Junior Varsity Team: This team will consist of no more than 28 members. The Junior Varsity team will be responsible for cheering at the junior varsity home football games and the junior varsity basketball homes games, as well as other designated sporting events. As a member of the Junior Varsity team, you will be able to participate in other athletic programs at East with the expectation you do not make the team you are trying out for you return to cheerleading. You may only take ONE season off (fall or winter) and arrangements must be made in advance. Practice participation is crucial for preparing for games, performances and competitions. If the athlete chooses to take fall season off to participate in another sport, this cheerleader will not be able to participate in competitions. The JV team will be competing in regional competitions. ALL PRACTICES ARE MANDATORY.

As a cheerleader, you are expected to participate at any/all designated events unless they have been previously excused.

Academic Eligibility Requirements

It is an expectation of the cheerleading program that each student athlete has a minimum 2.3 cumulative grade point average and maintains that each semester. Eligibility requirements are that no student is able to participate in cheerleading if one or more F's are reported on their progress reports. If an athlete is ineligible, they are not allowed to participate in games, practices and/or competitions but are required to be present. Ineligible cheerleaders will work on homework during practices and are

required to attend tutoring sessions with their teachers and times allotted for the team. The athletes will return to practice participation once the grade is no longer a failing grade.

Tutoring Requirement: It will be required of any athlete who lands on the ineligible list or has a D to attend tutoring every week in the class they are struggling in. Forms will be available in Coach Meredith's office and will need to be filled out by the teachers of the class the athlete is failing and turned into your teams coach at practice or to Coach Meredith in her office.

Attendance Requirement: In order to participate in games, competitions and pep rallies, all athletes must be in 75% of their scheduled classes the day of or day before the scheduled activity.

Jewelry & Nail Rule per the National Federation of High School Sports: Spirit

ALL JEWELRY IS PROHIBITED (cheerleader apparel & accessories, a 10 point deduction), except religious or medical medals which must be taped to the body under the clothing. Covering jewelry with clothing or tape does NOT make it legal. PINS, BUTTONS OR CORSAGES ARE PROHIBITED while cheering. Nails cannot extend past the fingertips (general risk management, a 10 point deduction). Plugs are also not allowed.

Practice Attendance and Attire:

All practices are considered **mandatory**. If practices are missed, it may result in being benched from games/competitions upon the coaches' discretion. Practice attire is also required. Doctor and/or teacher's appointments scheduled during practices must be pre-approved by coaches or will count as an unexcused absence. Athletes must have **jewelry out** and **hair up** to be considered in proper attire. Game attire will include the girls in full uniform, with red spankies, game bow and cheer shoes. If body liners and/or warm-ups are to be worn they would be considered proper attire as well. If the cheerleader is missing an item for a game then she will not be able to participate, this includes poms. It is highly recommended that all athletes bring all uniforms and accessories to games. **Athletes should be in full uniform prior to arriving to games/competition.**

During the weeks leading up to competitions, there will be extra practices added and all will be extremely mandatory. ***Full squad participation is crucial for the success of both teams.***

Spirit Friday and Practice Clothes: Every Friday, each cheerleader will need to wear their full uniform to school. This includes shoes, bows, body liners, etc. The team captains will create a uniform calendar that will detail what each athlete will need wear to games and practices. Failure to comply with the uniform calendar is cause for immediate benching from games and practice. If the cheerleader is benched during a practice, she is responsible for making up new material on her own time. It is crucial the cheerleaders come to practices and games prepared.

Game Day Time: ALL cheerleaders are expected to report to games an hour before game time. When games are scheduled at 4:00 pm, cheerleaders will be released from 7th period class at 2:30 to get dressed and freshen up. Failure to show up on time will have consequences as set by the coach.

Benching Policy:

In the event that a cheerleader is benched, he or she is responsible for attending all mandatory events and practices. Failure to do so may be cause for dismissal by the discretion of the coach. If a cheerleader is benched for a game, she must attend the game in uniform/warm up attire and be on the field with the coach. No cell phones will be allowed when the cheerleader is benched.

Cell Phone Policy:

There is NO cell phone usage allowed during practice or games. They must be silenced during those times. Coaches will have a basket for cell phones. If there is a family emergency, please call the coach and she will pull the cheerleader out of practice or the event.

Event Coverage:

Coverage of events for the team will be at the discretion of the coach. Emphasis will be placed on home events, district events, and all playoff events. A calendar (that is subject to change) will be provided at the beginning of each season with scheduled events and practice dates. Times on calendars will be the time in which the athlete must arrive ready to participate. If a cheerleader is going to miss for any reason, it is the cheerleader's responsibility to inform the coach at least one day prior to the event. Please be aware that the calendar is subject to change if a community or school event comes up and the cheerleaders are required to be there. Additional practices may be added as competitions approach.

Communication:

There are steps to communicating with your coach. As your coaching staff, we ask that you adhere to our 24-hour rule for not contacting me after a game or competition. This means no emails or phone calls until this time has elapsed. When contacting the coach, please be mindful of the time and be patient in a response, allowing a reasonable time to hear back.

1. If your cheerleader has a problem, regarding cheer or the program, they need to come talk to their level coach first to try and resolve the issue.
2. If the issue is not resolved, a parent meeting will be set up by the coach. At the parent meeting the athlete and parent **MUST** be present.
3. If the issue is still not resolved, the coaches, cheerleader, and parents will meet with the Spirit Director to resolve the issue. All must be present.

College Visits:

We understand and value the importance of athletes taking time to visit college campuses, however, missing an event greatly impacts the entire cheer program and our ability to perform at our fullest potential. Please understand calendars are given out months in advance so we ask you to coordinate college trips around our competition schedule. This includes, campus visit programs on the weekends, college trips out of town over breaks and evening events. Please contact your teams coach well in advance if these conflicts arise.

Lettering Policy:

A Varsity letter may be earned if a cheerleader actively participates for the full cheerleading season (including playoff games) and attends a high majority (at least 75%) of all designated events. Anyone who quits or is removed will not receive a letter. If an athlete is found ineligible more than once within a season, they may not receive a letter. Any insubordination, behavior issues, and benching's for any reason will be weighed against an athlete when coaches are deterring whether an athlete will letter.

Coaches and administration have final say in all cases of lettering. Please remember that letters are earned not guaranteed. If an athlete wants to ensure they receive letters for both seasons they should:

**Attend and participate in designated events (including playoff games)

**Always be in good academic standing

**Uphold and fulfill ALL terms of contract.

Tryout Opportunities to New/Incoming Students

An individual tryout may be available at the discretion of the coaches. Not all situations warrant this opportunity.

Injuries

It is an athlete's responsibility to report any injuries to the coach. The athletic training staff will assess injuries and any directions given by them are required to be followed before an athlete may return to practicing. If injuries prevent an athlete from participating they are still required to sit through practices and be at all team events in order to remain in good standing. If an injury benches an athlete within 2 weeks of any performance or competition, they may or may not be permitted to participate in that event and/or ones that follow.

Removal Policy

Failure to uphold any policies set forth by the cheerleading program will result in dismissal or removal from the team at the coach's and administrator's discretion. If you are removed from the cheerleading program you will NOT be eligible to try out the following year.

Drug/Alcohol/Social Media Policy

If a cheerleader is caught using drugs or alcohol while participating in the cheer program will face immediate consequences given by the coach, which could include removal from the team.

When athletes engage in text messages or Internet social networking (Tik Tok, Facebook, Twitter, Instagram, SnapChat, etc.) they will use only appropriate language and display only appropriate pictures. Any athlete, under the coach's discretion, that has disrespected the name of EHS or the cheer program will face direct consequence, which may include being benched and/or removal from the team. Inappropriate language includes curse words and talking negatively about the opposing team or

teammates. Inappropriate pictures include pictures of illegal substances and sexually explicit clothing/poses. Failure to uphold this policy may result in dismissal.

Payment Schedules and Financial Obligation

Each team member/parent will be required to make FIVE full payments. The first payment will be due June 1st and then from August 1-November 15. The first installment will be the cost of camp; the second payment will be the cost of uniforms and camp uniforms; the third payment will be all administrative fees. If there is significant financial need, a payment schedule can be created on an individual basis.

Failure to uphold the payment schedule will result in consequences for the cheerleader.

Quitting Policy

If your child decides to quit the team, you are still financially obligated to pay for your remaining balance. NO REFUNDS will be made and ALL uniforms/apparel must be returned back to the program. If the balance is not paid, then it will be added to the student's fees. The cheerleader will not be able to try out for the next season.

I acknowledge that I have read and understand all item outlined in the Denver East Cheerleading Handbook. Failure to comply with these rules and regulations will have immediate consequences.

Parent/Guardian Name

Parent Signature

Athlete Name

Athlete Signature