

**Sequoyah Public Schools
Spirit Group Guidelines and Contract
2014-2015**

Purpose:

The purpose of this contract is to inform the prospective participant and his/her parent/guardian of the duties and responsibilities obligated to the title of Sequoyah Cheer Team Member. The prospective cheer team member may not try-out unless this contract has been read completely and signed by the parent or guardian and prospective cheer team member.

Oklahoma recognizes the Sequoyah Cheer Team as an official sport. However, its main obligation is to promote school spirit and pride. Our main goal at Sequoyah is to develop scholarly, responsible, respectful, athletic cheer team members who take pride in who they are and what they represent. A Sequoyah cheer team member will influence many people and will always represent the school whether in uniform or not. The cheer team member is expected to be a positive role model and to conduct him/herself in according to all rules of the contract.

The cheer team will attend, participate and perform at scheduled school sporting events as directed by the coaches. This includes practicing, planning for pep assemblies, making signs, decorating before selected events, etc. They will also represent Sequoyah's at approved athletic competitions, summer camp, and selected competitions.

Team rules:

1) Membership:

1. Varsity squad will be selected to cheer for all football and basketball games (exceptions made during tournaments).
2. Varsity will perform routines at **ALL** pep assemblies.
3. Varsity squad "could" attend conference and local competitions in the Tulsa Metro area.

2) Eligibility:

1. A cheerer who has quit or has been dismissed the previous year from a Sequoyah's cheer squad will not be able to try-out for any cheer team for the following year.
2. The school is responsible for providing the coach eligibility reports on a weekly basis.
3. A student who tries out for cheer must be currently enrolled in Sequoyah Public Schools. Students in the process of moving into the Sequoyah School District may tryout but must show proof of residency.
4. All cheerers will have a physical examination certificate signed by a licensed physician and a parent or legal guardian on file with the Sequoyah's Athletic Department.
5. If a cheerer owes any money from the previous year, she will not be able to participate in tryouts.

4) Grade Eligibility:

1. In order to try-out for the team, prospective members must have a 2.0 or higher grade point average during the last semester of the current school year. A candidate must have semester grades of a D or better for the fall semester.
2. Members of the team must fulfill weekly eligibility requirements as dictated for athletes by the Oklahoma Secondary Schools Activities Association.
3. If a member is not passing (D or better) all subjects at the end of a week, they will be placed on probation for the following one-week period. If they are still failing one or more classes at the end of their probationary week, they will be ineligible to participate during the next one-week period. If the member is not passing by the third eligibility check, dismissal can be considered.

5) Team Calendars:

1. A practice schedule will be posted on my website through www.sequoiaheagles.net. Please check this calendar, if there are any changes made the coach will send an email/text in advance to print a new one.
2. We will have a TEAM Facebook page (I must be your “friend” on Facebook and able to “follow” you on Instagram and Twitter).

6) Attendance:

1. **Each member is responsible for notifying the coach prior to an absence or tardy (in person or phone). Notification given by another member is not sufficient.**
 - a. The member must also bring a copy of receipt or note from where the appointment was taken place. If there is no hard copy of the appointment member may receive an unexcused absence.
2. Attendance at practice is mandatory. There are no excused absences other than illness w/ Dr.’s note, family bereavement or a Sequoyah Public School-related activity.
3. Cheerers must keep their calendars open to attend **all** playoff games.
4. Any team member who is not prepared for practice or an event will receive demerits at the discretion of the coach.
5. Cheerer must attend a half-day of school to cheer at a game or competition. (4 classes)
6. Cheerers **MUST** attend all practices, all football games; all pep assemblies, all competitions and any other designated events.
7. Cheerers will have special performances during football. These performances will be determined at the discretion of the coach.
8. Camp attendance and participation is **MANDATORY** for all members. No absences will be allowed.
9. Members will be expected to be on time and prepared for all team functions, attendance will be taken. **Team Policy: If you are not 5 minutes early, you are late.**
10. If a member misses two or more times (for any reason) while we are learning any choreography, they will not be allowed to perform that choreography and may be subject to dismissal.

11. Team members may not hold a job that will interfere with any practices, sporting events, fundraisers, or any other event the team is required to attend throughout the year (including summer). Calendar is set with at least a month's notice. Changes to this calendar with less than a month notice will be dealt with on an individual bases. **Work, under any circumstances, is not a reason to miss a practice or event.**
12. There will be chances for the member to earn a free absence, which can be used at any time.
13. An excused absence for injury or illness is the coach's discretion. Otherwise, attendance at practice or a game is required.
14. Cheerers must be dressed in the proper attire at the beginning of practice.
15. **Mandatory** summer practices will be held the week leading up to camp.
16. Summer practices, **may** consist of conditioning and learning of football game material, will continue when school starts in August. (Each practice attended will be considered extra credit) (I do expect the girls to attend these, camps & vacations will definitely be an excuse for missing these practices)
17. Special occasion (homecoming, etc.) practices are mandatory.
18. **An injured cheerer is expected to attend but not participate in the cheer practice.** A doctor's note may be required.
19. Practices will not be scheduled around individual work schedules.

8) Safety:

1. The cheer coach, will have a signed medical release form for every cheerer.
2. Building, dancing, tumbling, or stunts will only be allowed in the presence of a coach or designated adult in charge.
3. No jewelry will be worn at practices or games. This includes tongue rings. No gum allowed at any cheer event or practice.
4. Hair will be pulled up and secured away from the face in a clean fashion.
5. A physical and proper paper work must be on file with the Sequoyah's Athletic Department.
6. If at any time a cheerer acquires a personal health problem that could be harmful to her and/or squad members, the coach has the authority to place the cheerer on medical leave for whatever length of time is deemed necessary.

9) Transportation:

1. All members of the team are **required** to ride with the team on a bus to and from all sporting events.
2. The Sequoyah Public Schools will provide transportation for the cheer squad to and from all sporting events outside Sequoyah Public School district.
3. The squad will be accompanied by the coach, or designated school representative whose sole responsibility is the supervision of the squad.

10) Appropriate Behavior:

1. All members will show tolerance of other's opinions, respect others, be responsible, be cooperative and be democratic. They will show the utmost respect for their team leaders and their authority. Any questions, suggestions, or comments should be discussed in an appropriate manner outside of practice.
2. There will be no profanity used by a member at any time.
3. There will be no smoking or any other kind of tobacco use by a member at any time.
4. There will be no drinking of alcoholic beverages or use of illegal narcotics by a member at any time.
5. There will be **ZERO** tolerance for **ANY** inappropriateness on the Internet (this includes Cyber Bullying)!

These rules apply at **ALL times! You are representing our school and our teams in uniform and out of uniform. Breaking any of the #10 rules **may** result in immediate dismissal from the team. Members are also subject to discipline according to school policy.

11) Game Conduct:

1. How the squad presents itself at games is important and a big part of how students, parents, and patrons perceive the squad. Therefore, while cheering/dancing at games, cheerers are to stay in formation at all times and pay attention to the direction of the squad captains.
2. Gum chewing, slouchy appearance, wearing jewelry, incorrectly wearing any part of the uniform, being out of formation, dancing or practicing motions will not be allowed.
3. If a cheerer is out of uniform or in a wrong uniform they will not be allowed to cheer. They will sit with the coach.
4. An injured cheerer will be required to attend her cheer schedule in uniform and must sit with the coach.
5. The coach will choose game attire. Members are expected to dress in the uniform chosen including all accessories.
6. Hair and face should be appropriately fixed up for all games, as decided by the coach.
7. Member must arrive on time to the game.
8. Ineligible cheerers must attend game and sit out with coach.

12) Camp:

1. All cheerers will attend the designated summer camp.
2. Any cheerer not attending camp with the squad will be dismissed from the squad.
3. All cheerers are to be with squad members at all times until dismissed by the coach.

13) Captains:

1. Captains will be selected at a time leadership and teamwork becomes the squad's focus.
2. There will be 1 to 2 captains for the Varsity football squad. There will be 1-4 captains for the Varsity basketball squad.
3. To be eligible for the captain position the cheerer will need to have very good leadership skills; the coach will make the final decision on who has the best leadership. To be eligible for the captain position, a cheerer will need to have participated in Sequoyah's cheer for the previous year. If a cheerer is interested in the captain position, she will need to properly tryout for this position. (Tryouts will be held by the coach and decided by the coach)
4. Anyone playing softball will not be eligible for captain of the football squad. Anyone playing basketball will not be eligible for captain of the basketball squads.
5. A captain can and will be replaced if she does not fulfill her responsibilities.

14) Uniforms:

1. The uniforms are not to be altered in any way without prior approval from the coach.
2. **DO NOT DRY CLEAN!!**
3. Grades and diplomas will be held until all payments are paid in full for uniforms and equipment purchased.

16) Supervision:

1. The coach (or school official) will accompany the team to all sporting events and on out-of-town or overnight trips.

18) Costs:

1. *We will discuss the budget list at a later date.*

19) Guests:

1. There will be cases in which a guest(s) will be brought in to offer expertise or choreography.
2. Any guest(s) should be treated with as much, if not more, respect as the regular coach.
3. The team should abide by any rules or decisions made by the guest(s). Severe disciplinary action will be taken in the event that this rule is broken.

20) Communication:

1. Parents are expected to contact the squad coach in the event of a question or concern. Doing so prevents confusion and misinformation. **Anonymous letters of complaint will not be considered.**
2. Proper order of communication is: coach, building administration and athletic director.
3. The coach will not discuss situations involving individual squad members with anyone other than the parents of the member involved. Booster club meetings, games, practice and other squad functions are not a forum for discussion of individual problems or concerns. Those matters will be taken up privately with the coach in the form of a conference or phone call.
4. Parents are expected (through both their comments and their actions) to contribute positively to the self-esteem of both their child and other children on the team.
5. Parents are expected to call before coming to a practice being held on school premises. The coach reserves the right to schedule uninterrupted practice time at his/her discretion.
6. **Parents are expected to provide a support network for all activities and events for the cheerers. Coach makes the determination as to what these activities will be, and it is up to the parents to assist in the coach's efforts.** Should the parents or cheerers have conflict with any scheduled event, they are expected to contact the coach.
7. Parents are expected to support coaches and cheer staff at all times.
8. Parents and coaches will maintain positive speech and attitudes to each other, the cheerleaders, and our competitors.
9. The Board of Education believes extracurricular activities are necessary to supplement the curriculum of the school and to provide meaningful and educational experiences for each student. Since participation in athletics/activities is voluntary and all groups or organizations must exist within a framework of certain policies, rules, and regulations, the Athletic Department has developed these guidelines.
 - a. Since a team effort is required in most practices, games, competitions, (team) rules are needed. The individual athlete, therefore, becomes responsible to the (team), and a key to teaching that responsibility is to teach discipline. Our discipline will not be intimidation or anger. Discipline simply suggests the standards by which the team is going to operate. Consider for a moment the coach who trains five athletes and the coach who trains fifty. Both will have different responsibilities for their athletes and different rules.

21) Suspension, Voluntary Withdrawal, Dismissal

1. Grades: Eligibility will be determined weekly using OSSAA guidelines.
2. A cheerer who has quit or has been dismissed the previous year from a Sequoyah's cheer squad may not tryout for any team the following year.
 - a. The following actions will result in immediate dismissal from the squad:
 - i. Drugs & Alcohol: the use of drugs, drinking of alcoholic beverages or smoking on campus or school event.
 - ii. Drugs & Alcohol: the use of drugs, drinking of alcoholic beverages or smoking off campus: Suspension and/or dismissal.
 - iii. Violation of school rules.
 - iv. Excessive grade ineligibility: after 1 week of probation and 2 weeks of ineligibility, a cheerer will be given a warning. If she is still ineligible week 3, they will be referred to a review committee for future planning considerations.
 - v. School suspension
 - vi. Insubordination

22) Discipline:

1. The basic disciplinary actions used will be: extra running outside of practice, demerits or sitting out of designated functions.
2. In the event that more severe disciplinary action needs to be taken, the coach will resort to temporary suspension or dismissal from the team.
3. In the latter, the coach, sponsor, and/or athletic director will make the final decision.

23) Merit System:

A merit system (explained below) to deal with infractions (i.e. tardiness, missing uniform items, missing practice/games/events, attitude problems, misconduct, etc.) will be established. To remain a member of Sequoyah's cheer team, the team member must have at least 1 merit remaining at the end of the year. Merits are taken away for choosing to disobey the rule of this contract.

The Merit/ Point System

- 1) Each member will begin with 9 merits (36 points) immediately after tryouts.
- 2) The coach when earned by the member will give demerits. The member will be notified of demerits, and he/she will sign the log sheet to indicate notification.
- 3) If the member reaches "0," he/she can be dismissed from the squad at any time unless there is a catastrophic incident. It, then, will be up the discretion of the coach.
- 4) Merits may be earned as dictated by coach for duties performed by the member. There will be no "catch up" on merits to prevent the dismissal of a member.
- 5) If a member has not lost any merits they will be able to earn a free absence, which can be used any time. They can be earned by performing extra duties assigned by the coach's discretion.

- 6) Cheer team members will participate in ALL spirit activities/ designated performances unless they are ill or injured. **Parents must notify the coach in advance if their child will be absent.** This is courteous and necessary in order to prepare the rest of the squad for performances and dancing without that member. If member does not participate in an activity or designated performance and they are not ill or injured, then that might result to the member not going to nationals (coach's discretion).
- 7) All cheer team members are expected to have all of their cheer equipment with them at all games and performances. (I.e. uniforms, warm-ups, bows, shoes, poms, socks, etc.)
- 8) The coach will make the final decision when it comes to the amount of demerits and discipline a member receives for each situation.

Conduct/ Situations/ Disciplines

By earning the position on the Sequoyah cheer team, the members should always exhibit the utmost respect for themselves, their parents, coach, and school; both at school and in their community whether in uniform or not.

Obviously, all situations cannot be listed. However, the most frequently observed situations, their disciplines, and demerits given are listed below. Other situations that may arise will be handled at the discretion of the coach.

<p>1 demerit = 4 points 1 absence = 3 demerits = 12 points 1 free absence = 12 points extra above the 36 points</p>
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Practice:

1. **Tardies:** Up to 5 min. = 1 demerit (4 points)
More than 5 min. = 2 demerit (8 points)
2. **Absence:** School sponsored = 0 (with note from teacher and approved by coach)
With doctor's note = 0
Illness **without** parent contact before = 3 demerit (12 points)
Family Emergency = 0
All others = coach's discretion
3. **Problems at Practice:** Misconduct = Dismissal from practice and Cannot return until cleared w/ coach = 3 demerits (12 points)
Gossiping about other team members = Dismissal from practice that day & 3 demerits (12 points)
Attitude towards the coach = 2 demerits
With other discipline (8 points)

Game Attendance:

1. **Tardiness:** Up to 10 min. = 1 demerit (4 pts)
More than 10 min. = benched in uniform, sit by coach = 2 demerits (8 pts)
2. **Absence:** School sponsored = 0 (with note from teacher and approved by coach)
With Doctor's note = 0
Illness **with** parent contact before = 3 demerit (12 pts)
Family Emergency = 0
All others = coach's discretion

*** In case of injury, the team member will be in uniform at all events**

Grades (failing any class)

1. First week = probation
2. Second week = benched in uniform and 2 demerits. (8 pts)
3. Third week = possible dismissal

Uniforms:

1. Wrong uniform to event = benched in uniform and 2 demerits. (8 pts)
2. Damaged/ lost school uniforms = repaired and/or paid for by cheer team member.

Behavior:

1. Physically/verbally fighting with other squad member(s) = coach's discretion up to removal from squad.
2. Poor sportsmanship (suggestive sign language included) = coach's discretion up to removal from squad.
3. Attitude problems with teacher, coach, other members of any other spirit group = warning and 2 demerits and discipline, 3 demerits and sent home, then removal from squad. (20 pts)
4. Vulgar display, language, or sign language = coach's discretion up to removal from squad.
5. Poor Performance (no spirit/ no smile/ apathetic) = warning and then 1 demerit. (4 pts)

Fundraisers:

1. Quotas are to be met; if not, then the cheer team member will make up the monetary difference.
2. Fundraiser will be schedule/organized with input from the coach and parents, but will ultimately be confirmed by the coach.

**Sequoyah School Student/Parent Spirit Group
Acknowledgement Form**

We have read, understand and will abide by the 2014-2015 Sequoyah Public Schools Spirit Group Information Guidelines and Contract. This contract will remain effective from Cheer Clinic 2014 until Cheer Clinic 2015 and completion of basketball and Cheer Clinic responsibilities.

Cheerer's Signature Date

Cheerer's Phone Number

Parent/Guardian Signature Date

Parent/Guardian E-mail Address

Parent/Guardian Phone Number