

Franklin High School

Yellowjackets Cheerleading

2022-2023

**Expectations and
Requirements**



Franklin High School

2021-2022 Cheer season

Rules & Regulations

PURPOSE OF PACKET:

The purpose of the handout is to prepare and inform squad members and parents of the expectations, requirements, and procedures.

Please read so everyone both parents and squad members have a clear understanding of what to expect during the cheer season 2022-2023 year.

This packet should be used as a guide throughout the year.

CHEERLEADING REQUIREMENTS:

1. GPA 2.00 (Mr. Bava will is in charge of all eligibility)
2. Student must be on track to Graduate.

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PURPOSE:

Cheerleaders/Spirit leaders are to behave as school ambassadors. All members must have a high sense of good sportsmanship and fairness. One must be able to adapt to disappointing situation with good self-control. FHS cheerleaders shall promote and uphold team spirit, home or away. Team unity is always of the utmost importance. Whether on campus or in the community, squad members are expected to represent themselves, school, and their cheer team in a positive light.

ELIGIBILITY: (Mr. Bava is in charge of all eligibility)

A Cheerleader's first responsibility is to his or her academic program.

A member must always maintain a 2.0 GPA and making progress toward graduation. If there is a drop in GPA, she or he will be sat out of game (cheering/performance) with tutoring required. If GPA remains below a 2.0, possible dismissal for the team may accrue. If there is a dismissal, there will be **no reimbursement/refunds**. Must be able to attend all practices, all activities required by the cheer program.

Acceptance of a candidate shall be on the basis of ability, the coach's agreement, and acceptance of squad rules and without prejudice of race, creed or color.

The entire squad will cheer at all games and competitions, promotions, fundraisers community and charity events unless coach makes a decision otherwise.

PRACTICE:

* Practice is scheduled JV 5:00-7:00 and Varsity 4:30-6:30 – arrive 10 mins. before to be on time!

* Practice time subject to change with advance notice, unless deemed an emergency.

* If absent from practice or school please be sure to notify coach(s) or advisor.

The time involved in spirit leading is considerable. Practices will be scheduled according to needs. Each member is expected to attend all functions and on time. All members will be at the game or activity 30 mins. to an hour before for warm-up and/or practice time.

*If a practice is missed on any excuse not accompanied by a doctor's note the member will gain 1 point.

* Practice time is to be used appropriately. If there are errands to be run, (jackets, restroom, change clothes, etc.) do so as not to interfere with reporting to practice dressed and ready to go.

* **NO** jewelry will be worn during practice or game time. Franklin High School or Advisors are not responsible for lost or theft of personal items.

* Ear piercing during cheer season will be grounds for getting kicked off their team. If there is refusal to remove them during all practices, games and/or cheer activities.

* **NO** Acrylic nails – (ONLY) exceptions is prom – if any members gets nails done, they will be asked to remove them or receive 5 points & sit out of practices and/or games until there off.

* Hair must be worn away from face with a bow. No large plastic or metal hair ornaments.

* No gum, candy, chips, food, or soda...

If squad members cannot catch on to routine (cheer or dances) she/he will sit out of routine.

* Wear clothing that is non-restrictive (jeans are not allowed) No Street shoes, bear feet, sock or Uggs/sandals/flip flops.

* Only squad members will attend practice. (No friends or family to hang out)

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APPEARANCE:

The uniform will be worn to school on game day and any other day deemed necessary. Shells, liners, skirt, cheer shoes, ponytail with bow. Etc. In the cold winter months, the cheer warm up suit may be worn this will be at the discretion of the coach. All squad members will not cheer in any other clothing except for the approved school uniform.

- Make-up should be worn natural not excessive, **Only Natural eyelashes** to be worn (aka Caterpillars) can be dangerous while stunting, you maybe be asked to remove them on site so please make good choices. (Coach discretion) Natural color lip sticks **ONLY**, No Red, Natural Hair Colors **Only** tasteful (Blonde, Brown highlights allowed) All Pink, Purple unnatural colors not allowed. All ponytails must be neat and secured away from face not needing attention (combing, etc) while at school on game day or at game, competition, etc. Hair out of face.
- Cheerleaders will see that his/her uniform is presentable at all times.
- There will be a **2 second** rule for PDA. (Public Display of Affection.) The member will be asked to separate, there will be consequence. Course of action may, be one of the following: a call to parent, denied cheering and/or perform at a game. You are to lead by example at all times.

FINANCIAL:

Each member is responsible for his or her financial obligation(s). Uniform- Skirt, Liner, Shell, Script Spirit Pack- Bag, Socks, Shoes, Spanks, Warm up- Jacket, Pants, Script: ****Uniform Payments will be made to: Varsity Spirit Fashions** by way of On-line Payment Portal. (Cash will NOT be Accepted) *Poms will need to be purchase by your parent directly through OMNI Cheer the item number will be provided to you at a later date. Poms & Warm-up are part of your uniform and must be purchased.

ALL financial obligations will be handled directly with Coach Maria Torres

DISCIPLINE:

- No foul language, disrespect to team members or other. NO fighting, using of alcohol or other illegal substances. No excessive absences or tardies. No theft, referrals or detentions, suspensions. Members maybe dismissed from the squad or disciplined at the discretion of the coach or an administrator if found to have participated in any of the negative behaviors above or and negative activities that prove to be inappropriate for those having been chosen as leaders of their school.
- A **15-point discipline system** will be used for each occurrence. Multiple points can be given in 1 day. (Example, Tardy 1, Not dressed 1, Cell Phone 1= total 3)
If the coach feels points are being used with disregard any number of points can be given to help control these behavioral issues.
- If a cheerleader is asked to leave practice early, they will receive 5 points and a call home. Depending on the circumstances the member may be kicked off.
- There will be calls made to parents in regard to disorderly conduct.
- Please note the dismissal of any cheerleader will be at the coach's discretion and/or administrator.
- Unexcused absence will result in 1 point. Please submit Dr. note and Teacher approved notes for school events, attendance is crucial.
- We have zero tolerance policy for inappropriate, offensive or threatening social media posts, such behavior will result in immediate expulsion from the Cheer team/squad.

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EXPECTATIONS:

- * School ID's to be worn at all times and taken to all games and events.
- * If in possession of an electronic device (cell phone, mp3 player, dvd player, etc.) it must be off and in the backpack during school and practice time.
- * Attend all classes and practices, on time.
- * Must be dressed in cheer full uniform on game days. **(No exceptions)**
- * Follow school rules and Athletic handbook rules.
- * Squad members are required to maintain and uphold the reputation of FHS
this is stated on the commitment letter as well.
- * Members will make every attempt to ignore or discourage negative responses at events and not become involved in such action themselves.
- * **Good sportsmanship much be shown toward opponent's team at all times.**

If any Cheerleader has any concerns, please notify Coach's, Advisor of Campus Security. Do not try to take care of it on your own. Cheerleaders are expected to maintain a group image to the last minute of the event.

Team unity is of the up most importance at all times.

Thank you for your time and efforts.

Varsity Coach:
Maria Torres
(209) 598-3760