

Franklin High School

Yellowjackets Cheerleading,

and STUNT

2024-2025

Expectations and

Requirements



Franklin High School

2024-2025 Cheer, and STUNT season

Rules & Regulations

PURPOSE OF PACKET:

The purpose of the handout is to prepare and inform squad members of all team 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 and STUNT seasons for 2024-2025 year.

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

Changes can happen if coaches need a change or offer a majority rule vote.

CHEERLEADING and STUNT REQUIREMENTS:

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

Please always stay on top of your grades, no slacking. If you fall behind for even a moment, we can get you in torturing or a study partner within our teams.

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PURPOSE:

Cheerleaders/Spirit leaders or STUNT members are to behave as school ambassadors. All members of any team listed above must have a high sense of good sportsmanship and fairness. One must be able to adapt to disappointing situations with good self-control. FHS team members of any team listed above 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 teams in a positive light.

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

All team members first responsibility is to his or her academic program.

A member must always maintain a 2.0 GPA or above and make progress toward graduation. If there is a drop in GPA, she or he will be sat out of game (cheering/performance, competition) 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 any of the 2 programs.

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 for cheer, or dance at all games and competitions, promotions, fundraisers community and charity events unless coach makes a decision otherwise. STUNT will compete in a league.

STAY OFF the NO GO LIST it's punishing you for sitting out & your team & coaches for last min. changes

PRACTICE:

* Practice is scheduled JV 5:30-7 or 6-7:30 and Varsity 4:00 – 6:00pm – **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 both programs 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 for 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.

* Make appts. dental, physicals, eye, etc. if possible on the half days.

* **NO** jewelry will be worn during FOOTBALL, BASKETBALL & STUNT during practice or game times.

Franklin High School or Advisors are not responsible for lost or theft of personal items.

* Ear piercing during BASKETBALL & STUNT seasons this will be grounds for getting kicked off their team.

If there is refusal to remove them during all practices, games and/or other activities.

* **NO** Acrylic nails PAST the fingertip during FOOTBALL/BASKETBALL & STUNT seasons

ONLY exceptions is prom – if any members gets nails done past the fingertip, they will be asked to remove them before returning to cheer or STUNT refusal will receive 5 points & sit out of practices and/or games until there off.

* **Acrylic nails** within reason can be worn during Football season ONLY.

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

* No gum, candy, chips, food, or soda during practices... **Gum needs to be out before practice starts.**

If squad members cannot catch on to routine (cheer, dances or STUNT) 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) **ALL practices are closed.**

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APPEARANCE:

The cheer uniform will be worn to school on game days 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 may 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, Orange, Purple, Blue, etc. unnatural colors not allowed.

All ponytails/hair 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, NO bangs.

- Cheerleaders members 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. No sitting between another person's legs and No sitting on the lap of another person. You are to lead by example at all times.

FINANCIAL:

Each member is responsible for his or her financial obligation(s). Uniform- Skirt or Pants, 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. They will be a late portal for warmups ALL financial obligations will be handled directly with Coach Maria Torres

DISCIPLINE:

- No foul language, disrespect to team members or other. NO fighting, **NO 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 any team member 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 team member will be at the coach's discretion and/or administrator.
- Unexcused absence will result in 1 point. Please submit Dr. notes and Teacher approved notes for school events, attendance is crucial.
- We have zero tolerance policy for bullying, inappropriate, offensive or threatening social media posts, such behavior will result in immediate expulsion from the Cheer team/squad or STUNT.

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NO GO LIST:

- All team members are to stay OFF the NO GO List. Your child can get put on the No Go List several different way. Please look into these matters, with school Admin staff as well.
- The No Go List is not a revolving door, individuals that continue to be on this list effects the whole team on game or performance days that is additional stress and is not fair to the entire team.
- If you are a frequent offender, (example only) on NO GO list miss 1 game that week but back on the NO GO list the next week but get cleared you may get participate or sit out of cheer, half-time only the whole game coach's discretion. Because adjustment may have been made while you were out.
- There is NO, I in Team so please be awesomely, great, outstanding team member at all times.

EXPECTATIONS:

- * School ID's to be worn at all times and taken to all games (home and away) 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 school classes and practices, **on time.**
- * Must be dressed in cheer or STUNT full uniform on game days. **(No exceptions)**
- * Follow school rules and Athletic handbook rules.
- * **Squad/STUNT members are required to maintain and uphold the reputation of Franklin High School 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 must be shown toward opponent's team at all times.**

If any Cheerleader or STUNT members has any concerns with on campus issues, please notify you Coach's, and Advisor of Campus Security. Do not try to take care of it on your own. Cheerleaders, and STUNT team members are expected to maintain a group image to the last minute of the event and throughout each school day.

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

Junior Varsity Coach:
Angie Dominguez
(209) 292-0031