

CANON-MCMILLAN

HIGH SCHOOL

CHEERLEADING

HANDBOOK

2021-2022

TABLE OF CONTENTS

Purpose of Organization.....	page 2
Eligibility.....	page 2
Tryouts.....	page 2
Squad Organization.....	page 3
Scheduling.....	page 3
Safety and injuries.....	page 4
Attendance.....	page 4
General Conduct	
➤ General conduct.....	page 5
➤ Captains.....	page 5
➤ Appearance.....	page 5
➤ Practice Conduct.....	page 6
➤ Game/Performance Conduct.....	page 6
➤ Dismissal From Team.....	page 6
Captains.....	page 7
Uniforms.....	page 7
Fundraising.....	page 7
Academics.....	page 7
Travel.....	page 7
Chain of Command.....	page 8
Knowledge of Material/Maintenance of Skill.....	page 8
Website.....	page 8
Varsity letter Criteria.....	page 8

PURPOSE OF ORGANIZATION

- To represent the school and community in an exemplary manner
- To execute a school spirit program that supports the school itself and the athletic teams
- To serve as positive role models and leaders
- To promote sportsmanship within our school and among other schools
- To develop the ability to work as a part of a group in achieving common goals

ELIGIBILITY

All cheerleader candidates must be:

- Residents of Canon-McMillan School District
- Registered with CMHS at the time of tryouts
- Passing 4.0 credits with a 2.0 GPA
- In good standing with attendance and discipline

TRYOUTS

- Due to COVID-19, masks will be required throughout the tryout process
- All cheerleaders must re-tryout every year; no one is guaranteed a spot on the team regardless of grade or seniority
- Those who have relinquished their spot or been released from the team will not be eligible to tryout unless otherwise approved by the coach. Accommodations may be made due to COVID-19.
- All candidates must know, and be willing to abide by the Canon-McMillan High School Cheerleading Constitution, the Canon-McMillan School District Athletic Handbook and the NFHS Spirit Rule Book.
- All candidates will receive a tryout number
- The 2021/2022 team will be posted on the CMHS cheer website by tryout number
- Appropriate tryout attire:
 - Black shorts
 - Black t-shirt without writing
 - Socks and athletic shoes
 - Hair pulled back away from face (you may wear a personal bow)
 - Absolutely NO jewelry
 - No gum

SQUAD ORGANIZATION

VARSIITY

- Will cheer as one team throughout the year consisting of Seniors, Juniors and Sophomores
- Sideline events include but are not limited to: UCA Summer Camp, Lil' Mac and CMS Cheer Clinics, Varsity Football (home and away), Varsity Men's Basketball (home and away), select Wrestling Matches, community service, fundraising events, bonding activities, and team dinners

JUNIOR VARSITY

- Will cheer as one team throughout the year consisting of Seniors, Juniors, Sophomores and Freshmen
- Sideline events include but are not limited to: UCA Summer Camp, Lil' Mac and CMS Cheer Clinics, JV Football (home), select Varsity Football, JV basketball (home), community service, fundraising events, bonding activities, and team breakfasts

SCHEDULING

- Coaches will provide a calendar of scheduled practices, games and events at the start of each season
 - Conditioning practices begin once given permission
 - Previously, mandatory season was scheduled to begin August 9th - We will provide updates as we are informed due to COVID-19
- Every effort will be made to adhere to the schedule; however, changes are to be expected and cheerleaders should make every effort to attend
- Coaches and/or Athletic Director may add events to the schedule at any point during the season

CHEER CAMPS

UCA CAMP

- UCA Home Camp:
 - Varsity & Junior Varsity
 - Tentative: week of August 9th (11th, 12th, 13th)
**subject to change based on gym/ UCA availability*
 - Canon-McMillan High School

COACHES CAMP

- Coaches Camp:
 - Varsity & Junior Varsity
 - Cheerleaders will review cheers, chants, and band dances essential for games and events throughout the season as well as practice game day scenarios
 - Tentative: week of August 16th **subject to change based on gym availability*
 - Canon-McMillan High School

SAFETY & INJURIES

- Warm-up and stretching must precede all practice sessions, pep-rallies, games, competitions, and other physical activities
- We follow the recommended safety guidelines published by AACCA
- Absolutely no stunting or tumbling without a coach present
- At the beginning of each season, all cheerleaders will review basic stunt procedures, regardless of skill level
- If a cheerleader is injured, she must:
 - Submit a note from a doctor that specifies what she can and cannot do along with the dates of restriction
 - Attend all scheduled events as usual (dressed appropriately & sit with the coach for the event)
 - EXCEPTION: If the cheerleader has a medical agreement with the school to attend half days, she will not be permitted to come to any event
 - Submit a doctor's note that clears the cheerleader to return before she can participate again

ATTENDANCE

- You will be expected to be at **ALL** practices, games, events and team activities. One cheerleader's absence affects the **ENTIRE** squad.
- Cheerleaders must arrive on time at all scheduled events and stay for the required amount of time.
 - It is the **CHEERLEADER'S** responsibility to message both coaches when she will be late to an event. Notifying only a teammate or captain is **UNACCEPTABLE**
 - Continuous "I have to leave early" or "I will be a little late" will not be tolerated. Once you reach two hours of accumulated early dismissals/late arrival time, it will count as one unexcused absence
 - If a cheerleader is found to have been untrue about an absence, then she is subject to disciplinary action
- Cheerleaders must notify the coaches of **ALL** absences in **WRITING** prior to the absence.
 - Notifying only a teammate or captain is **UNACCEPTABLE**
 - If prior notice is not provided, it counts as **TWO** unexcused absences

EXCUSED ABSENCES

- Medical absences
 - must provide a doctor's excuse
- Family emergencies
 - funerals, hospitalizations, etc.
- Excused educational trips

UNEXCUSED ABSENCES

- Those caused by anything other than excused absences

- Varsity/Junior Varsity absences:
 - Once the cheerleader has reached 3 unexcused absences, contact will be made with the cheerleader
 - Once the cheerleader has reached 5 unexcused absences, she will lose membership from her respective team
- Football/Basketball Playoff absences:
 - Cheerleaders will be permitted to miss **ONE** football playoff game and **ONE** basketball playoff game without punishment due to late schedule notification

SCHOOL ATTENDANCE:

- Full-Day Absence: Cheerleader may **NOT** participate in any event. Absences on the last day of the school week prevents the cheerleader from participating in events over the weekend
- Half-Day Absence: Cheerleaders are permitted/expected to participate at all practices and events
- If you are absent from school due to an illness, a medical excuse must be provided

GENERAL CONDUCT

- Each cheerleader is a representative of our school and community therefore cheerleaders will be held accountable for their behavior at all times
- The following rules are expected to be followed at all times. If the rules are broken, the cheerleader will be benched for the current/following event (game/competition). If a cheerleader is benched, she must dress in full uniform and sit with the coach. After the member has been benched from THREE events, they will lose membership from the team. These rules include, but ARE NOT LIMITED TO:
 - Leaving an event without permission
 - Failure to wear complete uniform (includes socks, bows, gloves, etc.)
 - Public appearance at a non-cheerleading event in uniform
 - Public displays of affection in uniform
 - Social media - this applies to ANY social media accounts (no posting inappropriate photos or comments)
 - Disrespect/poor attitude
 - Unsportsmanlike conduct - this applies to teammates and coaches
 - Cell phone use - cell phones must silenced and put away once you arrive to all practices, games, and events. If you are on your phone at an inappropriate time, coaches have the right to confiscate your phone until the end of the event. If you need to use your phone for any reason, you must ask permission first
 - No chewing gum
 - Nails must be a neutral color at a sports length
 - COACHES DISCRETION APPLIES FOR ALL CIRCUMSTANCES

CAPTAINS

Additional general conduct rules that apply to Captains include, but are not limited to:

- Failure to set a good example for fellow teammates
- Abuse of authority
- Inappropriate criticism of a teammate

APPEARANCE

- Only neutral tone nail polishes in uniform (nude, French manicure, etc.)
- Fingernail length must be sports length
- No jewelry of ANY kind
- No excessive makeup
- Natural hair colors only

PRACTICE CONDUCT

During practices, cheerleaders are expected to:

- Wear cheerleading shoes
- Have hair pulled up and out of face before practice begins
- No jewelry (of ANY kind)
- Display appropriate manners by not talking excessively during instruction
- Be on time and remain for the duration of practice
- No cell phones
- No chewing gum
- Clean up the practice area as a team

GAME/PERFORMANCE CONDUCT

During games/performances, cheerleaders are expected to:

- Arrive on time to all scheduled games and events
 - Any cheerleader who is 15 minutes late for a game or performance may not be eligible to perform
- Be dressed in complete uniform including appropriate bow, vest, skirts, etc.
- No jewelry (of ANY kind)
- Fingernail polish (besides neutral colors) must be removed prior to games/performances; otherwise the cheerleader will be benched
- Sit/stand as a team throughout the entire event
- Be attentive to the game and perform in assigned positions
- Not talk while in line, stunting or performing
- Use the restroom with the coaches permission - try to go before or after games/events
- Be back in their designated places 2 minutes before the end of halftime at football games and 1 minute before the end of halftime at basketball games
 - If a cheerleader is not back in time, they will sit the following quarter
- Not leave a game/event without prior coaches permission
- Failure to abide by the Canon-McMillan School District Athletic Handbook attendance policy on the day of a game or performance will automatically exclude the member from participating that day

DISMISSAL FROM TEAM

Loss of membership can occur for violations of any rules or district policies. These infractions include, but are not limited to:

- Substance abuse
- Out of school suspension
- Vandalism of school, community or property

CAPTAINS

- Captains are determined by both coaches and/or cheerleaders
- Those seeking to be named captains:
 - Are evaluated on the basis of leadership skills and cheer performance
 - Should be role models for the squad and are responsible for keeping up the morale of the team
 - Notifying teammates of practices, times, schedule changes, uniform and clothing requirements, etc.
 - Serve as a hostess to visiting squads
 - Is responsible for preparing quarter cheers and time out material for each game
 - Will report any problems to the coaches so they may be dealt with in an appropriate manner

FUNDRAISING

- Every effort is made to provide fundraising opportunities to help defray the expensive cost of our sport
- Any individual money raised that is not spent at the end of the season will be applied to the team account for the following year

- Weekly academic progress will be checked by the Assistant Athletic Director to ensure eligibility for the week
- Cheerleaders that are ineligible, are unable to participate in any practices and/or events until eligible again

ACADEMICS

UNIFORMS

- All uniforms are the property of the Canon-McMillan School District/CMHS Cheer Organization
- If for any reason a cheerleader quits or is dismissed, she is expected to return all uniforms/equipment within seven days of termination
- At the end of the season, uniforms are to be turned in to the coach CLEANED
- Damaged or lost uniforms will be replaced by the cheerleader
- All cheerleaders are required to purchase additional uniform items throughout the year
- At no time should any piece of your uniform be lent to anyone or worn at a non-cheerleading event

TRAVEL

- The cheerleader will ride with the team to and from all events and activities
- It is imperative that pick up after a practice/event is prompt
- Rare exceptions will be made only if the proper procedures are followed:
 - The cheerleader and parent must complete the Transportation Form and submit it to the coach prior to the event
 - No forms will be accepted once we leave unless the cheerleader becomes ill or injured
 - If a parent is going to pick up their cheerleader from an away event, the coach must "see" the parent the member is to leave with. If the parents do not speak with the coach, the cheerleader will be expected to ride the bus with the team

CHAIN OF COMMAND

- First, the cheerleader should speak to the coaches directly to discuss questions, problems, suggestions, or concerns
 - If the problem is not resolved between the coach and cheerleader, the coach may contact the parents, or the parents may contact the coach
 - Coaches will not discuss situations with parents unless communication with the athlete has already occurred
- If the situation involves school intervention, the Head Coach will contact all parties involved including the Athletic Director/Assistant Athletic Director and/or the Principal if required
- We ask that school officials not be contacted regarding cheerleading matters without first discussing these issues with the coaches. This will ensure that the chain of command works properly
- Due to our privacy policy, coaches will only discuss situations with the parents and/or cheerleaders involved in the situation
- All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated

KNOWLEDGE OF MATERIAL & MAINTENANCE OF SKILL

- All cheerleaders are expected to maintain a minimum of the skill level and tumbling that they were capable of at tryouts. This means that if you tried out with a back handspring, you must perform a back handspring throughout the season
- All cheerleaders are responsible for learning the provided material from the CMHS Cheer YouTube channel (sideline chants, band dances, quarter cheers, etc.)
- All cheerleaders are expected to know all necessary material at the beginning of each season. The coach reserves the right to sit the cheerleader out of games/performances if she is not consistently meeting the minimum skill requirements or if she does not consistently know all necessary material
- If you are absent from a practice, you are responsible for learning the material missed before the next practice

WEBSITE

- Cheerleaders and parents are expected to check the website for updates and information:

<http://www.cmhscheer.com/>

VARSITY LETTER CRITERIA

- In order to receive a letter, cheerleaders must have two years of Varsity participation