

## **C.M. Russell High School Cheerleading 2016-2017 Expectations**

These expectations are subject to addition & change when found necessary & beneficial.

The Cheer Coach will make final acceptance of all rules with the support of all the Coaching Staff.

Changes can be made at any time. All rules and regulations of MHSA, GFPS, & CMR are to be followed.

**PURPOSE:** The C.M. Russell High Cheer Team is a group of selected individuals whose purpose is to represent CMR in a positive light to, cheer on teams, as well as perform and entertain audiences. It is an honor and a privilege to be a part of this program.

**MEMBERSHIP:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. **GRADES-** Cheer Team Members must meet Board of Trustee policies for eligibility requirements:
  - a. At a Minimum, Cheer Team Members must pass five (5) academic classes each semester.
  - b. Cheer Team Members must have a Minimum grade point average of 2.0 to tryout. They must maintain the 2.0 GPA or higher at each mid-term grade report and at the end of each quarter.
  - c. If the GPA falls below 2.0, the cheerleader is benched until they bring a grade report to coach indicating the GPA is now 2.0 or higher.
  - d. If the cheer Team Member has an “F” grade in any subject (even if they are still maintaining a 2.0 GPA), she/he can be benched until she/he brings in a grade report to the coach indicating the “F” grade has been changed.
2. **LETTERING-** Letters will be awarded to varsity cheerleaders completing the cheerleading year in “good standing”. This is calculated according to attitude & attendance by the coaching staff.
3. **TO BE ELIGIBLE TO CHEER YOU WILL NEED-**
  - a. A physical exam turned into Coaching Staff
  - b. A chemical dependency form signed and turned in to the coaching staff
  - c. To have purchased an activity card and pay activity participation fee
4. **FULL YEAR-**
  - a. The season begins the week after tryouts in May
  - b. There will be summer practices, including conditioning, other preliminary activities, and required participation in cheerleading camp
  - c. Cheer Team Members will start their formal season two weeks prior to school and will start regular practice schedule (team members should plan on 2 to 4 practices per week).
  - d. Cheer Team Members are expected to arrive, on time, to both practices and games. (Please refer to Attendance Policy)
5. **FITNESS-**
  - a. Cheer Team Members are expected to maintain strength, coordination, and flexibility to accomplish cheers, jumps, dances, stunts and other related activities.
  - b. If a Cheer Team Member is unable to reach acceptable standards, at the discretion of the coach, his/her participation may be delayed or suspended.

**COMMUNICATION:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. Both coaches are able communicate with Cheer team members and parents through email, text messages, or Reminds.
2. These guidelines have been established with the goals of safety, clear communication, and fairness throughout the season.
3. If either the Cheer Team Member or parent is concerned about an issue addressed in this contract or with anything that occurs during the season, they are encouraged to contact the coaches.

4. Cheer team members or parents has a concern or issue, he/she should **1st** contact a coach. If concern or issue cannot be resolved, *the coach* will contact administrators or the other needed party to further resolve the concern.

**TRYOUTS:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. All students at CMR, both male & female, may try out for the CMR Cheerleading team if they are passing 4 credit bearing classes.
2. Both JV & Varsity will be made up of at least 12 cheerleaders. They will cheer for the entire year consisting of football, volleyball, boys & girls basketball, boys & girls cross-town soccer, cross-town wrestling & specified cross-country meets.
3. All current team members will be expected to tryout each season. Tryouts will be held in the spring of each year coaching staff will also be able to add members based on a trial basis, at any time during the season based on needs. (However, if the coaching staff is in need of holding a tryout mid-season, that is a possibility.)

**MANDATORY EVENTS:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

All mandatory events & times are subject to change by the Coaching Staff at any time.

1. Games-
  - a. Cheerleaders will cheer for full season events for football, volleyball, boys & girls basketball and only cross-town & state meets, cross-country, boys & girls' soccer, & wrestling.
  - b. Hair & uniform will be set for all games. If the incorrect uniform or hair is worn the Coaching Staff will determine punishment of their choice. If this happens three times, the cheerleader will sit out for a game or event of the Coaching Staff's choice.
  - c. If a Varsity Cheerleader is scheduled to miss a game due to an excused absence or suspension, a Junior Varsity Cheerleader can be selected to cheer both the JV and the Varsity game. This decision will be made by the coaching staff and will not be on a "rotation" basis. *This selection is made based up hard work, attitude and knowledge of material.*
  - d. If a JV Cheerleader is scheduled to miss a game due to an excused absence or suspension, a Varsity Cheerleader can cheer both the JV game and the Varsity game if the Varsity Cheerleader wishes. This decision will be made on a voluntary basis, unless game is needed to be made up by varsity cheerleader.
  - e. JV & Varsity team members are encouraged to watch and support their team members at their games. At least 3 Varsity team members will be required to attend each JV games. At least 3 JV team members will be required to attend each Varsity games. This will be on a rotation basis, and team members will have a sign up available.
  - f.
2. Practices-
  - a. Summer Practices: The Coaching Staff will determine summer practice times & cheerleaders will be notified. Attendance at these practices is mandatory if the cheerleader is in town. Please plan to be in town during the dates if notified before out-of-town plans are made.
  - b. Mandatory Practices: Mandatory Practices will begin according to the school August mandatory practice date each year. The Coaching Staff will set mandatory weekly practices at the beginning of the year. Both JV & Varsity will attend the same practices.
  - c. Practice wear must be worn for all practices. Hair needs to worn up & pulled away from the face. All jewelry must be removed before the beginning of practice. No hard hair clips, hard headbands, or bandanas. If incorrect gear is worn at the BEGINNING of practice three times the Cheerleader will sit out for a game of the Coaching Staff's choice.

### **MANDATORY EVENTS:(cont.)**

3. Fundraising & Volunteering-
  - a. Fundraising & volunteering events that are deemed mandatory by the Coaching Staff will be treated as a game or practice as far as attendance purposes.
  - b. All fundraising & volunteering events will be set up or approved by the Coaching Staff.

### **TRAVEL:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. If being transported by any person(s) other than parent/ guardian, at any time, a Cheer team member must submit a Transportation Release form to Coaches and administration. This includes being transported to and from practice, games, or any other cheer team function by another cheer team member.
2. Cheerleaders at any level will not travel to out-of-town regular season games. The only away games cheered at are vs Great Falls High School.
3. Travel for playoff & state games shall rest on the final decision of the Coaching Staff. 16 Varsity will travel, this will be determined by coach based upon grades (*No team member will be permitted to travel with less than a C in a class that is being missed*), attendance & knowledge of material. Spots may be replaced by JV if deemed necessary by the coaching staff. Not all team members will necessarily travel. Team members shall earn their spot in traveling to these away opportunities. (Travel guidelines shall be followed by each member traveling. These will be provided before each travel destination.)
4. If conflicting dates between playoff, state and regular season games, the squad will be split and an equal number of cheerleaders sent to each event. The coaching staff will choose who attends each event.
5. If the conflicting events are close enough in distance to each other, the cheerleaders may be allowed to travel from location to location if a schedule can be worked out to have cheerleaders at both events. Cheerleaders will be allowed to travel on the team bus if space is available. If there is no space, appropriate arrangements will be made by the coaching staff & school district. Transportation will be arranged.
6. If funds are available and the team has earned the chance to go to a competition, it will be determined and authorized by the Coaching Staff. Another tryout within the team for a competitive group is a possibility.

### **STUNTING:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. No stunting will be done without a coach present & w/o the instruction of the coach.
2. Positions in a stunt will be determined by the coaching staff. Cheerleaders will be willing to perform all positions in a stunt.
3. If a cheerleader cannot run or jump, they will not stunt, *unless exception stated by Dr. and note is provided to coach.*
4. Cheerleaders must be willing to take constructive criticism while stunting. They may be asked not to criticize other team members during the learning process.
5. Stunting practice will be quiet. There will be no goofing off or laughing. There will be no talking until the flyer has both feet on the ground. This will allow for communication between the parties stunting.
6. If a person does not want to catch, no matter their size, they may be benched or removed from the team.
7. If a Cheerleader is caught wearing jewelry during a game or practice, they will sit for the rest of the event. This may result in benching from a game. If this happens three times, the Cheerleader may be removed from the team.

### **CONDUCT & RESPECT:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. A cheer team member shall act courteously and respectfully towards team members, teachers, coaches, administration, spectators, opponents, Wranglers, and band members (*basically everyone*) at all times.

2. Cheer team members shall work as a team. Individual members of the team may be close friends. Team members' friendship or non-friendship shall not have a negative effect on the team or interrupt practices, events, or performances.
3. No negative attitudes or snide remarks will be accepted at any time, for any reason. Disrespect for teammates, coaches or instruction of the Coaching Staff will result in immediate repercussions for the team member.

**CONDUCT & RESPECT: (cont.)**

4. Line Behavior- When a Cheerleader is in uniform or at a game there will be no goofing around, socializing, or practicing motions. Cheerleaders are not at the game to socialize with friends, family, or other team members.
5. Drugs/Alcohol/Smoking
  - A team member shall abide by all laws regarding drugs and alcohol.
  - There shall be no smoking by a team member, even if they are 18, at any time while in uniform or around the school or during any cheer functions.
6. There is to be no vulgar language, physical or verbal fighting, or any other conduct that could be observed as unbecoming to a Cheerleader. These offences may lead to suspension or removal from the team and are based on the judgment of the Coaching Staff and/or the administration.
7. When in uniform or other cheer attire- a cheer team member shall act professional at all times. No public displays of affection with peers (male or female) will be permitted (including hugging).
8. Chewing gum will not be permitted during practice or game, if a cheerleader is caught with gum during a game or practice, they will be asked to spit or have a punishment determined by the Coaching staff. A cheerleader may drink water, but during quarter breaks and halftime, not during the play of the game.
9. Cheerleaders must arrive an average of 60 minutes prior to activity at allow warm up/stretching time, time needed will be determined by coaching staff. Cheerleaders will be ready to cheer/dance when the team begins to warm up. No cheerleader should leave the area during an activity, except for between quarters, half times, or in case of emergency. There will be no laughing or visiting during the presentation of the flags. Respect will be shown until after the flags leave the floor/field.
10. If the visiting team brings cheerleaders, it is the home squad's responsibility to show them the rest room, where they can hang signs, and decide who will perform at each quarter.
11. Any and all decisions will be made by the coaching staff. A cheerleader that does not cooperate with decisions made by the coaching staff will be given the chance to correct the problem, or be removed permanently from the squad.
12. No matter where they are placed in line or in a stunt, a Cheerleader will have the same good attitude. There is no entitlement on the CMR Cheer Team & a bad attitude will be punished on the spot.
13. Cell phones will be put away for all practices, games, and mandatory events.
14. While sitting on the sidelines or in the stands, cheer team members will fully support teammates, act professionally, and will participate as an active crowd member. Roaming around, going in and out of the locker room, going to the concession stands, etc. will not be allowed. If watching/ participating as a crowd member, no cheer apparel or uniform may be worn (must wear assigned game day spirit attire).

**UNIFORMS:** Student: \_\_\_\_ Parent: \_\_\_\_

1. The GFPS District will provide each cheerleader with their uniform(s) and warm ups to borrow for the Cheer Season.
  - a. There may not be any alternations to this uniform(s) unless there is prior approval by the coach
  - b. There is absolutely NO CUTTING to be done on any uniform.
  - c. Cheer Team Member will be responsible to repair or replace damaged or missing uniforms at their own expense.

## **UNIFORMS: (cont:)**

2. Each Cheerleader is responsible for his or her own uniforms. Non-cheer team members shall not wear any team uniforms or accessories at any time. A team member is fully responsible for the actions of any non-team member who wears their uniform. (Uniforms also include all warm-up and practice apparel, team bags and poms.)
3. All uniforms, game day outfits, and event clothing will be assigned ahead of time.
4. A cheer team member shall maintain a professional appearance. The correct uniform, hairstyle and make-up must be worn for all performances and events. Alternate make-up is not allowed. Tattoos shall be covered completely and all piercings must be removed including earrings and all other piercings. (Medical ID tags may be worn but must be taped to the body.) Finger nails will be cut and filed short.
5. Hair color will remain neutral looking and outlandish haircuts & colors will be asked to be corrected.
6. All team members are personally liable for her uniforms. All team members shall return their uniforms and accessories at the end of the season. A date will be determined for all uniforms and equipment to be turned in. Failure in doing so or damage to the uniform may result in fines.
7. Following each and every cheer team event, all participants shall immediately remove all uniform pieces and major accessories. No uniforms will be worn without instruction to do so by the coach. This includes warm ups, but does not include personal sweatshirts.
8. Only water can be drank while in uniform or warm-ups. Cheer team members will not be permitted to eat or drink while in uniform or warm-ups in order to maintain the cleanliness of the uniforms
9. Regulation shoes, socks, and briefs are to be worn.
10. No glitter of any kind may be worn (or used on signs) while cheering due to safety regulations.

If any of these rules are broken & the team is warned & fined by MHSA the responsible Cheerleader(s) will pay the fine.

## **CAPTAINS:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. Captains may or may not be selected each season. Captains will be selected by a process determined by the coaching staff, this process can include interview, trial, voting on by teammates or selected by coaches. At any time captains may be removed from their positions or replaced by the Coaching Staff, if they are unable to fulfil their expectations.

## **MEDIA, MARKETING & COMMUNITY SERVICE PROJECTS:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

- A team member will clear all media appearances through the Coach (if they are not scheduled by coach.) This includes all newspaper, television, radio and any other media/marketing appearances.
- A team member will use his or hers best judgment when it comes to Facebook/twitter/Instagram/snapchat/vine and or any other chatrooms, message boards, etc.
- All community service projects will be set up and cleared by the Coach.

## **SOCIAL MEDIA:** Student: \_\_\_\_\_ Parent: \_\_\_\_\_

1. A team member will use his or her best judgment when it comes to Facebook/twitter/Instagram/snapchat/vine and/or any other chatrooms, message boards, etc.  
Inappropriate conduct will result in:  
1<sup>st</sup> Offense: Verbal Warning with the coaching staff  
2<sup>nd</sup> Offense: Behavior Contract & 2 weeks no social media  
3<sup>rd</sup> Offense: Meeting with parents and/or administration, potentially resulting in removal from the team.  
*This includes posts, messages, interactions, stories shared, ANY SOCIAL MEDIA CONDUCT!*

**ATTENDANCE:** Student: \_\_\_\_ Parent: \_\_\_\_

Attendance is monitored and taken very seriously. Messages will be left on phones if you cannot be reached, it is important that you give the correct numbers so you can be reached. E-mail and or text messages will also be sent, it is important that you leave the correct e-mail address or phone numbers so you can be reached.

**Call, text, or email Coach Culliton or Coach Roberts ASAP for any absences**

**Phone: Culliton: (406) 781-7356 or Roberts (406) 868-0722**

**E-mail [adrienne\\_culliton@gfps.k12.mt.us](mailto:adrienne_culliton@gfps.k12.mt.us) or [cassier53@yahoo.com](mailto:cassier53@yahoo.com)**

The following is regarding absences from mandatory events & tardiness for mandatory events and game breaks. *For anything to be excused the coaching staff must be notified about the miss prior to the event they are missing.*

Excused tardies:

- Class/ after school help from teacher/tutor or class field trips
- Family emergencies

Excused absences:

- Class/ after school help from teacher/tutor or class field trips- Class or class field trips must be provided to coach in writing (one week,) before the date of absence.
- Family emergencies- If there is a family emergency a parent needs to notify Coach Culliton/ Roberts
- Sickness- Sicknesses or injury needs to be reported to Coach Culliton/ Roberts by a parent **prior to** practice or game

If you have a special circumstance, it may be excused if the Coaching Staff is given the chance to approve it well in advance.

**Unexcused tardies/ absences: homework (exception: absent work/ tests), jobs, drivers ed., babysitting a sibling, birthday, going to another game/school event, ski trips etc.**

**CONSEQUENCES OF MISSING A GAME:** Student: \_\_\_\_ Parent: \_\_\_\_

#### **EXCUSED ABSENCES-**

**Practice:** This will result in additional conditional or sitting at the game or practice for an amount of time of the Coaches Choice.

**Games:** This will result in sitting at the upcoming game for at least half time amount of game time missed, to be determined by the coach.

#### **UNEXCUSED ABSENCES-**

**Practice:** This will result in additional conditioning and sitting the event of the Coaches Choice

**Games:** this will result in sitting for 1.5 times the amount of time missed and/or the event of the coach's choice. *ex: if you miss 1 game, you will sit for 1 full game and a 1/2 game*

#### **TARDIES:**

**Excused:** This will result with no consequence if notice is given from the parent to the coach prior to the start of practice; cheerleader will be expected to make up warmup & conditioning prior to participating.

**Unexcused:** This will result in additional conditioning and sitting an event of the coach's choice.

I, \_\_\_\_\_, have read and understand Rules of Conduct of the C.M. Russell High School Cheer Team. I agree with the purpose of these rules. I will adhere to the Rules of Conduct throughout the entire 2016-2017 cheerleading season, and if I fail to do so I will accept the punishment determined by the Coaching Staff.

Team Member Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

**COACHES CONTACT INFO:**

<b>Adrienne Culliton</b>	<b>Cassie Roberts</b>
<b>Phone: 406-781-7356</b> <b>Email: adrienne_culliton@gfps.k12.mt.us</b>	<b>Phone: 406-868-0722</b> <b>EEmail: cassier53@yahoo.com</b>

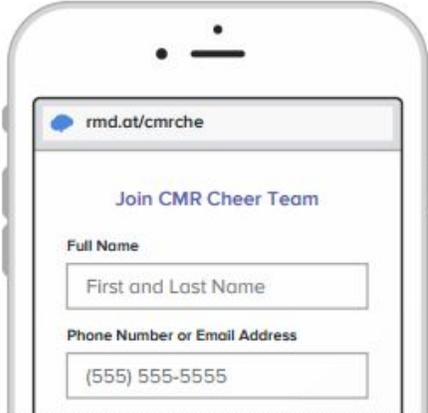
Pick a way to receive messages for **CMR Cheer Team**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/cmrche](http://rmd.at/cmrche)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @cmrche to the number 81010.

If you're having trouble with 81010, try texting @cmrche to (734) 720-9561.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/cmrche](http://rmd.at/cmrche) on a desktop computer to sign up for email notifications.