

# Holy Cross Lutheran School Cheer Agreement 2017-2018

Please read through this **BEFORE** signing below.

Cheerleader: \_\_\_\_\_

Grade: \_\_\_\_\_

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## *General Rules and Regulations as per the Cheer Handbook*

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Cheerleaders are chosen representatives of the student body; they have the opportunity and a significant responsibility for promoting good/Christ like sportsmanship. By setting a good example, cheerleaders can influence and help control the reaction of students and adult spectators. They are often seen as the representatives not only of a school, but of a community as well. Cheerleaders should embody not only athletic ability, but enthusiasm, spirit, leadership, ethics, integrity, sportsmanship, and friendliness.

1. Dress
  - a. Uniforms are to be kept neat and clean. Do not iron or dry clean them.
  - b. Small stud earrings are the only earrings permitted during games.
  - c. Hair will be up unless you have short hair.
  - d. Uniforms and warm-ups are to worn on game days and cheer events.
  - e. When wearing uniforms during the school day, leggings and undershirts are mandatory.;
  - f. Shoes are worn during practice and at games. DO NOT wear shoes outside.
2. Transportation
  - a. Please contact either of your coaches if you need a ride.
  - b. Arrive 15 minutes before the game starts.
3. Practice
  - a. Be ready by practice time. This means properly dressed and snacks finished.
  - b. Practice clothes include fingertip length or longer shorts, t-shirt, cheer shoes, and pom-poms.

- c. If you are unable to attend practice or will be late due to school obligations, you MUST inform a coach **before** the start of practice.
4. Attendance
- a. A 24-hour notice is expected if you are unable to attend a game.
  - b. If you stay home sick on a school day, you are not allowed to cheer at the game that evening. If sick on a Friday, you will not be able to cheer at any games during that weekend.
  - c. Attendance of all cheer fundraisers are mandatory unless excused by a coach.
  - d. Cheerleaders are expected to attend Topeka Tournament in February and the Sports Banquet at the end of the year.
5. Conduct
- a. Code Of Conduct applies to all cheer events.
  - b. Work together by listening to peers and being open to their ideas.
  - c. Good sportsmanship is expected when working with other squads.
  - d. Chewing gum is not permitted at practice or games.
  - e. Know required cheers and be aware of the game.
  - f. Encompass Christian values on and off the court.
6. Behavior
- a. Respect your coaches, teammates, and parents.
  - b. Support and encourage all members of the squad.
  - c. Be a role model to younger students through your school spirit.
  - d. Be enthusiastic no matter what the score.
  - e. The use of the word "can't" or any form of will result in 10 push-ups.

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# Cheerleader

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By Signing below, I, \_\_\_\_\_ (Print Cheerleader's Name) agree to the above rules in the Cheer Handbook and the following terms and conditions.

I will respect the authority of coaches and parents without argument or attitude. I will show respect to my fellow peers with words of encouragement and an open mind to their ideas. I will demonstrate to other teams the values of Holy Cross Lutheran School by showing good sportsmanship and encompassing Christian values on and off the court. I understand that the Technology Agreement extends to all aspects of the school including sports and agree to maintain Holy Cross Lutheran School's "Light, Bright, and Polite" social media image should I choose to participate in social media activities. I will be at every practice and game on time, properly dressed, and ready unless otherwise discussed with a coach. I acknowledge that a basketball game is a school event and agree to uphold the Code of Conduct during the course of our school's regular season, throughout Topeka Tournament, and any time I am in uniform. I accept that coaches are free to use the mark system if disciplinary actions are required.

If I have incompletes in any class, my attendance of the Topeka Tournament will be the coach's decision. I understand that if I choose to swim during the Topeka Tournament, I will follow the school dress code that states one-piece suits are required and if a two-piece is worn a shirt must be worn over. This dress code will be upheld until the end of the Topeka Tournament. (The Pizza Party marks the end of the Topeka Tournament).

I understand that if I am absent during the school day for any reason I will not be able to cheer that day. If absent on a Friday I will not be able to cheer at any games that weekend. The attendance of fundraisers are mandatory and I will attend unless excused by a coach. When communicating with a coach about my attendance of practice I will inform a coach directly either by email or in person **BEFORE** the start of practice. I understand that communication through teammates is unacceptable and will not be accepted as successful communication.

I have read through and accept the above terms and conditions.

X \_\_\_\_\_ (Cheerleader Sign Here)

## Contact Information

Cell Phone Number: \_\_\_\_\_

I **DO NOT** Own A Cell Phone.

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## Parents of HCLS Cheerleader

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By signing below I, \_\_\_\_\_ (Print Parent Name) agree to the following terms and conditions. I understand that if my child is absent during the school day for any reason she will not be able to cheer that day. If absent on a Friday she will not be able to cheer at any games that weekend. Should the cheer squad need extra time to practice before Spirit Week or Topeka Tournament I understand that there may be extra practice times either before school or on weekends. I acknowledge that once during the cheer season each cheerleader is expected to contribute to the snack bucket along with one bag of assorted candy prior to Topeka Tournament. I understand that my child is expected to attend all HCLS Cheer events and fundraisers.

I understand that Cheerleading is not funded by the school. Although HCLS Cheer Squad does fundraisers, I understand that this does not cover all expenses and as a result there are cheer dues. Families are responsible for the cost of certain items of the required uniform. These items include but are not limited to shoes, socks, pom-poms, under garments, bows, and bags. All dues should be paid in full by December 1<sup>st</sup>, 2017 unless otherwise arranged with our business manager, Adrian Peppers. These dues do not include anything beyond the standard issued items. Cheer dues for first year are expected to be between \$100-\$150 depending of current uniform prices. For the second year cheering, if items from the previous year still fit, dues are estimated between \$75-\$125. After items are purchased, a finalized statement will be emailed to you and a copy will be put in the Cheer OneNote notebook.

## Contact Information

If emails have been going to the correct email you do not have to fill in email. If you have a preferred form of communication please check that box.

Cell Phone Number : \_\_\_\_\_

Email: \_\_\_\_\_

X \_\_\_\_\_  
(Parent or Guardian Sign Here)

I have read through and accept the above terms and conditions.