



LFHS Cheer Rules & Guidelines 2011-12

Welcome to LFHS Cheerleading!

Congratulations on making the LFHS Cheerleading team. As a member of this team you will be expected to fulfill certain obligations and responsibilities. A cheerleader's job is to improve student morale and boost team spirit. You are expected to direct the student body in the support of your school's team and develop loyalty to the school and team. Please read through the following and fully understand what is required of you this season.

Academic Responsibilities/Eligibility

1. Each cheerleader is required to pass 2.0 credit hours in order to stay eligible. Grades will be monitored by the Athletic Department. Should they fall below at 2.0 at any time, parents will be notified by the head coach and the cheerleader will be benched from practices and games until that grade is brought above 2.0 level.
2. Unexcused absences from any class will result in the student sitting out the following practice. If this practice is the last practice immediately preceding a game or performance, the student will also sit out for the game or performance. Each cheerleader must also be in school for her daily academic classes to participate in any cheerleading activities that day.

Scholastic Standing-IHSA

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

Eligibility Procedures

The athletic office pulls grades every Thursday from Power School. Grades are again verified on Friday. On Friday at 3:10, letters are mailed home that will affect the following week (Monday –Saturday).

1st offense (Week One)

Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director
Student will attend mandatory study tables Mon-Thurs 3:10-4:00. May attend practice/games after 4:00. Check with coach on expectations.
Athlete will not be able to participate in contests that week (M-Sat.)

2nd consecutive offense (Week Two)

Same as above

3rd consecutive offense (Week Three)

Same as above

Including a Team Suspension. At this time, NO games and NO practice will be allowed.

Athlete has one more week to pull their credits up to a 2.0.

4th consecutive offense (Week Four)

After four consecutive weeks, if the athlete is still not passing, the athlete will be removed from the team. All PE requirements will need to be addressed and will be the athlete's responsibility to make up any classes. Also, the athlete will be unable to attend the end of season team banquet and will not finish the season on the final roster.

If an athlete is ineligible one week, but gets their grades above the 2.0 weekly credits, the following week without reaching 4 consecutive weeks, they are reset to 1st offense status.

(ie; ineligible weeks 1 & 2, grades ok week 3, returned to eligible status, ineligible week 4-this would be treated as a new 1st offense).

Appearance

1. Uniforms must be kept neat, clean and pressed. Losses of any part of the uniform must be replaced by the cheerleader. Only LFHS issued uniforms may be worn. This uniform includes skirt, shell, pullover/jacket, socks, underbody, and pants.

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2. Uniform skirts are not to be worn with warm-up pants.

3. Hair must be tied back in a tight ponytail so it is off the face and shoulders. All long bangs must be sprayed or pinned back (per IHSA rules).

4. Makeup must be natural. Fingernails must always be kept to a short length with no white showing when palms are facing up (per IHSA rules).

5. Gum chewing is not permitted while at practice or during a game.

6. NO jewelry is permitted to be worn during practices, games or performances. This includes earrings, bracelets, rings, necklaces, watches, tongue, eyebrow or navel piercing. If worn to a game or practice, the cheerleader will be instructed to remove such articles. The ONLY exception is a medical medallion or religious charm, which must be worn taped to the skin with no chain (per IHSA rules).

7. NO visible tattoos.

Attendance

1. All scheduled cheerleading activities are mandatory. Cheerleaders are expected to be on time always for games, practices, etc. In case of emergency or illness, the athlete must contact the coach by email on the day of the emergency BEFORE the scheduled practice, performance, meeting or game. If not notified prior to the scheduled event, then the absence will remain unexcused.

a. Varsity absences e-mail Mrs. Pavic (Lpavic@lfschools.net), or Mrs. Harmsen (mharmesen@lfschools.net). JV email Mrs. Rich or Mrs. Lawrenz (Lrich@lfschools.net, mlawrenz@lfschools.net)

2. In the event of a suspension or injury, the cheerleader will still be required to attend all games, practices and functions. A suspended or injured cheerleader is expected to sit with the coach in the stands, not with friends.

3. There will be NO overlapping in sports, other co-curricular activities, doctor's office visits, social events or jobs. If these cannot be worked around cheerleading responsibilities then the cheerleader will be required to make a choice. Please discuss all extenuating circumstances with the coach.

4. Absences from Practice:

If a cheerleader misses one practice, the cheerleader will not participate in half of the next game.

If a cheerleader misses two practices, the cheerleader will not participate in any portion of the next.

After three missed practices, a meeting with the coach & parents is necessary.

5. Absences from Games:

If a cheerleader misses two games unexcused, a mandatory parent/athlete meeting will be set. Consequences could include a suspension for some or all of the season.

Tardies:

Being late to practice will result in extra laps or some sort of exercise. Excessive tardies may result in an unexcused absence.

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Camp

Summer camps are highly recommended. If a cheerleader does not attend camp, it is her responsibility to learn everything taught at camp and maintain conditioning prior to the first game of their season. The cheerleader is responsible for the cost of attending. Fundraiser projects may be available to offset some cost.

Conduct

1. Whether at home or away games, LFHS cheerleaders must display proper conduct before, during and after all games. Each cheerleader is expected to maintain good moral behavior, show cordial courtesy to visiting teams, spectators and each other.

2. Possessing/Using: Alcohol, tobacco or other drugs- SEE LAKE FOREST HIGH SCHOOL CODE OF CONDUCT.

Physicals

All LFHS cheerleaders are required to have a current physical (less than one year old) by the start of their cheering season. It should be submitted to the Athletic Office by the given date.

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Games

1. Home Games – Teams must be at the school at their designated time before the game to warm up and practice. Times will be emailed well in advance.

a. Cheerleaders are required to be “game ready” and in full uniform during the designated meeting.

b. It is encouraged for JV to cheer on Varsity and vice versa.

2. Away Games – Squads must be at school in full uniform at least 15 minutes prior to bus departure.

a. If the cheerleader misses the bus, she must have a parent drive her to the game, and she will sit out for that game.

b. Under no circumstances is any cheerleader to drive herself to any away game.

c. No cheerleader is permitted to leave school grounds at an away game.

3. Post Season Games – Teams must be aware that they are expected to cheer during any regional, sectional or state events as well as school pep rallies, assemblies or parades.

Transportation for Away Games

1. ALL CHEERLEADERS must ride the bus provided by the school district to and from games and competitions. Friends or visitors will not be permitted on the bus.

2. Parents must meet the bus upon its arrival at the high school.

Practices

1. A calendar will be given and emailed to each cheerleader by the coach(s). The calendar will list the practices, game times and bus times. Practices typically run 3-4 days a week plus. Cheerleaders are expected to attend all practices (refer back to attendance and tardy policy!)

2. Each cheerleader is to be on time. Cheerleaders must wear the uniform decided by the coach or captains, sports bra, socks and gym shoes to practice. Hair must be tied back, no gum and ALL jewelry removed.

Safety Rules

1. A coach must be present to supervise during all stunting and tumbling activities. Coaches must approve all new stunts. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of our athletes.

2. LFHS Cheerleaders will be required to participate in warm up, conditioning and weight training activities to maintain strength and flexibility and prevent injury.

Uniform Deposit

A \$150 uniform deposit will be collected in addition to the pricing guideline. All uniforms must be cleaned, and placed in a plastic garment bag with the cheerleader's name clearly marked on it. Dirty uniforms will be returned and must be cleaned at the cheerleader's expense.

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Please keep in mind:

· Schedules are given out in advance to best accommodate family plans. Although it's a long season, we expect family vacations and functions (to an extent) to not interfere with cheerleading. Please notify coaches as soon as possible when a conflict comes up.

· Coaches should be notified by athlete as soon as possible if a cheerleader will be absent from practice.

*Texts or phone calls right before practice are unacceptable. Emails are preferred on any matter, if possible. *Please note that this policy does not have an "excused" absence category. We feel that regardless of the reason, there is no way to "make up" work that has been missed and completed by the rest of the team.*

· Obviously, school sponsored events that are REQUIRED (such as field trips) would not be counted against the cheerleader.

· Severe illnesses and other special cases will be treated on a case-by-case basis. These rules are left up to the interpretation of the coaches.

· The coaching staff realizes that injuries may occur in cheerleading. Cheerleaders are expected to attend practice and follow trainers'/doctors' recovery plan. More serious injuries would be dealt with on a case by case basis with the coaching staff.

· Please remember that the intent of this policy is to emphasize the importance that daily practice is to our sport. Cheerleading requires a big commitment and the coaches are looking forward to a great season!

Cheerleader Signature _____ Date _____

Parent Signature _____ Date _____