



## LFHS Cheer Rules & Guidelines

### ***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 there be a failing overall grade in any subject 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 passing.

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).

#### 1<sup>st</sup> 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.)

#### 2<sup>nd</sup> consecutive offense (Week Two)

Same as above

#### 3<sup>rd</sup> 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.

#### 4<sup>th</sup> 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 1<sup>st</sup> 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).

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. **STUDENTS WILL ATTEND ALL SCHEDULED CLASSES THE SCHOOL DAY IN WHICH THEY PARTICIPATE IN EXTRA-CURRICULAR ACTIVITIES.**

#### ***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.

#### ***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.

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 & Tardiness***

1. All cheerleading activities are mandatory and are on a tight schedule due to many indoor activities. 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. Please expect to perform extra conditioning or miss part of a following game due to your absence or tardiness to practice.

a. Varsity absences e-mail Coach Pavic ([Lpavic@lfschools.net](mailto:Lpavic@lfschools.net)), Coach Tallitsch ([jtallitsch@comcast.net](mailto:jtallitsch@comcast.net)) or JV Coach Rich ([Lrich@lfschools.net](mailto:Lrich@lfschools.net).)

2. In the event of a suspension or injury, the cheerleader will still be required to attend all games, practices and functions in full uniform. 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. A calendar is constantly updated on the school cheer website page. 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!)

### ***Camp***

Choreography and skills 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. If a cheerleader cannot attend choreography camp, an alternate will take her place and have the potential to perform in at least one of the competitions this season.

### ***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.

### ***Physicals & Forms***

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. There are also a number of other forms that MUST be on file before the first practice which include the emergency contact form, steroid consent form, and concussion information form.

### ***Games***

1. Home Games – Teams must be at the school at their designated time before the game to warm up and practice. Varsity will arrive at designated time on the calendar.

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 if possible.

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.

### ***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.
3. Proper spotting is a must and requires utmost focus and attention. Cheerleaders who are not able to focus and cause distraction will be removed from the stunt and possibly routine for safety reasons.
3. Nutrition is equally important. Poor nutrition leads to more injuries and longer recovery time. Please follow a diet that is high in carbohydrates, low in fat, moderate in protein, and includes plenty of hydration.
4. Any injuries will be taken extremely seriously. An athletic trainer is usually always available. A parent will be contacted immediately in the result of any type of injury. Athletes are not allowed to return to practice unless approved by a health professional.

### ***Athlete/Parent/Coach Communication***

1. Should any comments or concerns arise please email the coach. After practice is also a good time for athlete's to approach the coach in private. Please understand that coaches will try to email back within a reasonable time frame.
2. During practice is not the time for an athlete to discuss a coach decision. After practice or during water breaks are appropriate times.
3. Please refer to the LFHS Sportsmanship Pamphlet to further understand the duty of parents and effective lines of communication amongst athlete/coach/parent/athletic director.

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!



### Lake Forest High School Cheer

<b>Item</b>	<b>Who</b>	<b>Estimated Cost</b>
Cheer Shoes	Competition, new sideline V & new JV	\$60.00
Winter Session of Tumble w/Julian	All	\$80.00
Comp Skills Camp Fee	Competition	\$180.00
JV Skills Camp Fee	JV	\$60.00 *\$30.00 Comp
Sparkle Comp Briefs or Sideline Briefs	Competition, new sideline V & JV	\$25.00
Competition Bow	Varsity Comp	\$20.00

Please calculate total and make one check payable to LFHS.

\*\*A separate \$150 Refundable check to LFHS is also required for the uniform distribution



I have read the following LFHS 2011-12 Cheer Rules and Guidelines and agree to abide.

Cheerleader Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_