

Easton Area High School

Cheerleading Handbook

&

Code of Conduct



Once you're a Rover, you're a Rover for Life!

Kimberlie Stout
Head Cheerleading Coach

stoutk@eastonsd.org

Organization:

This Code of Conduct has been written and adopted for the Easton Cheerleading Program, which consists of a Varsity, Junior Varsity and Freshman/Jr. High teams. The purpose of the Easton Cheerleading Program is to create school spirit, pride, and instill the Easton Traditions. Develop responsibility, teach self-respect, and develop character. The main purpose is to support Easton Athletic Teams at all events throughout the year. Having the ability to participate in competitive cheerleading venues while developing individual and team athleticism demonstrating support for the sport.

The Coaches are responsible for the daily running and activities of all teams.

Objective:

To provide a positive atmosphere that will increase knowledge of the sport to develop appropriate cheerleading skills. Encourage sportsmanship, respect for teammates and selfimprovement. Allow team members to grow the essential elements in cheerleading, such as; a strong work ethic, commitment, determination, leadership and responsibility.

The Coaches are responsible for administering all disciplinary procedures.

Team members are expected to represent EASD in the best manner at all times. Cheerleaders are expected to be respectable human beings toward one another, the community and to themselves both in and out of uniform. The decisions of the coach must be followed. The rules of the Athletic Handbook will serve as the coaches' guide along with input from the Athletic Director/Principal. All School policies will apply.

Schedule:

The fall season/attendance runs from beginning of August through end of November or until all fall games commitments end; should football continue into playoffs/states. The winter season/attendance runs from beginning of December until all winter game commitments end (possibly March if basketball continues into post-season play). You will be expected to remain committed to the team for the entire season. Practices throughout the school year are TBA but will be announced in a timely manner dependent upon the use of gym space. We will use the BAND app for all correspondence and scheduling. It is strongly recommended that all athletes be prepared to practice as of August 1st.

Summer Attendance: Intermural summer practices are the time to prepare for the upcoming season and are strongly encouraged. During the summer months we ask the team to prepare for the season independently as well as attend intermural open gym sessions as scheduled by the coach. If an athlete is going to miss a summer session, they must communicate the reason with their coach. If an athlete is not prepared for the first game, they will sit out at the coaches' discretion. Summer attendance will be taken into consideration when determining positions/spots on the competitive spirit team as well. Summer Intermural sessions could include gymnastics, conditioning and running. We do understand that the summer is time for vacationing, however, the more in shape you are for the season the more successful you will become and have less risk of injury.

Mandatory team practices will begin in August. Vacations will not be allowed during this time.
NO EXCEPTIONS.

Season Attendance: Athletes must be on time and wear proper practice attire to all scheduled events/practices. Attendance at all practices and games are mandatory unless ill or family emergency. If a member is ill or injured and misses ANY activity, she must be at HOME or seeking medical appointments. If a member misses ANY practices, she may be replaced by an alternate for that particular performance. Return to permanent status is **conditional**. Filling out the google form and contacting the appropriate coach prior to a practice/game requesting an excused absence is mandatory. Athletes who are excused/limited from participating due to injury (doctor's note must be on file w/trainer) are still required to attend all practices and games if a physician permits. Athletes must be present at school in order to attend a game that falls on a school night. **If a cheerleader has 3 or more unexcused absences from practice or games during the Fall and the Winter seasons, they will be removed from the team.** (3 Fall and 3 Winter = 6 total) Members of the Varsity team must remain a member of the team throughout fall and winter commitments to receive a Varsity letter. All doctor appointments, etc., should be scheduled so they do not interfere with team activities. All competitive spirit alternates (injured or well) will attend all practices and performances unless excused by a coach. All members must attend each activity in its entirety. *Practices include gymnastics sessions, conditioning and running sessions.*

Specified Gymnastics sessions at a designated facility will be required for the Varsity team. You may also take private lessons; however, ALL Cheerleaders will attend sessions as a TEAM. Fundraising will be offered to help offset the cost.

The athletic training rules of the PIAA will prevail for all athletes. Athletes are to report injuries immediately to the coach/trainer in order for E.A.S.D. insurance coverage to be utilized if injury warrants it.

Unexcused Absences from either a practice or a game will result in limited cheering time. An unexcused absence is an absence in which the coach has not been notified prior to the absence. Unless there is an emergency, **coaches should be made aware of an absence at least 24 hours in advance to be considered an excused absence.** The EAHS Athletic Handbook will serve as the coaches' guide in disciplining this activity. Every unexcused absence will result in ½ a game suspension. (ex. 1 missed practice = sitting out 1st half of a football game and/or basketball game)

Tardiness will be closely monitored during the season. If the athlete is not dressed and ready to practice when the coach calls practice to order, the athlete's cheerleading time will be reduced at the coach's discretion. Tardiness will be assessed if the cheerleader is not in position at the beginning of a game or end of the half-time break of an athletic event.

Transportation

Athletes must provide their own transportation to practice sessions as well as to and from home games. Athletes are responsible for providing their own transportation to and from the school for away games. A lack of transportation is not a valid excuse for missing games. Athletes must also be on time, and **MUST** take, school transportation to and from away contests. All personal grooming must be completed before riding the bus.

The Athletic Director or cheerleading coach will be the only person with knowledge of game cancellations. Cheerleaders should arrive, on time, ready to cheer, until a decision to cancel is made. Poor weather does not mean a game will be canceled.

Camp

All members are required to attend summer camp. NO EXCEPTIONS!

Camp plans will be discussed prior to the start of the season:

Varsity, Jr. Varsity and Jr. High Teams: August 20th -23rd at Pine Forest Trails End

Equipment

Athletes will be required to purchase sneakers, socks, body liners, briefs, bows, warmups, and other accessory articles of personal clothing to wear with the uniform which is not provided by the school. Athletes are responsible for any loss or damage that may occur to school uniforms/poms. NO JEWELRY will be worn at games and competitions for safety reasons. Clear nail polish ONLY will be allowed to be worn at games and competitions.

Competitive Spirit Team Competition/Choreography

Competition routines are taught weekends in September, October and November. Competition sessions will take place on a Friday afternoon or weekends. Please keep your schedule flexible for these weekends. Choreography is when competition cheerleaders will learn their routine for the season. This is mandatory for those selected for the competitive spirit team. Not attending choreography can result in your spot being filled. These specific dates are TBD and will be announced as soon as possible. Any missed practices during the week, leading up to a competition, will result in the athlete being replaced. Returning to their spot or on the mat, will be conditional and determined by the coach.

Teams:

Varsity Team: The Varsity Cheerleading team will be comprised of 9th through 12th grade athletes. The team's number one priority and purpose is, and will remain, to support the school's overall athletic programs.

Athletes will have a choice:

Game Day – This athlete will cheer for all football games home & away, home basketball games and home wrestling matches. As well as all Easton vs. Phillipsburg events and all post season play. (Fall & Winter)

Competitive Spirit – This athlete will cheer for all football games home and away, competitions and choose to either cheer for basketball, wrestling or both.

Varsity Game Day: The minimum standard is previous cheerleading experience, coordination and strength to safely perform stunts and a stationary back handspring that will be performed at games.

Varsity Competitive Spirit: The minimum standard for the competition option is:

STANDING TUMBLING: standing back tuck

RUNNING TUMBLING: round-off back tuck

Jr. Varsity Team: The Jr. Varsity team will be comprised of 9th through 11th grade athletes. JV will cheer for all home football games (Fall), home boys JV Basketball games and select home Girl's Varsity basketball games (Winter) and possibly local competitions.

Jr. High/Freshman Team: The Jr. High/Freshman team will be comprised of 7th, 8th, and 9th grade athletes. They will cheer for all home Jr. High and Freshman football games (Fall) and possibly local competitions.

Individual movement of an athlete from team to team will be at the coach's discretion. (i.e. JV to Varsity) and will follow PIAA eligibility participation guidelines.

Cheerleaders may participate in other **Easton** Athletics during the cheerleading season if each perspective head coach determines it is feasible. The student must designate a primary sport and a secondary sport. The primary sport will then become the priority should contests fall on the same day and time.

Cheerleaders may participate in other extracurricular school activities; however, cheerleading must be given top priority and the schedule should be reviewed with the Head Coach prior to the activity or event.

Private All Star/Acro Programs

The cheerleading season is long. From my experience, I firmly believe that it is not healthy for any athlete to perform/commit to both a high school and All Star/Acro Program at the same time. It is extremely discouraged as there are many demands of the sport of cheerleading and the stress on the athletes body is too much when trying to perform for both programs. There are many conflicts when it comes to scheduling and the commitment is not there for all parties involved. For the success of all involved, should you choose to commit to the Easton Cheerleading Program, you will not be permitted to participate with any other outside programs while in season.

Character

Hair must be kept clear of the face at all times while in uniform. Hair will be pulled back with a bow for all events. Practice attire should consist of shorts/joggers, t-shirt and athletic sneakers. Athletes should always give and encourage support of all school teams. Team members should be above reproach and maintain good personal appearance and habits that cannot be criticized. Smoking, drinking, stealing, and/or drug use are grounds for suspension or dismissal by the Coach. All members must be courteous and friendly to all other team members as well as the student body, faculty and support staff. All members must be respectful to the Coach and be a credit to the school. All members must be courteous and friendly to other teams and visitors. Infractions will be given to any member at the discretion of the Coach.

Eligibility

All EAHS athletes must maintain eligibility set forth by the PIAA. Grades will be checked weekly by the Athletic Office and forwarded to the coach. If a cheerleader becomes ineligible it is their responsibility to talk to their teacher about make up assignments and entering timely grades that could change their status. If an athlete is academically ineligible for more than two weeks at any point during the fall or winter season, the athlete will be removed from the team. School work and grades come first. Each member must submit a completed Application and Code of Conduct form BEFORE annual tryouts take place, signed by athlete and parent.

Alumni Varsity E Awards will be presented at the conclusion of the season to eligible participants. Eligibility is noted in the Athletic Handbook and at the discretion of the coach.

Discipline

As students, cheerleaders are expected to obey all guidelines set by Easton Area High School. EASD cheerleaders are held to a very high standard. You are expected to work above the standards in performance and attitude, while upholding credibility is the basic primary goal. Choices and decisions, in and outside of cheerleading, cheerleaders should reflect accordingly. The title of a cheerleader is a privilege and an honor. To tarnish the excellent reputation built over the years would be a disgrace to the squad, dishonoring the program and discrediting Easton Area High School and distort perception by the community and potential students/cheerleaders.

Team members are expected to represent EASD in the best manner at all times. Cheerleaders are expected to be respectable human beings toward one another, the community, and to themselves, both in and out of uniform. Team members are expected to attend all games, practices and community activities scheduled, and playoff games that might be scheduled. All illegal acts, such as underage drinking, drugs, or other misconduct will not be tolerated. **ALL EASD POLICIES AND PROCEDURES WILL BE FOLLOWED AND ENFORCED.** Any person, who disobeys these expectations, will face punishment decided by the coach and/or the EASD, which could include termination. Infractions will be given to any member at the discretion of the Coach. All athletes must have a full week of practice to be eligible to cheer at a game, event or competition. (Full week of practice = 5 days of practice prior to game, event or competition)

Cell phones will remain in the athlete's bag during practices and games and not permitted on the field or mat.

Safety Regulations

The Easton Cheerleading program follows all ACAA regulations and rules. A full list of these rules can be found at www.varsity.com

Medical

Athletes must have a complete physical exam after June 1st and before the first scheduled season practice. All school medical forms can be obtained from the Athletic Office. Athletes must also have a completed medical emergency form on file with the Coach/Athletic Office.

Communication amongst parents/athletes & coaches

Please refer to the attached 2022-2023 Easton Cheerleading Communication Expectations.

Fundraising

For team fundraising and general questions contact your respective coach. For Booster Club fundraising and general questions contact your Booster Team Representative. All members are required to participate in all group fundraising. Fundraisers will be offered to help offset camp costs, camp wear, gymnastics, etc.

Social Media

Facebook, Twitter, Instagram and the like are common media platforms we all use. Please review these social media guidelines and take a moment to “Clean up” your pages.

Social Media platforms can be used by your school and police to evaluate illegal activity. It is recommended you consider this as being part of a school team and check through your photos. If inappropriate photos or suggestive comments are posted, you will be asked to remove them. As a representative of your school you should not have any foul language or bullying on social media. This goes for personal posts as well as posts that you are tagged in.

I will respect social media as a public database and will not bully, demean or embarrass others, myself, my school or my team through its use.

I will not vandalize or steal any property that does not belong to me.

I will not abuse or use drugs, alcohol or tobacco products.

I will not be late to team functions. I will not be late to school/class or cheat.

I will not behave in ways that results in school detentions and/or suspensions.

I will not disrespect any member of the Easton Cheerleading Program.

I will not break the law.

I will comply with all instructions from all coaches, teachers and administrators immediately and will always challenge myself as a student athlete and person.

I will always do what is best for the team and program and not participate in actions that will embarrass the team, the school, the coaching staff or myself.

I will always have fun, work hard and take pride in everything that I do.

I will always handle victory and defeat with humility and class.

**EASTON CHEERLEADING PROGRAM
2022-2023 BYLAWS & CODE
OF CONDUCT**

STUDENT SIGNATURE OF AGREEMENT

I _____ have read, listened to and understand all rules, policies and expectations and give consent to agree to the terms of participation. By signing this agreement to the information read, explained and state above, I hereby declare that I am willing to participate in the Easton Area High School Cheerleading Program.

I understand that if I choose to leave the squad or am terminated from the squad, any fundraising monies will be credited towards the squad.

I fully understand that the coach has the final say on all decisions. I agree to accept the terms and conditions of the program as an elected member of the squad.

Student Signature: _____ Date: _____

Print Name: _____ Current Grade: _____

PARENTAL PERMISSION

I have read and fully understand the expectations and requirements that will govern my child as she represents the Easton Area High School Cheerleading team. I further understand that this is an extracurricular activity that emphasizes teamwork and that attendance at all practices, games, special events and functions is a requirement of a cheerleader.

I hereby give my full consent to my daughter to participate in cheerleading at Easton Area High School and recognize her responsibility and requirements as a team member, leader and ambassador of her school.

Parental Signature: _____ Date: _____

Print Name: _____

2022-2023 Easton Cheerleading Communication Expectations

In order to increase effective communication within the program, we will be implementing the following rules/expectations for the program this year:

BAND App

- Each team will have a private BAND App that will include members of the team and coaches
- The BAND App will be used to communicate information about any upcoming games/events, schedule changes, or last minute reminders or notices
- Only members of the BAND will have access to the information posted here

There will be an **Easton Cheerleading Parent/Booster Club BAND App** that will be open for all Easton Cheerleading parents to join. This band app will be a quick and easy way for coaches and booster club members to post any fundraising reminders or changes to the calendars quickly. It will act as forum for parents to ask any questions about fundraisers or practices/events.

EMAIL

All coaches will be sending an email to their team and parents recapping any important information such as calendar/scheduling updates, fundraisers, and upcoming events. This should clarify any questions and will be an easy way to keep all information in one place. I suggest creating an Easton Cheerleading folder in your email for easy access to important information.

What to do if there is a concern to discuss with the coach?

1. Please encourage your child to speak directly with their coach or message their coach on BAND if they would like to set up a time to talk. Most matters can be resolved between the athlete and coach at this time.
2. If the matter involves a parent/coach conversation, please **EMAIL** the coach to set up a scheduled meeting or phone call. Please do not call/text your child's coach.
3. If the meeting with the coach did not provide resolution, please call the athletic office to set up a meeting with the athletic director to discuss the situation.

Appropriate concerns to discuss with coaches	Issues not appropriate to discuss with coaches
<ul style="list-style-type: none">- The treatment of your child- Ways to help your child improve - Ways to help your child's behavior- Ways to help your child succeed/improve academically- Scheduling Conflicts (should be discussed well in advance)	<ul style="list-style-type: none">- Team strategy- Placement/movement of other athletes on teams- Other student-athletes

***In the event of an emergency situation, CALLING/TEXTING the coach is acceptable and encouraged.**

2022-2023 Easton Cheerleading Communication Expectations

By signing below, I agree to follow this communication expectations agreement for the 2022-2023 cheerleading season.

Cheerleader

Parent(s) and/or Guardian(s)

Easton Cheerleading
Emergency Contact Form 2022-2023

Cheerleader: _____

Phone Number: _____ Email: _____

Grade: _____

****Emails below will be put on our email list to receive important information from coaches and the booster club. Please make sure these emails are written neatly!**

*Emergency Contact #1	
Relationship to Cheerleader	
Phone Number	
Email	

*Emergency Contact #2	
Relationship to Cheerleader	
Phone Number	
Email	

Please list any allergies/medications/health concerns the coach should be aware of below:
