Dear Parents:

Your daughter has expressed an interest in becoming a member of the Farragut High School Cheerleading Squad for the 2020-2021 school year. If selected, there are certain personal and financial responsibilities and obligations each cheerleader must assume in order to qualify and remain a member of the team.

Being a member of this team involves a great deal of joy, but also a great deal of time, dedication, and commitment. Before one decides to tryout for the cheerleading squad, both the student and the parent(s) need to be aware of what is actually involved. Parents and students need to realize that cheering is a PRIVILEGE, NOT A REQUIREMENT TO GRADUATE and it is a YEARLONG commitment.

There is one Varsity squad who will cheer for the football and basketball games. All eligible cheerleaders will be cheering for every football game. The team will be divided into groups for basketball season and will be responsible for cheering their assigned games. Any senior who is planning on graduating early cannot tryout.

After discussing and thinking about the information in this packet and after reviewing the Rules and Regulations, the student and the parent(s) should make a decision about whether a commitment can be made. To indicate a desire to be a cheerleader, both the student and parent must sign and return the parental permission form. The rules and regulations will be enforced; therefore, you are expected to understand them and to agree to support the coach when the rules are enforced.

Parents are responsible for all personal expenses. School owned items will be purchased with Jr. Camp, Homecoming Dance proceeds, and other fundraising activities.

NO CANDIDATE MAY TRY OUT FOR THE TEAM WITHOUT RETURNING THE NECESSARY PAPERWORK LISTED BELOW PRIOR TO JUNE 7th (THE START OF CLINICS,) ALONG WITH THE $25 CLINIC/TRYOUT FEE. The clinic/tryout fee is used to compensate judges and officials for their time. All candidates must have an up-to-date physical. Candidates must also have at least a 2.0 GPA from the fall semester and have at least a 2.0 GPA in the current semester. Clinics and tryouts will be closed. The clinic fee is non-refundable.

Practice will begin after tryouts. Practices will be held in the afternoons 2-3 times per week. All cheerleaders will get the TSSAA sanctioned Dead Period off at the end of June and beginning of July. All cheerleaders MUST be free for practices the week of July 6-10. (We will be working on football material, as well as starting our Gameday routine.) We will practice 2-3 times per week during the summer. Missed scheduled summer practices will result in demerits. A detailed summer schedule is available online.

*The number of candidates making the 2020-2021 Farragut High School Cheerleading Squad will be posted on the website within two hours upon completion of tryouts.*

Cheerleading page on Farragut High School’s website: http://www.knoxschools.org/Page/5114
PURPOSE OF FARRAGUT CHEERLEADING:
1. To publicly show the true spirit and loyalty which stands behind the name of FHS.
2. To show a high degree of sportsmanship by supporting the teams and school in victory and defeat.
3. To show the highest degree of complete cheerleading skills by reaching our potential (on the field, floor, and mat).
4. To represent FHS in a manner of pride in all occasions (in and outside of school).

REQUIREMENTS:
1) Academic:
   ▪ All cheerleaders must maintain the Knox County academic requirement of passing at least 6 classes per year.
   ▪ Once on the squad, all cheerleaders must have a C or better in all classes at all times. Athletic study hall will be the first intervention, followed by removal from the squad if grades are not improved.

2) Attendance: FHS cheerleading must be a priority over all non-academic activities.
   ▪ Every cheerleader is required to attend and be on time for practices, Junior Camp, cheer camp, pep rallies, games, fundraisers, community service events, and special performances. Absences are not acceptable for any reason other than illness (with a doctor’s note/sick from school), family emergency, or an ACADEMIC activity. An unexcused absence could result in removal from the squad. Absences will not be excused for competitive practice/competitions, church related activities, extracurricular activities, family reunions, etc.
   ▪ Basketball attendance is different from practices and football games. Knox County policy only allows 16 cheerleaders to cheer at basketball games. The coach(es) will split up the games. Each cheerleader will be allowed ONE absence from a basketball game throughout the season IF she finds a sub in the same position (top girl, base, back spot, etc.) Excused absences will still be allowed for sickness with a doctor’s note, family emergency, or conflict that is academic in nature. (This does not mean the cheerleader has a test/project due the next day.)

3) Commitment:
The time spent during the school year on cheerleading is quite extensive. HIGH SCHOOL CHEERLEADING IS FIRST PRIORITY, FOR A SQUAD CANNOT PRACTICE WITHOUT ALL ITS MEMBERS, AND GAMES AND OTHER EVENTS CANNOT BE RESCHEDULED AROUND EACH STUDENT’S SCHEDULE. Unfortunately in cheerleading, the team does not have alternates, so if a year-long commitment must be made. Absences not only punish the individual but the entire team. Jobs or extracurricular activities during the school year cannot interfere with cheerleading.

SUMMER CAMP
A. MANDATORY PRACTICES July 7-10 at Farragut High School. These practices will be in lieu of camp.
B. In the event that we are able to host a home camp/attend a local camp, this will occur August 8-9 at Karns High School- or Farragut High School as permitted.
C. The purpose of the camp is to give cheerleaders an opportunity to learn new sidelines, dances, stunts, and additional game day material and routines. Also, this period of intense focus on cheerleading builds the teamwork so important to the team.
D. SUMMER SCHOOL CANNOT BE USED AS AN EXCUSE NOT TO ATTEND CHEER CAMP.
E. Each person must pay $175 camp fees the week after tryouts. This includes room, meals, and instruction. Parents will be responsible for transportation to and from campus.
F. Cheerleaders will maintain excellent behavior at summer camp. THIS IS CONSIDERED A SCHOOL FUNCTION AND CHEERLEADERS WILL ACT ACCORDINGLY. Poor attitudes towards staff and coaches or lack of effort will not be tolerated. Violators will be sent home immediately and will result in dismissal from the team. There is to be absolutely NO HAZING involved at camp at any time. All camp rules will be signed prior to camp and again at camp. These rules are also to be followed.
PRACTICES
A. Practices take priority over other activities. There may be other practice times added with a professional stunting coach and/or tumbling coach.
B. Practice times are on the calendar and are scheduled by the coach. Additional practices may be added at short notice. All members must be dressed out for practice at all times in appropriate clothing with hair up and no jewelry.
C. Ideas or complaints from cheerleaders should be brought to the attention of the coach before practice so that they may be handled appropriately.
D. It is the responsibility of any cheerleader that is absent from practice to make up what she/he missed on her/his own time PRIOR to the next game or practice.
E. If the cheerleader is absent from school (more than 2 blocks), she may not attend practice that afternoon. If the absence is unexcused, demerits will be assessed. Absences will be excused only for illness (doctor's note), death in the family, school related trips, or subpoena. Attendance is checked daily.
F. Each cheerleader must provide her/his own way to practices. Lack of transportation is not an excuse.
G. The coach must be notified by 12:00 the day of practice if you cannot attend practice.
H. The entire practice session will be devoted to cheerleading activities and conditioning. All practices will begin with stretching.
I. A cheerleader missing a practice before a game or performance will not be able to perform or cheer. Exception: excused (by the coach) absence.
J. Cell phones must be turned off and put away during practice. The coach will have a cell phone on for emergencies.
K. Appropriate attire must be worn at practice including shoes. Practice attire will be assigned by the coach and should fit appropriately as to not be hazardous during tumbling, stunting, etc. Cheerleaders should bring cheer shoes and regular tennis shoes to EVERY PRACTICE.

GAMES
A. Cheerleaders must be in school two blocks to participate in activities and have no more than five absences in any class.
B. The coach may remove a cheerleader from any performance or competition at any time for any reason.
C. Cheerleaders are assigned to their positions in the line-up and chatting to outside guests or other dancers is not allowed. Discussions must be avoided as they reflect upon the organization of the squad. Members should socialize before the game, at halftime, and after the game only. All cheerleaders have a responsibility to keep their concentration focused on the game in progress.
D. Seniors cannot be guaranteed preferential line placement or routine placement. Failure to stay in line and focused may result in running/sitting out partial game/demerits. All placements are given by the coaches.

INJURIES
A. In the event that an injury or illness incapacitates a team member, a written doctor’s excuse must be submitted to the coach. This excuse should specifically dictate the type and degree of physical activity allowed.
B. No injured or ill cheerleader will be permitted to practice or perform until fully recovered and released by a doctor.
C. All injured or ill cheerleaders are required to still be in attendance at all practices or games, unless excused at the discretion of the coach.
D. Illnesses and injuries should be reported immediately to the coach. Cheerleaders may use the coach’s voice mail or e-mail in order to leave a message for the coach regarding an illness or injury.
E. Elective surgery that requires a cheerleader to be sidelined for any period of time may result in immediate dismissal at the discretion of the coach and administration.

4) Conditioning: Practices will start with a 1 mile warmup. Dedicated time at each practice will be devoted to conditioning with conditioning and strength training. Cheerleaders need to also run on their own to build up their endurance. Cheerleaders must run 1 mile in 8 minutes in order to earn the privilege of cheering at the first football game.
5) **Parents:** Cheerleading is a time commitment for the parents, as well as the cheerleaders. Parental time is **REQUIRED** for Junior Camp, Homecoming, driving & providing water to designated games, fundraisers, serving lunch for designated games, planning, and various other duties.

6) **Financial:** Cheerleading is a sport and requires financial support. Parents are responsible for purchasing everything except uniforms. They are the property of the school. This means any additional insurance, practices at Premier Athletics, community service projects, etc. as well as personal items, and transportation. Payment schedules can be provided and payments must be made **monthly**.

Cheerleaders are expected to participate in all approved fund-raisers that benefit the team as a whole. Such activities will raise funds in the name of Farragut High School Cheerleading in order to purchase needed items for the team, activities, and trips.

7) **Transportation**
Transportation to and from games, practices, or special events is the parent's responsibility. Lack of transportation will not be considered an excuse for missing an event. There are a few basketball games where the school provides transportation and the cheerleaders must ride the bus to and from the game. Cheerleaders must have written parental permission to ride home from a game with another parent. No cheerleader will be allowed to ride home with another student. Permission slips for NON-SANCTIONED events must be filled out before a student can participate in the event. I will provide you with permission slips when the time comes.

Parents are responsible for the loss or damage to personal property of others or injury to other people caused by their son/daughter. Farragut High School will not be responsible for the liability or insurance coverage of private or public carriers.

8) **Uniforms and Appearance**
A. All uniforms and megaphones are possessions of the school. These items must be returned within a week of the end of the season, voluntarily leaving the team, or dismissal from the team. If these items are not returned, a hold will be placed on your grades and graduation status.
B. Uniforms will be assigned by the coach and some alterations may be needed. Uniforms may be altered, however, **the material may not be cut. (If a uniform is cut, the cheerleader must pay for a replacement.)** Uniforms will be handed out and fitted as close as possible by the coach.
C. The length of the skirt must be appropriate and is at the coach’s discretion.
D. Uniforms must be kept **cleaned and line dried.** Care must be taken to insure that clothing, uniforms, and equipment are kept clean and in presentable condition. Also, the white uniforms must be crisp white and not dingy.
E. The coach will decide uniform attire and hairstyle. Schedules will be distributed to all cheerleaders.
F. Each member must purchase personal items such as shoes, camp clothes, sweat suits, etc. An itemized list of expenses will be distributed at a parent meeting to take place after the new team has been selected. This list will include the estimated cost of uniforms, accessories, and camp fees. **THIS LIST IS SUBJECT TO CHANGE.**
G. Members must wear appropriate uniforms at all activities, including shoes, sports bras, briefs, socks, and bows. Socks must be **white** with no colored trim. Cheerleaders must wear the approved shoes chosen by the coach. **JEWELRY IS NOT ALLOWED** including BODY JEWELRY.
H. Each member must safeguard his/her items from theft, loss, or damage and is, therefore, personally liable for their replacement.
I. Only the briefs approved by the coach may be worn.
J. Jackets and/or sweats may not be worn during a game except with approval from the coach. Uniformity is important within a cheer squad. We must look like a team, not individuals.
K. Cheerleaders may not wear any nail polish other than white French tips. Nails should be trimmed and well maintained.
10) Further Responsibilities

A. Cheerleaders will not be allowed to participate in two sports or band during the same season. It is too difficult to schedule around other sporting activities and unfair to others who have sacrificed for the few. Participation in spring sports is only allowed after high school cheerleading season ends. This includes competitions as well as games and other events. Your high school squad must always take precedence.

B. To remain on the squad each cheerleader must maintain a 2.50 GPA by the end of each semester. Also, any cheerleader that has 2 or more Fs at the end of the semester will be immediately dismissed from the team. Final grades are determined by the grade on the final transcript for the semester. Grades may be checked at any time. Any cheerleader that has a D or F in any class will be required to attend tutoring before or after school with an assigned tutor, teacher, study hall, or other intervention as discussed with the coach.) If at any point the cheerleader is failing 2 or more classes, she will be benched immediately until passing all courses. She will still be expected to be at all practices (unless attending tutoring as cleared by the coach.) It is important that parents and cheerleaders remember that academics come first for all student-athletes.

C. Cheerleaders must attend and participate equally in all cheerleading sponsored functions, suppers, banquets, pictures, community service projects, competitions, etc. NO EXCEPTIONS!

D. Cheerleaders must be able to speak for the squad in public meetings and in front of the student body when asked to do so by the coach.

E. Each member must remember that she/he is an example that the rest of the squad will follow.

F. Every member must know cheers that are being used, never hesitating as to which cheer to use next. Use appropriate cheers for the situation.

G. All members should know rules and regulations for the sports we cheer for. It is unacceptable to not know when to show spirit or what cheers to do.

H. Members will work with the coach and should keep the squad working together. Members will take problems among the squad to the coach, so that she may help in solving the problem.

I. Members will help plan cheers and routines for practices with the coach and principal's approval. Some material may be changed because of content.

J. Members will represent FHS with pride at all times; someone is always watching you in or out of uniform. Members must act in a sportsmanlike and ladylike manner at all times.

K. Coach will assign stunt groups and stunts that are to be performed.

L. Everyone should tumble to the highest of his/her ability unless a doctor authorizes otherwise. Skills thrown at tryouts are the minimum expectation for game days.

M. Conduct such as smoking, drinking, fighting, drugs, obscene gestures, or language is not allowed in or out of a cheerleading uniform. Failure to comply with this rule could lead to IMMEDIATE DISMISSAL.

N. Any dismissal whether voluntary or involuntary from the cheerleading squad will automatically result in the member losing all privileges, awards, activities, and honors of a squad member for the remainder of the school year. This includes banquets and other awards won by the team. Uniforms and any possessions not belonging to the individual member must be returned in good condition within one week to the coach.

O. If a member receives a suspension (out of school), the member will face demerits based on the number of activities missed due to the suspension.

P. Cheerleaders are to behave in a respectable manner to all students, teachers, principals, and others. Disorderly conduct, bad attitudes, or excessive silliness will result in consultation with the coach and principal, and may lead to suspension and/or dismissal from the squad.

Q. Cheerleaders are to attend games to lead cheers, NOT TO BE WITH FRIENDS OR DATES.

R. Cheerleaders will be required to “game day” dress during assigned games and on other occasions.

S. Cheerleaders must sign the Social Media Contract and agree to uphold the contents.
BEHAVIOR and DISCIPLINE:
Discipline will be in the form of immediate action, which could include temporary removal from the squad, running, not being allowed to wear uniform, not being allowed to cheer in a certain number of games, or not being allowed to participate in certain activities such as pep rallies or senior night. Discipline decisions are up to the coach.

- Since we cannot foresee all situations that may arise during the season, the coach reserves the right to assign demerits or assign or otherwise take disciplinary action for offenses that may not be specified above. The coach also reserves the right to allow for benching a cheerleader as deemed necessary or for extra conditioning for team offenses as well.
- Suspension (out of school), member faces suspension from the squad based on the number of days of punishment. If suspension should fall on event days, demerits will be assessed as unexcused.
- All community service will be set-up by the coach. Hours completed as a team do not count towards discipline.
- Cheerleaders will be dismissed from the team for such actions deemed inappropriate for people who have been selected as leaders of their school (including smoking, drinking, drug usage, or lower than 2.0 semester GPA.) Appeals may be made to the principal or athletic director.
- If a cheerleader resigns or is dismissed, it will be permanent and effective immediately. Written notification with a parent signature is required for all resignations. Written notification from the coach is required for all dismissals. Copies of written notifications will be given to the administration. Any dismissal whether voluntary or involuntary will automatically result in the member losing all privileges, awards, activities, and honors of a cheer team member for the remainder of the school year. Uniforms and any other possessions not belonging to the member must be returned in good condition within one week to the coach. If a cheerleader is dismissed or voluntarily leaves the team, permission must be given from the athletic director and coach before she may tryout in future years.

FINAL COMMENTS
1. Any unusual behavior, problem or attitude, that is not conducive to the rules and regulations, coach, and to the integrity of the squad, will result in a conference with coach and student PRIOR to discipline or dismissal from the squad.
2. A positive attitude is absolutely necessary on the part of any school leader or cheerleader. The coach, teachers, and principals will not tolerate negative attitudes or comments.
3. Silliness will not be tolerated. If you are not committed to working hard, you do not have to cheer.
4. In the event that the cheer coach is absent from school and/or athletic event, a designated teacher, assistant principal, coach, or principal will be in charge with full authority. The ground rules must be followed.
5. If you as a parent or cheerleader do not fully agree with the coaches’ philosophy or rules of the constitution, do not consider staying on the squad. This philosophy or rules and regulations will not change.
6. Situations that arise that are not covered in these rules and regulations will be handled at the discretion of the coach and athletic director.
7. Cheerleading is not required to graduate high school. Cheering for FHS is an honor and ALL choices and attitudes should reflect this.
Demerits, Penalties and Dismissal
2020-2021

One (1) Demerit:
1. Late to practice or returning from halftime.
2. Chewing gum.
3. Hair not up or jewelry off.
4. Demonstrating unsportsmanlike conduct (determined by the coach.)
5. Talking while instructions for a routine or dance are being given out.
6. Leaving sidelines without permission during a game.
7. Not staying in proper formation during games and practices.

Two (2) Demerits:
1. Late to a game or performance.
2. Not wearing proper uniform or attire at a function or being completely game/practice ready.
3. Failure to dress out for a practice.
5. Failure to bring proper items to practice. (shoes, poms, etc.)
6. Failure to wear designated attire on game days.
7. Use of cell phone during practice or performance.
8. Not properly completing workouts, laps assigned, or other physical activity.
9. Improper conduct: excessive talking, body exaggerations, personal contact with the crowd during the game, negative attitudes, disrespect to team members/coach, back talking, goofing off, behavior deemed inappropriate by the coach, and “mini” practices of cheers or routines during the game.
10. Public displays of affection while in ANY cheer team clothing.

Three (3) Demerits:
1. Unexcused absence from practice. This includes late notification of an excused absence.
2. Not knowing assigned material as required.
3. Failure to bring any item to a game or performance. (member may also sit out)
4. Missing an entire quarter or period of a game unexcused.
5. Not completing assigned community service by assigned date.
6. Missing a game because of grades.

Four (4) Demerits:
1. Persistent cattiness toward teammates, other teams, and visitors before, during, and after any event.

Five (5) Demerits:
1. Unexcused absence from an event or game.
2. Fighting* (verbal or physical)
3. Insubordination *
4. Providing false information to a Board of Education employee*

Six (6) Demerits:
1. Unexcused absence from an event or game.
2. Fighting* (verbal or physical)
3. Insubordination *
4. Providing false information to a Board of Education employee*
5. Any sign of smoking, drinking, or the use of drugs, at any time or place, will result in dismissal from the squad. This includes all tobacco products.
6. Any involvement with law enforcement will result in dismissal from the squad.
7. Having a GPA lower than 2.50 at semester end or having two or more Fs.
8. Using tobacco, drugs, narcotics, alcoholic beverages, and/or any illegal substances.*
9. Being sent home from cheer camp.

Zero-Tolerance:
1. Failure to abide by Social Media Contract.
2. Office referrals. Two or more referrals will result in immediate dismissal from the squad. This includes tardy referrals.
3. Any sign of smoking, drinking, or the use of drugs, at any time or place, will result in dismissal from the squad. This includes on school grounds AND off school grounds.
4. Having a GPA lower than 2.50 at semester end or having two or more Fs.
5. Using tobacco, drugs, narcotics, alcoholic beverages, and/or any illegal substances.*
6. Being sent home from cheer camp.

- Failure to abide by the aforementioned rules and regulations will result in demerits as outlined. Demerits will be given for failure to fulfill assigned dance team responsibilities. Letters to parents will be sent home when demerits are assessed. An accumulation of demerits will result in the following disciplinary actions:
  o 5 demerits - 5 hours of community service
  o 10 demerits - 10 hours of community service
  o 15 demerits - dismissal from the team
**TRYOUTS:**
1) Per Knox County, tryouts will take place with at least 3 judges using the same score sheet for each girl/boy. The girls/boys with the highest scores will make the team. There will be no alternates selected.
2) Candidates will receive clinic materials virtually. There will also be a mock tryout so candidates can have a chance to be in the gym prior to tryouts, as well as receive individual feedback.
3) Having too many absences in any class could result in a student not being eligible to tryout.
4) All mock tryouts and tryouts will be closed. (No parents, family members, or friends.) Only designated school personnel will be allowed in the audition area. No cell phones are to be used while at the clinics or tryouts.
5) Scoring and tallying shall be supervised by a school administrator. To maintain confidentiality for judges, scores will not be released to tryout participants. After tallying the scores, the number of cheerleaders will be determined based on the natural break of the scores.
6) Any former member that was dismissed or quit the team the previous year may not tryout.
7) False information provided during tryouts may result in dismissal from the team if selected.
8) Rising seniors must not be planning on early graduation.
9) **June 7:** Virtual clinics – materials will be provided via the Band App link. These will be links to a YouTube page. A cheer, chant, and fight song (dance) will be taught.
10) **June 9:** Mock Tryouts- FHS gym. All Knox County Covid rules and regulations will be in effect for tryouts. You are allowed to wear whatever shirt and shorts you choose. Please wear cheer shoes or tennis shoes. We will conduct this in the same manner as tryouts. A rough schedule will be sent out prior to this date.
11) **June 10:** Tryouts – in the FHS gym. Everyone must wear a plain white tank top, white sports bra, navy shorts, and a ponytail with a white bow. Absolutely NO cheerleading logos/jewelry allowed. Tryouts are mandatory to make the Farragut Cheerleading Squad. All Knox County Covid rules and regulations will be in effect for tryouts.
12) **IMPORTANT:** The following items must be submitted online (Google Drive Folder) prior to June 7. All items with an * must ALSO be brought to the mock tryout in hard copy form. Please put these items in an envelope.
   a. Completed Knox County Physical form- please bring if you have the post-April 15th physical completed.
   b. Completed Medical Release Form*
   c. Insurance Coverage Statement*
   d. Signed Media Release Form
   e. Signed Social Media/Rules and Regulations Agreement (Google Doc)
   f. Knox County Parent Agreement for Cheerleading Tryouts
   g. Copy of grades from last semester
   h. Copy of your insurance card
   i. $25 clinic fee (paid online)
Farragut High School Cheerleading objects to postings on social media sites which are offensive or are in violation of state or federal law, institutional policies, or TSSAA rules. Student-athletes are considered representatives of the institution and their participation in social media forums is subject to intense scrutiny. The conduct of student-athletes on these sites reflects upon the reputation of the athletics department and the institution as a whole. In light of this, Farragut High School Cheerleading and its coaches have an interest in ensuring that the conduct of the student-athletes on social media sites is appropriate and permissible.

Any posting on a social media site which is offensive, in violation of state or federal law, in violation of institutional policies, or in violation of TSSAA rules is prohibited and may be subject to disciplinary action as outlined below.

1. All Cheerleaders are required to notify the Cheer Team Coach of any social media accounts they maintain. This information must be provided when trying out for the team at the beginning of each year and must be updated if accounts are added or changed over the course of the year.
2. All Cheerleaders are provided Social Media Guidelines which outline appropriate uses of social media and those uses which may violate the Social Media Policy.
3. All Cheerleaders will be required to connect (friend/follow) a general “cheer” account for Farragut High School on all social media outlets. This account will be released to team members after tryouts.
4. In the event that a Cheerleader’s social media account is found to be in violation of the policy either through (a) a review of the Cheerleader’s social media page by an athletics department staff member or (b) a posting which is otherwise brought to the attention of the coach (for example, another team member, community member), the coaches/administration reserve the right to impose further discipline which may include one or more of the following:
   a. Demerits.
   b. A conference with the coach and/or administrator to discuss the infraction.
   c. A suspension from games. These would count as unexcused absences from games.
   d. A suspension from all team activities. These would count as unexcused absences.
   e. Removing the Cheerleader from the team.

The severity of the discipline will be based on the seriousness of the infraction and whether there have been previous offenses by the student-athlete.
Representing Farragut High School and the Cheer Program is an honor and a privilege provided to a select group of individuals. Along with that privilege comes a set of expectations and responsibilities as a Farragut High School Cheerleader. You are held to a higher standard and are recognized because you choose to represent this school and your sport.

Through social media, you are now being monitored by more individuals than ever before, including other students, opposing schools, and community members. Everything you do in these forums should positively represent Farragut High School. Used responsibly, social media can be a great way to interact with friends and promote the Cheer team. Used irresponsibly, it can be a quick way to destroy your reputation in 140 characters or less!

This resource provides some tips and suggestions for using social media responsibly and effectively.

**DO** set your security settings so that only your friends can see your account.

**DON’T** accept friend or follow requests if you are not sure who they are coming from.

**DO** understand that who you have listed as Followers or Friends is a reflection on you.

**DON’T** put anything on social media that you would not want your family, your future employers, those reading the front page of the paper, or the whole world to see.

**DO** think before you post, tweet or retweet- Will this positively reinforce who I am?

**DON’T** post offensive language (including abbreviations for that language or videos with that language) personal attacks, or racial comments.

**DON’T** post when you are emotional, like right after a game, practice, or breaking up with your boyfriend. You are more likely to say something you will regret.

**DO** be familiar with the team’s social media policy and the consequences for violating it.

**DO** look at the account name that you are reposting. Does it contain inappropriate language? Retweeting or reposting is now taken as something you would say/have posted.

**DO** ask questions if you are not sure what you are doing is ok.

**DON’T** post or tweet anything during a class, or that would be a negative representation of your school.