
Hardin Valley Middle Cheerleading Handbook

2019-2020



Hardin Valley Middle

Cheerleading Handbook

Philosophy

The cheer program at Hardin Valley Middle will provide its participants with many opportunities involving leadership, teamwork, spirit, and enthusiasm. The purpose of our program is to:

1. Promote and uphold school spirit and enthusiasm of spectators at athletic events in victory and defeat.
2. Develop a sense of good sportsmanship through competition.
3. Promote Hardin Valley Middle by being leaders in the school and being involved in the community.

Requirements to Try out:

1. A parent or guardian must attend the mandatory parent meeting before a student can try-out for cheerleading. Students will not be able to participate in the workshop or try out if the coaches have not met with his/her parents. **ALL PAPERWORK** turned in to Coach Auxier or Coach Houser by **March 25th @ 2:45**.
2. All cheerleaders must maintain the Knox County academic requirement. Once on the squad, all cheerleaders must have passing grade 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. If an athlete has a failing grade they will have 4.5 weeks to improve their grade. If the grade does not improve during that time the athlete may be removed from the squad.
3. **KNOX COUNTY ELIGIBILITY STATES-ONLY THE FOLLOWING STUDENTS ARE ELIGIBLE TO TRY OUT:**
 - CURRENTLY ENROLLED HVMS students
 - KNOX COUNTY feeder Elementary Schools students that reside in the Hardin Valley Middle zone.
 - Approved Transfer Students already enrolled for Fall 2018.
4. Students must attend all workshops dates (March 26th and March 27th) in order to try out.
5. Students may not participate in another cheer program other than Hardin Valley Middle Cheer.
6. A current physical must be on file to try out and participate. This physical must state that your cheerleader is able to participate in the following areas without restriction: jumps, stunting, tumbling, strength training.
7. Students are ineligible to participate if he/she becomes 15 years of age on or before **August 1, 2019**.
8. If a candidate has been previously dismissed, quit, or failed to fulfill **any obligations** of the HVMS Cheer program they must wait one full year before they will be allowed to try out again.

Try outs:

1. Both coaches will conduct the mandatory cheerleading workshop March 26th and 27th beginning promptly at 3:45pm in the gym and concluding at 6:00pm. Candidates are expected to be in the HVMS gym, dressed and ready to go at 3:45pm, sharp. During the workshop, candidates will learn a cheer, chant, and dance. There will be opportunities to work on jumps and tumbling as well.
2. Try outs will be held March 29th beginning at 4:00 pm. Candidates will try out individually as well as in groups of three. Candidates will perform their newly learned cheer, chant, dance, and required jumps.
3. Candidates will try out and be judged by a selection committee of three to five judges that meet Knox County requirements. **Try outs are closed. No spectators are allowed.**

Cheerleading Constitution

I. The Role of a Cheerleader

- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times.
- Provide leadership.
- Promote unification of the crowd's involvement during the athletic events.
- Improve life skills in the area of: leadership, emotional maturity, self-confidence, moral and ethical values, decision making skills, cooperation, spirit of competition, character and self-discipline.
- Balance academic requirements and demands with extra-curricular and personal activities.

II. Standards of Behavior for Cheerleader

Cheerleaders by title are **role-models**. Your coach hopes that you will embrace this role. Remember that there are people watching everything you say and do, because of this, cheerleaders are expected to set high standards for their school and to set a good example for their fellow students.

- All cheerleaders must maintain an attitude of enthusiasm and cooperation with team members and coach at all times. Working together may mean making personal sacrifices at times for the good of the team and doing so with enthusiasm.
- As a representative for Hardin Valley Middle, cheerleaders are expected to uphold all school rules, handbook policies, and state laws while in or out of uniform. Any violation of these rules or conduct deemed improper and unsuitable for a cheerleader - no matter where the incident takes place - will result in consequences administered at the discretion of the coach and/or the athletic director.
- If a cheerleader receives OSS they will immediately be dismissed from the team.
- If a cheerleader receives ISS they will be suspended a minimum of 1 game.
- Bullying is a serious offense and Hardin Valley Middle has a ZERO TOLERANCE policy. If your cheerleader is suspected of bullying in any capacity he/she will be dismissed immediately. If any parent(s) of any cheerleader participates in any form of bullying/harassment they may be prohibited from attending any sporting event and may result in their child dismissal from the team.
- A student shall not intimidate, harass, or bully another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation, cyber bullying (social media platforms/text) or manipulation.
- Grades will be checked periodically at the coach's discretion. If any grade falls below a "C" the cheerleader will be asked to seek tutoring for extra help and may be removed from participation if grade does not improve.
- If any cheerleader receives an "F" they will be suspended for one game to try to bring the grade up to passing. If the grade is not brought up at the end of that time they will be suspended at the coach/athletic director's discretion. If the grade is not brought up at that point they may be dismissed.

III. Communication

- All team communication will be by texts/phone calls or emails, or through a group messaging app.
- All dates will be communicated through email or through group messaging. It is your responsibility to stay on top of messages and emails sent by coaches.
- No social media will be used for team communication.

IV. Attendance Policy

- Cheerleading is a time-consuming sport with practice and events. All cheerleaders are expected to attend scheduled meetings, practices and events. **THREE UNEXCUSED ABSENCES equal dismissal from the team.**
- Cheerleaders must be in attendance at school to be eligible to participate in practice or performances. **The only excused absences are below:**
 - Death in the family.
 - Medical illness (requires a note from the doctor stating the illness is contagious)
 - Other medical issue (i.e. sprained wrist-requires note from the doctor)
 - Academic Necessity-(Tutoring or school activity approved by coach 2 weeks prior to missed event.)
- All cheerleaders will get the TSSAA sanctioned Dead Period off at the end of June and beginning of July. Please make every effort to schedule family vacations during this time.
- If you are out due to an injury (i.e. sprained wrist) you MUST present a Doctor's note releasing you before you will be allowed to return to practice, a game or competition. Cheerleaders are still required to attend all practices, games or other scheduled events while injured.
- If you are out due to an injury and unable to perform ALL skills necessary for a cheerleader you will be rostered as an alternate for any competition. If the cheerleader is unable to fulfill his/her physical requirements for an extended period they may be dismissed from the team.
- Unexcused absences from school are not acceptable. You must be at school to participate in cheerleading activities.
- If you are at school, you are expected to be at practice that day. Please schedule appointments during times that will not conflict with cheerleading practices or events.
- Missing practices that are categorized as "excused" absences can still lead to being removed from a routine, position or stunt, due to not physically being available to practice. IF you miss a practice on a game week you will not cheer.
- During game suspensions, the team member will sit in uniform with the coach for the entire game.
- If you are dressed out at any event you are expected to remain with your team/coach at ALL times. You will not sit in the student section, with your friends or parents.

V. Safety

- Jewelry is not to be worn at any cheerleading event or practice.
- Nails are to be kept at an appropriate length. Neutral Nail polish ONLY.
 - Regarding apparel/nails, NFHS rule 3.1 article 2 reads "fingernails, including artificial nails, must be kept short near the end of the fingertips". At OSAA sanctioned events we rule this by looking at the palm of the hand. If the nail is over the end of the fingertip then the athlete is in violation.
- Appropriate practice wear/uniform and shoes must be worn at all times.
- Hair must be in a ponytail or braid for all practices, games, and appearances.
- TSSAA dictates that only 16 Cheerleaders are allowed on the floor at any basketball game.
- Athletes will NEVER spot another athlete or tumble without supervision of a coach or other AACCA certified staff member.

VI. Cheer Season

Practices and Event Participation:

- While every effort will be made to schedule in advance, events may be scheduled and attendance required with short notice.
- Practices during the school year will be up to 3 days per week depending on time of year.
- **Arrive** at all practices on time, in **complete assigned practice attire**, with hair in a ponytail or braid.
- Team members are expected to participate in Homecoming/Spirit Days.
- Every Cheerleader will be expected to cheer all basketball games including post-season.

Game Day Expectations:

- Team members are expected to dress as a team on game day. **This is not optional.**
- For home games, cheerleaders need to report to the cheer room and be fed, dressed, and warmed up by 4:00.
- For away games where transportation is provided, cheerleaders need to be dressed prior to departing HVMS.
- **Have complete uniform at all games. If you are missing pieces you will not cheer.**
- **Hair and make-up must be game day ready upon arrival.**
 - **On game day, hair is up in the designated style and the correct color bow is in the correct place.**
 - **If wearing lipstick, lip color MUST be the approved team color.**
 - **Cheerleaders may be asked to remove makeup if it has been put on in excess.**
- Remain in the cheering area. Do not leave without coach permission.
- No cellphones will be allowed in the gym. They will be kept in the locked cheer room during home games. They will need to be in cheer bags at away games.
- Control and lead the crowd through positive cheers and chants. Any conduct deemed unsportsmanlike is subject to disciplinary action at the Coach's discretion, up to and including dismissal from the team.
- DO NOT socialize during the game.
- Cheerleaders are to remain on the line AT ALL TIMES unless you receive permission from Coach.
- No athlete has guaranteed preferential line or routine placement. All placements are given by the Coach.
- Cheerleaders are expected to stand RESPECTFULLY, hand over your heart, completely silent during the playing/performing of the National Anthem. If you cannot do that you will be benched for that game. If it persists you will be dismissed from the team.

VII. Uniforms

- Each cheerleader will be responsible for their uniforms. Your uniforms must be clean for every event.
- Each cheerleader is responsible for any lost, stolen, or damaged items.
- Uniforms are to be worn for school activities only.
- Do not lend your uniform to anyone.

VIII. Financial Responsibilities and Payment Option Agreement

As a public-school group, no child should be unable to try out or participate due to the inability to afford the expenses that may come with being a member of a group or team. Therefore, please do not decide whether to allow your student to try out for the cheerleading team based on these expenses. The payment schedule can be flexible when necessary and there are several fundraising opportunities.

100% PARTICIPATION IS REQUIRED for all Team Fundraising. Parents are highly encouraged to help with fundraising. Opportunities will be available to cover personal expenses as well. However, the cheerleading account keeps all fundraising to pay for listed and miscellaneous expenses such as 8th grade night awards, transportation costs, and other necessary expenses.

Any student who has been a cheerleader in the past and has not paid his/her cheerleading financial obligations from the previous season may not participate in clinic or try out until these bills are paid in full. Non-Payment of financial obligations may result in dismissal or diploma being held.

ALL accounts must show a zero balance by October 31st, 2018 for the 2018-19 school year.

Most of the items we order/purchase are custom items and as such require a significant deposit before the order will be processed and must be paid in full prior to shipping the completed order. **Due to vendor's policies, effective immediately, items purchased will no longer be distributed to individual cheerleaders until payment for that item is received in full.**

ESTIMATED Equipment Cost for Cheerleaders necessary items are as follows:

• KCS Insurance	\$60.00	
• Summer Camp	\$300.00	MANDATORY June 17 th – 21 st
• Camp Wear	\$45.00	Includes three shirts
• Adidas Bag*	\$50.00	
• Poms	\$65.00	
• Three Bows	\$20.00	
• Adidas Uniform*	\$150.00	
• Varsity Uniform	\$200.00	
• Warm-Up	\$175.00	Includes warm-up jacket and pants
• Letterman Jacket*	\$60.00	
• Shoes	\$90.00	
• Lip Color	\$5.00	
• Transportation	\$50.00	

*Returning cheerleaders do not have to order items marked with a *
Items you are responsible for purchasing that Coach is not ordering:

- Black Compression Shorts (Nike Pro) to be used as bloomers for both uniforms.
- Navy Softe Shorts
- Royal Softe Shorts
- Heather Grey Softe Shorts

If you have any questions please email Coach Auxier or Coach Houser.

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