

SHAWNEE MISSION SOUTH CHEERLEADING

2021 – 2022

EXPECTED BEHAVIORS AND STANDARDS

ELIGIBILITY: Each member of the cheerleading squad must be passing at least five classes of academic credit in order to participate. Below is the KSHSAA (state) rule on eligibility for all athletes:

1. Scholarship—The student shall have passed at least five new subjects (those not previously passed) of unit weight, or its equivalency, the previous quarter or the last quarter of attendance. (*See Rule 14-1-1, Bona Fide Student and Rule 15-1-3, Enrollment/ Attendance.*)

In other words, they must have passed 5 NEW subjects the previous semester to be eligible to participate the following semester. They must maintain passing 5 throughout the season or they are benched until they have raised their grades to where they are passing 5. Grades are monitored on a daily basis by the coaches, and girls must meet our Cheer program's academic eligibility requirements week-by-week in order to be able to cheer. This Academic Policy is made available in a separate document.

CONDUCT: Each cheerleader is required to abide by the Shawnee Mission Tobacco/Alcohol/Drug Policy. The consequences are defined in the policy which each cheerleader and parent will sign. This policy will be signed only once by each student and will remain in effect for the duration of the student's years at SM South.

A respectful, pleasant attitude is expected toward the coaches, other cheerleaders, sports participants, spectators, referees, school personnel and community. A cheerleader is a representative of Shawnee Mission South and has a responsibility to maintain high moral standards, both in and out of the classroom. Any bullying, uncooperative or disrespectful attitude/morals/language verbal, written or electronic, are grounds for disciplinary action up to and including dismissal from the squad.

KNOWLEDGE

OF MATERIAL: All cheerleaders are to be performance ready on all SMS cheer material prior to their participation at their game, event, etc. The criteria and definition to assess performer readiness is the knowledge of the material, correct words, motion technique precision, muscle power,/strength/endurance, cardio-respiratory endurance, spirit, energy, flexibility, stamina, timing, correct upper/lower body position, leveled body position, rhythm, voice, physically fit and good natured attitude. The following questions are addressed by coaches before and during, and after any training and performance session with cheerleader(s) throughout year.

1. Is the athlete strong enough and powerful enough to do the skill(s) in question? Can he/she produce the necessary force?

2. Does the athlete have the necessary muscular endurance to perform the skill(s)?
3. Is the athlete flexible enough to perform the skill? Can the athlete achieve the necessary body positions to perform the skill?
4. Is the athlete fresh enough to perform the skill safely? Is the athlete fatigued to the extent that safety and ease of performance are jeopardized?
5. Does the athlete adequately understand the skill? Does the athlete have the coordination necessary to perform similar skills? Can the skill be broken down into smaller steps of learning?
6. Is the environment conducive to safe and easy performance of skill? Is there adequate matting, lighting, etc.? Is a spotter(s) necessary?

The SMS cheer material is distributed to all newly selected cheerleaders. Determination of cheerleader's ability to demonstrate that they are performance ready will be judged by coach(es), various squad captain(s) and/or varsity cheerleaders. A calendar of dates and times will be announced or distributed to inform cheerleaders when they would have the opportunity to sign up to demonstrate their skill on the SMS cheer material prior to the first game or event. Coach(es) continually assess cheerleader's performance ready skills and physical fitness throughout the sport seasons.

APPEARANCE/DRESS CODE: All cheerleaders will abide by the following:

- Hair must be AWAY from the face at all practices, games and performances. It needs to be pulled **neatly** back in a **high** ponytail or bun. No wispies allowed. See the section below for KSHSAA rule on hair:
- **NF Rule 2-3-3: 3-1-3 The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity.**
- NOTE: At the minimum, all dance and cheer participants must have 180 degree peripheral vision at all times. The legal devices to hold hair away from the face and off the shoulders include: bobby pins, small triangle clips, flat (old fashioned) barrettes, rubber/elastic bands. Claw clamps of any size are illegal, as are bobby pins with jewels glued on the ends (jewelry rules), bump its, etc.
- Uniform must be clean and neat at all times, ONLY white no-show or tennis socks may be worn. No colored socks, ankle or knee socks are allowed at practice and games.
- Proper undergarments must be worn--No bra straps should be showing at any time.
- No wild hair colors will be allowed (blue, purple, pink, etc.) Nothing should distract from the uniformity of the squad.
- No jewelry/piercings of any kind are allowed during games and performances. KSHSAA rule is below.

KSHSAA RULES: Cheerleaders will abide by all rules set by the current *Kansas State High School Activities Association (KSHSAA)* rules, and the *2017-2018 National Federation of State High School Associations Spirit Rules*

Book. While a member of the SMS cheer program, the following are additional offenses are not permitted at practices, games, or events:

- Gum chewing
- Jewelry of any type, including high post earrings, belly-piercing, toe rings, tongue piercing, friendship or ankle bracelets, spacers for earrings, no ponytail holders around your wrist, etc.
- Artificial or natural fingernails in excess of the length specified by KSHSAA
- Objectionable language
- Glitter shall not be on hair, face, uniform, costume or the body
- Wrong uniform or accessories
- Inadequate demonstration or lack of knowledge of performance material
- Laughing, talking, or inattention during stunting, cheering, practices, events, school song, or standing at attention during the National Anthem
- Failure to follow specified safety procedures
- Bullying, profanity, disrespectfulness, or poor attitude may not be conveyed through either verbal, written, visual/body language, or electronic communications
- Must look neat and clean when in uniform; bra straps should not be visible, wear proper no-show white socks
- All leg, underarm, and facial (male) hair will be properly shaven so as not to be visible
- Leaving a game without the permission of the attending coach or administrator
- Cheer members are not allowed to practice or stunt on school property without coach(es) present.
- Cheer members will not wear warm up pants under skirts at school or games.
- Cheerleaders must dress appropriately for school on game days as designated by their coach/captains.
- Nail polish must be clear or neutral during games and performances

An occurrence of any of the above offenses will result in being benched or other disciplinary action deemed appropriate by the coach or Athletic Director, up to and including removal from the squad. Listed offenses above are not inclusive.

ATTENDANCE: All cheerleaders are expected to adhere to the Shawnee Mission South Attendance Policy. Any cheerleader who is absent from school all or part of the day without administrative approval will not be eligible to perform that day. Exceptions are funerals, school activities, and doctor's appointments.

Squad members are expected to be on time and attend all practices and designated games and events. Failure to be on time and attend all practices and designated games and events will result in a counted absence or other disciplinary action deemed appropriate by the coach or Athletic Director, up to and including removal from the squad. Cheering for a game without permission and without appropriate supervision by SMS coach(es) or administrator(s) and leaving a game without the permission of the attending coach(es) or administrator(s) may result in a counted absence or other disciplinary action deemed appropriate, up to and including removal from the squad. It is recognized that students may

occasionally be ill, have family emergencies, weddings, important family gatherings, or participate in other school activities that do not count against the attendance criterion. However, unexcused or excessive absences may require the coach or the Athletic Director to determine the squad member's participation level up to and including removal from the squad. Cheerleaders are required to attend all of the designated activities across each season. Freshman and Junior Varsity squads participate in activities for Fall and Winter sports season and other assigned activities, e.g., gymnastics. A Varsity squad participates in activities for Fall, Winter, Festivals, and designated Spring sports activities, tournaments, pep assemblies, and other assigned activities. Cheerleaders are responsible for cheering at ALL designated games, and performances, even those that are rescheduled due to inclement weather, etc.

For all cheer squads, in cases where an absence is planned (e. g., out of town) the cheerleader must verbally inform the coach and their captain(s) and complete an Absent Request Form one week prior to the game, event, etc. The coach will determine if it is an excused or unexcused absence. Students who are ill or have an emergency must verbally notify the coach and captain(s) prior to the game, event, etc. that will be missed, if possible. Absences in excess will result in disciplinary action up to and including removal from the squad. If a cheerleader misses an event due to participation in another school activity it will be considered an excused absence. The cheerleader must provide a calendar of events for this activity to the coach at the beginning of each sport season. If the cheerleader does not present the schedule and receive approval in advance it will be an unexcused absence. Absences in excess will result in disciplinary action up to and including removal from the squad.

There will be a \$25.00 charge to a cheerleader if any uniform(s) are returned unclean/dirty at the end of their cheering season. If cheerleader loses, damages or has unusual wear of uniform(s) they will be expected to replace at current cost.

Please detach this sheet and return to Mrs. Turner prior to tryouts. Be sure designated agreements are properly signed by parent and student.

I understand and accept all costs involved as stated in the "SMS Cheerleading Expenses 2021-2022."

I understand and accept the fact that by the very nature of the activity, cheerleading, stunting, and gymnastics carry a risk of physical injury. No matter how many spotters are required for a specific stunt according to KSHSAA, suitable performing surfaces free from objects or how careful the participant, other cheerleaders, and sponsor/coach are, the risk cannot be eliminated. I understand and accept these risks and will not hold Shawnee Mission South or any of its personnel responsible in the case of accident or injury at any time.

Print Name

Student Signature

Date _____

Parent or Guardian Signature

Date _____

Student Agreement

I understand my position as a cheerleader at Shawnee Mission South High School. I understand and accept the risks stated above. I promise to abide by the rules and regulations set forth by the sponsor/coach, administrators of Shawnee Mission South High School and all rules set by the current *Kansas State High School Activities Association (KSHSAA)* rules, and the *2021-22 National Federation of State High School Associations Spirit Rules*. I promise to cooperate and follow the instructions of the cheerleading sponsor/coach.

Print Name

Student Signature

Date _____

I agree and accept the **Shawnee Mission South Cheerleading 2021 – 2022 Expected Behaviors and Standards** contract. I have had an opportunity to clarify and discuss any questions I may have.

Parent Signature

Cheerleader Signature