

WCHS Cheerleading Standards

To enable all to have fun and feel worthy by enthusiastically facilitating student athletes to develop physically, psychologically, socially, and spiritually to be the best that they can be. The rules for cheerleaders are listed below. The cheerleaders are expected to faithfully abide by these rules and failure to do so may result in suspension or dismissal from the cheerleading team. Cheerleaders understand that teamwork and the maintenance of discipline is the key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieve these goals. All members realize that the manner, in which they conduct themselves in our out of uniform, directly reflects on the entire team, squad and school.

It is recognized that these rules and regulations are necessary to maintain morale, discipline and effective learning. Consistent enforcement of these rules and regulations is also necessary to ensure the safety and general well-being of each individual cheerleader. Participation in the Cheer Program is voluntary, not mandatory. It is a **privilege**, not a right and may be revoked by the school personnel when a cheerleader violates the rules and regulations, WCHS/IHSAA/NFHS by-laws as outlined in the student handbook. **NFHS SPIRIT rules apply first and foremost.**

- The decisions of the coaches must be followed. The rules of the Athletic Handbook will serve as the coaches' guide.
- The training rules of the athletic code prevail for cheerleaders and each cheerleader is responsible for being aware of this code.
- The Athletic Director or Cheerleading Coach will be the only persons 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.
- **TEAM PLACEMENTS** - Individual movement of an athlete from team to team will be at the coach's discretion and will not be open to discussion.
- ****Preferred Tumbling Skills for Junior Varsity – Mandatory back handspring, ROBHS, jump to BHS, and cartwheel BHS. Prefer to have BHS series, ROBHS series, triple jump to BHS, and a tuck at the end of any skill. (Beginning**

2019-2020, a mandatory back handspring will be the minimum pre-requisite for Junior Varsity)

- ****Preferred Tumbling Skills for Varsity – Mandatory back handspring, ROBHS, jump to BHS, and cartwheel BHS. Prefer to have BHS series, ROBHS series, triple jump to BHS, and a tuck at the end of any skill. Standing back tuck, triple jump series standing tuck, ROBHS+Tuck, cartwheel tuck, and standing two to a tuck. (*Beginning 2019-2020, a mandatory standing tuck will be the minimum pre-requisite for Varsity*)**
- **SUMMER ATTENDANCE** – All summer practices and summer camps are mandatory.
- **ATTENDANCE** - Cheerleaders must be on time and wear proper practice uniforms to all practice sessions. Attendance at all practices and games is mandatory. No cheerleader may leave practice until dismissed. **Should a cheerleader miss practice for any reason within the week of a scheduled game or competition, their cheering time will be limited at the coaches' discretion.** Cheerleaders who have medical documents on file with coaches and are limited, per medical doctor's orders, in their participation are still required to attend all practices and games.
- **LIMITED CHEERING TIME** - will be assessed for actions deemed unacceptable by coaching staff. Cheering time is an earned privilege and is NOT open for discussion. Situations that will limit cheering time include, but not limited to: Unexcused Absences from either a practice or a game; absence from summer practices and camps; absence from competitions; inappropriate attitude; poor work ethic; missing school transportation; wearing inappropriate uniform; in school detention; unacceptable attendance record; tardiness; or other actions deemed unacceptable and unbecoming to the WCHS Cheerleading program. The WCHS Athletic Handbook will serve as the coaches' guide in disciplining student athletes.
- **TRANSPORTATION** - Cheerleaders must be on time and **MUST** take school transportation to and from away contests. All personal grooming must be completed before riding on the bus.
- **EXTRA-CURRICULAR ACTIVITIES** - Cheerleaders may participate in other extracurricular activities; however high school cheerleading must be given top priority. Cheerleaders must adhere to this decision or give up their position on the team.
- **GRADES** - All WCHS athletes and cheerleaders must maintain a 2.3 GPA and pass five solid subjects to remain eligible. If an athlete does not achieve a **3.0** GPA the coach will have the discretion of assigning the athlete to an after school study hall or will assist in seeking tutoring. School and classroom conduct will be

closely monitored. The athlete must be on time, be prepared, organized, participate to the best of their ability, and take pride in their academic performance.

- **EQUIPMENT** - Cheerleaders will purchase shoes, socks, bodysuits, briefs, hair ribbons, sweat suits, travel bags, poms, summer camp shirts, summer camp shorts and other accessory articles of clothing to wear with the uniform. Cheerleaders are responsible for any loss or damage that may occur to school property. Cheerleaders may wear the “appropriate uniform” as approved by the coach to school on game days. The “appropriate uniform” is defined as follows: cheerleading socks, cheerleading shoes, bodysuit, briefs, uniform top, and skirt. A uniform being worn to school DOES NOT include sandals, sweat pants, sweat pants under cheer skirts, random T-shirts over cheer vests, hair down, dangling earrings etc. Cheerleaders must keep all wearing apparel clean and neat and maintain a well-groomed appearance at all times. NO JEWELRY will be worn at games and competitions. ONLY hair ribbons approved by the coach may be worn. NO NAIL POLISH will be worn at games and competitions. Visible TATTOOS and/or other BODY PIERCING will not be permitted while representing Warren Central High School.
- **HAIR** - Must be kept clear of the face at all times while in uniform. Hair will be pulled back in a ponytail with issued team hair ribbons. No other hair accessories are permitted.
- **PRACTICE ATTIRE** - Attire must consist of team practice shorts, team practice t-shirt, socks, and shoes. Tank tops and sports bras are prohibited.
- **AWARDS** - All awards will be presented at the conclusion of the season to eligible participants.
- **NO CELL PHONES WILL BE USED AT GAMES OR PRACTICES!** Social Media will be monitored. Inappropriate use of social media will be cause for discipline and possible expulsion from the team.
- ***The Warren Central Cheerleading program has a **ZERO TOLERANCE** policy for fighting. Any cheerleader who is involved in a physical altercation will be removed from the squad. This includes altercations taking place at Warren Central AND all organized taking place outside of the school. Cheerleaders represent the school wherever they go, they are expected to behave in a manner that promotes the program and school as premiere student-athletes. ***