



Grayson High School Cheerleading Policies and Expectations 2024-2025

i. Philosophy

It shall be the purpose of the program to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to promote good relations in the community, and to support the high school athletic teams. The goal is to work in harmony with the coaches, faculty, athletic programs, student body, and the community of Grayson. The overarching objective is to provide valuable learning experiences, which will help the students become better citizens. Participants must understand the impact their behaviors can have on others based on their role as a student athlete. Therefore, high levels of leadership and character must be exhibited at all times.

ii. Requirements

a. All participants must meet all eligibility requirements mandated by GHSA. Failure to uphold those requirements will result in **immediate** dismissal from the program.

These GHSA academic requirements are as follows:

1. **Must be enrolled in five classes for credit toward graduation.**

2. **Must pass five classes each semester and be on track for graduation.**

b. Each cheerleader must be physically able to participate in long periods of vigorous activity with undue fatigue or pain.

c. Each cheerleader must have on file a parental consent form, insurance information, and yearly physical (with insurance information).

d. Respectful and cooperative attitude towards faculty/staff, peers, and coaches.

e. Cheerleaders should understand the spirit behind the rules and any situation not covered specifically will be handled in the best interest of Grayson cheerleading.

f. Each cheerleader will pay a \$200 fundraising fee. The cheerleading booster club will offer one fundraising opportunity to recoup the \$200 fee.

g. For any previous cheerleader, it is MANDATORY that you contact the treasurer to clear up late dues or fees on your account.

h. Abide by the rules and guidelines presented in this document.

iii. Commitment

a. If a cheerleader is selected as a Grayson High School cheerleader, she is expected to fulfill her commitment and cheer for the duration of the season, including playoffs. This includes participation in all mandatory activities (games, practices, GAA Camp, school events, etc.).

b. Parents and cheerleaders will be given a copy of the game schedule and practice schedule. **It is expected that each cheerleader is at every game and every practice.** After school help, doctors' appointments, etc. should be scheduled on a non-practice/game day. If there is a missed practice, cheerleaders MUST notify their coach before practice otherwise, there will be a consequence.

c. **All practices will be on Tuesday and Thursday, from 2:20-4pm. It is expected that each cheerleader is present at every practice.**

d. Your Grayson High School cheer squad is a top priority. After-school jobs, activities, or other cheerleading teams should not interfere with your responsibilities and obligations as a Grayson High School cheerleader.

e. If a cheerleader cannot cheer for any reason, he/she must meet with the head coach AND the coach of their squad immediately.

f. If a cheerleader chooses not to fulfill their commitment to the Grayson High School cheerleading program, the following consequences will apply:

i. They will not be allowed to attend the banquet and will not earn a varsity letter.

ii. If the cheerleader is a junior, sophomore, or freshman, they will be ineligible to try out for cheerleading the following year.

iii. If the cheerleader quits a squad in the middle of the season, they will not be eligible to complete the remainder of the season for football and/or basketball.

iv. **Camp**

All cheerleaders are strongly encouraged to attend summer camp and summer stunting sessions. If a cheerleader does not attend the camps, it is their responsibility to learn everything taught at camp prior to the first game of the respective season.

All cheerleaders are expected to behave appropriately and follow all rules. **There will be NO pranks at camp.**

v. **Safety**

These rules are set forth by the Georgia High School Association (GHSA). It is expected that all cheerleaders follow these rules. **These are non-negotiable.**

- a. Jewelry cannot be worn during cheerleading activities.
- b. **Hair must be secured away from the face and off the shoulders for ALL games and practices.**
No hard clips, etc. should be used.
- c. Fingernails must be short (must be able to make a tight fist, comfortably).
- d. No stunting or tumbling unless under the direct supervision of the coach.
- e. Appropriate clothing and shoes must be worn at all times. Cheer shoes are required at games and practices.
- f. No chewing gum while engaging in cheer activities.
- g. Never perform stunts and/or tumbling if a coach is not present.
- h. Never perform stunts and/or tumbling during public appearances that have not been practiced to perfection.
- i. All safety guidelines must be followed to insure the utmost safety of all participants. Therefore, a coach should approve any new stunt and/or tumbling skill before it is attempted. There are inherent risks, mostly due to stunting and tumbling, for cheerleaders.
- j. Cheerleaders must be attentive and focused while engaged in cheerleading activities. This is especially important during basketball games due to the proximity of the cheerleaders to the game.
- k. Cheerleaders must report any physical problems to their coach as soon as the problem arises. Failure to do so could cause further problems and jeopardize the safety of others.
- l. Cheerleaders must obtain a doctor's release before resuming any cheerleading activity after an injury or illness requiring a doctor's visit.

vi. **Appearance**

- a. Cheerleaders will be given a uniform schedule that will detail the appropriate uniform, bow, bloomers, and school attire to wear on game days. Game day attire is mandatory.
- b. Uniforms and shoes should be well kept at all times. All uniform pieces are expected to be clean.
If uniforms are damaged or unclean, there will be consequences and/or cheerleaders will be benched.
- c. Hair cannot be dyed an unnatural color (ie. bright red, pink, purple, blue, etc.).
- d. Hair should not be excessively long. Cheerleaders should not have unkempt hair.
- e. At all public functions, especially games, hair should be in a high ponytail with designated bow.
- f. Short fingernails and only neutral/clear fingernail polish may be worn during performances/appearances; however long acrylic nails are prohibited during the regular football/basketball season.
- g. Any large tattoo(s) must be covered up during games and public performances.
- h. Cheerleaders should exhibit mature and appropriate behavior at all public cheer functions.

vii. **Transportation**

- a. **Cheerleaders are required to ride the bus to and from away games.** Any exceptions must be requested in writing and be pre-approved by the head coach. All football girls must ride the bus to and from games.
Each girl has a responsibility due to the equipment needed at the games.
- b. All cheerleaders should wait on rides at the designated area. Coaches are required to stay with all participants until their rides arrive. Parents should make appropriate arrangements so that coaches do not have to wait for an excessive amount of time.
- c. A cheerleader is not allowed to drive to an away function without approval from the head coach.
- d. If the county cannot provide transportation, parent volunteers will be used to transport participants. A GCPS form is required if you are willing to transport and/or give permission for your child to ride with another parent.

viii. **Attendance**

- a. Cheerleaders are not allowed to attend practice or games if they have missed more than three periods of school day (certain circumstances are approved by GHSA – example funerals; the head coach must approve any exception).
- b. All practices and games are MANDATORY!! **Cheerleaders will receive a schedule in advance. Plan accordingly!**
- c. Athletes are expected to be on time (*on time* is at least 5 minutes early to practice dressed and ready to begin!).
The expectation is athletes will be on time for practice and participate in setting up mats, stretching, warm up, etc.
- d. A cheerleader must have a doctor's excuse on every missed function. Missing a function due to a regular check-up does not count. Parents should schedule regular check-ups around cheerleading activities.
Failure to obtain appropriate documentation will result in a **1 game suspension**.
- e. If a cheerleader needs to miss any part of a cheerleading function, she must tell the coach in person prior to the event

(DO NOT SEND A MESSAGE WITH A FRIEND, TEXT, OR EMAIL UNLESS YOU ARE ABSENT FROM SCHOOL DUE TO ILLNESS).

- f. The coach must approve an absence. **Any unapproved/unexcused absence will result in a 1 game suspension.**
- g. Failure to attend a cheerleading function, including practice, without notification to the coach will be dealt with in accordance to the discipline policy.
- h. Punctuality is vital. Tardiness is not tolerated.
- i. Any cheerleader who is unable to participate due to health reasons is still considered part of the team and is expected to attend all functions. For games, injured cheerleaders should wear warm-ups. A doctor's note is required and should indicate when the cheerleader can return to cheering.
- j. Mandatory practices begin August 6th for football cheerleaders. Practice/event schedules will be sent home in advance so that conflicts may be avoided.
- k. When absent from school, or checking in/out, the coach should be notified ASAP.
- l. Participation in other activities or jobs should not interfere with your role as a GHS cheerleader.

Examples of excused absences:

- Athlete is sick but returns with a doctor's note
- Serious illness or death in the family
- Mandatory school event
- Planned vacation/college visit provided the coach has been notified by the first week of practice (prior notice should be given)

When an athlete knows that he/she is going to be absent or late, he/she has the responsibility to notify their **coach** in advance (24 hours), otherwise it will be an unexcused absence. In addition, coaches understand that occasional school conflicts (mandatory events such as chorus concerts, dance shows, etc.) arise, and academics is the PRIORITY. However, GH coaches also expect cheerleaders to use good time management skills to complete schoolwork and attend practice.

Examples of unexcused absences:

- Vacation (planned after the first week of practice)
- Conflict with other activities (club meeting, retreats, church trips, etc.)
- Birthdays Parties
- Work

Grayson Cheer must be a priority commitment during the season. When a team is missing cheerleaders, it diminishes the cheerleaders' opportunity, both individually and as a group, to safely learn and practice their skills. This affects the entire squad and those cheerleaders who have committed to be at all practices and games.

B. Absences at Practice

- a. Excused Absences = illness, death in the family.
- b. Unexcused Absences:
 - i. 1 (one) unexcused absence allowed
 - Should be used for college visits, work, family reunions, weddings, family birthdays, etc.
 - Requires a parent phone call to the coach 1 week in advance.
 - Benching for game or part of a game will occur
 - ii. 2 (two) unexcused absences = meeting with coaches and parents and possible dismissal
 - iii. 3 (three) unexcused absences = automatic dismissal from the team
- c. **Attendance is expected at all games. Schedules are given out in advance. Please plan accordingly.**

C. Tardiness: If you are going to be late, please communicate with your coach

- a. Less than 15 minutes late to practice, game, event = Sit out 1st quarter of next game and/or conditioning
- b. 15 to 30 minutes late = Sit out 2 quarters of next game. and/or conditioning
- c. 30 to 60 minutes late = Sit out full game. and/or conditioning
- d. More than 60 minutes= unexcused absence, sit out next 2 games and/or conditioning

ix. Discipline

Cheerleaders will be notified by the coach when consequences are given. 'Benched' means sitting on the sidelines at the game in uniform without communication to anyone (except the coach). All community service hours are chosen by the coach and must be served at school. The head coach will approve all consequences to ensure consistency.

Minor Offenses

- i. Forgetting part of uniform for practice or game
- ii. Having fingernails above the tips
- iii. Having jewelry on at practice or at games
- iv. Late (more than 5 minutes) for practice or game for an unexcused reason-(i.e.. traffic, club meeting, etc.)

Consequences for Minor Offenses

Physical conditioning and/or benching for part of a game as determined by coach (up to half of a game)

Level One Offenses

- i. Leaving a practice or game early for an unexcused reason (including work, unapproved, other sport practices)
- ii. Teacher/Administrative complaint about behavior/grade in classroom-**first offense**
- iii. Disrespectful conduct towards a coach or another cheerleader
- iv. Loaning out cheer clothes (uniform, warm-ups, hoodie, bow, camp clothes, team shirt, etc.)
- v. Continuously committing minor offenses

Consequences for Level One Offenses

***A coach may decide to issue ONE or ALL of the consequences below depending on the severity of the offense**

Step 1 – Physical conditioning and/or community service as determined by a coach

Step 2 – Benching for part of a game or games as determined by a coach

Level Two Offenses

- i. Teacher/administrative complaint about behavior/grades in classroom-**more than one time offense**
- ii. Being disrespectful to any coach or a teammate
- iii. **Missing game, practice, or GAA camp for an unexcused reason (ex. vacation, concert, work, etc.)**
- iv. **Not showing up for game, practice, or GAA camp for without prior notice (at least 48 hours' notice)**
- v. Altering a rented uniform without prior approval from the Head coach
- vi. Visibly dirty or ripped attire that disrupts the uniformity of the team
- vii. In-School Suspension (ISS)
- viii. Continuously committing Minor or Level 1 offenses

Consequence for Level Two Offenses

**** The coach may decide to issue other consequences below depending on the severity of the offense(s)**

Steps 1 and 2 are mandatory for Level Two:

Step 1 – Physical Conditioning and/or Community Service (if no other previous infractions)

Step 2 – Benching from one game (*AUTOMATIC if a cheerleader misses a game for an 'unexcused' reason)

Level Three Offense

- i. Breaking ANY major GHS rules
- ii. Out of School Suspension (OSS)
- iii. Continuously committing Level One or Level Two offenses
- iv. Other severe offense (as discussed/determined by Head Coach, Team Coach and Parent)

Consequence for Level Three Offenses

Step 1 – Physical Conditioning and Community Service

Step 2 – Benching from a determined # of games set by Team and Head Coach

Step 3 – Loss of Letter (Varsity Only)

Step 4 – Dismissed from team (Determined by Head Coach)

*****Steps 1-3 of the consequences listed above WILL be given to a cheerleader for Level Three offenses**

I understand and will comply with the above discipline plan. I understand that all consequences and the severity are up to a coach's discretion. In case of extenuating circumstances, appropriate consequences will be determined by the cheer coaches and all decisions are FINAL.

i. Uniforms/Cheer Apparel

- a. All uniforms are school property. If lost, damaged, or stolen the cheerleader is responsible for paying replacement costs, which will be determined by the Board and Head Coach.
- b. Care of uniforms is to be acceptable at all times.
- c. Uniforms must be washed prior to returning at the end of a season.
- d. **Do not perform any alterations on your uniform.** The booster club will make arrangements for alterations and all alterations must be pre-approved by the coach.
- e. Uniform schedules will be passed out at the beginning of each season. This schedule will include game day attire for school. Cheerleaders are expected to follow and keep up with this schedule.
- f. **Do not let anyone borrow your uniform or spirit wear (t-shirts, jackets, sweats, etc.).**
- g. Please follow the directions for washing and caring for your uniform.

ii. Conflict Resolution

Communication between cheerleaders, parents, and coaches is a crucial factor in determining the success of the program. If a problem or concern arises, it is important that the appropriate chain of command is followed. Chain of command: 1st – Cheerleader to Coach, 2nd – Parent to Coach, 3rd – Parent to Head Coach, 4th – Parent/Head Coach to Athletic Director, 5th – Parent/Head Coach to Principal.

iii. Game Suspension and Dismissal from Program

- a. Out of school suspension (OSS) can result in dismissal from the program.
 - i. **OSS due to fighting will result in immediate removal from the program.**
- b. **Students receiving In School Suspension (ISS) will result in sitting out of one or more games.**
- c. Unexcused absences for any cheerleading function will result in a one game suspension.
- d. After TWO unexcused absences, a cheerleader will be dismissed from the program.
- e. If a cheerleader is suspended for a game, she must sit with the coach and be in uniform.
- f. Failure to uphold the spirit of this constitution can result in extra conditioning, suspension, and/or dismissal. The consequences will be determined based on the frequency and magnitude of the infraction(s) and prior discipline history.
- g. Cheerleaders will be pulled from the line-up if they are acting inappropriately, performing below expectations, and/or do not know the material. Failure to correct may result in dismissal.
- h. If a cheerleader quits a squad or is removed from the squad, she will not be allowed to try-out for a squad the following school year.
- i. Once a cheerleader quits a squad or is removed from the squad, she is no longer part of the GHS cheerleading program and will lose all banquet privileges.
- j. If a cheerleader is dismissed from a squad for any reason, no refunds will be made.

iv. Awards

- a. Best All-Around Cheerleader and Most Spirited Cheerleader awards will be presented at the end of season reception. Cheerleaders' will vote on these awards.
- b. The coach will select the Most Athletic Award, Most Dedicated Award, Leadership Award, and the Coaches Award.
- c. All awards will be presented at the end of year reception.

v. Team Room

- a. The team room is a privilege for cheerleaders. It is the responsibility of each cheerleader to keep the team room clean at all times.
- b. The team room is not to be used during the school day.
- c. The team room should not be used by girls who are not cheerleaders. Please do not let you friends use your locker or hang out in the team room.
- d. Cheerleaders should not be in the team room unless they have permission from their coach.
- e. Lockers must be cleaned out at the end of your cheerleading season.
- f. Team room privileges will be revoked for failure to follow the above guidelines.

vi. Lettering Requirements

- a. Lettering is only available to cheerleaders on a varsity squad.
- b. Cheerleaders may earn one or two spirit squad letters per year.
 - i. One letter (G megaphone patch): Cheers the entire season of football or basketball.
 - ii. One letter/One bar: Cheers the entire season of football AND basketball.
- c. All letters will be awarded at the end of year of the season. Football in December and Basketball in February.
- d. The G with the megaphone patch will only be given if a cheerleader does not already have a varsity letter. If a cheerleader has a letter from any sport/club/award, they will receive a bar.
- e. Cheerleaders must fulfill all commitments to all squads to receive all letters.
- f. Megaphone sleeve patches will be available for purchase for any Varsity team winning region and/or advancing to the state level.
- g. The Head Coach has the right to award or revoke any letters.

RETURN THIS PAGE ONLY



**Grayson High School Cheerleading
Policies and Expectations
2024-2025**

(PRINT Parent First/Last Name)

(PRINT Cheerleader First/Last Name)

I, _____, and cheerleader, _____ have been given a copy of the 2024-2025 Grayson High School Cheerleading Policies and Expectations.

I am aware of the policies and expectations and will comply with the Policies and Expectations of the Grayson High School Cheerleading Program.

I understand and will also comply with the outlined discipline plan. I understand that all consequences and the severity are up to a coach's discretion. In case of extenuating circumstances, appropriate consequences will be determined by the cheer coaches and all decisions are FINAL.

I understand that the uniform cannot be altered in any way unless approved by the Head Coach. If the uniform is altered, you will be charged for a new uniform piece (~ \$130). In addition, I understand that I must follow the washing/care instructions for the uniform and keep the uniform in good condition. If any uniform piece is returned dirty, soiled, or in poor condition, I understand that I will be charged for a new uniform piece (~ \$150).

Signature of Parent: _____

Date: _____

Signature of Cheerleader: _____

Circle Team Level: Varsity JV 9th

DO NOT WRITE BELOW THIS LINE-----

DATE: _____: OFFENSE: _____

DATE: _____: OFFENSE: _____

DATE: _____: OFFENSE: _____

