Blacksburg High

Varsity Cheerleading

Handbook



Head Coach: Whitney Black

Assistant Coach: Holly Nix

**2020-2021 BHS Varsity Cheerleading Constitution**

**Application for Cheerleading Tryouts**

(Sign and return this form only)

My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has my permission to be a cheerleader at Blacksburg High School. I understand that he/she must abide by the rules and regulations set forth by the advisor(s) and the principal(s) of Blacksburg High School, and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that my child must attend all practices and tryout sessions, or my child will not be considered for a cheerleading position (unless excused by the coach). I understand that my child will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Blacksburg High School or any of its personnel responsible in the case of accident or injury at any time. I grant my child permission to travel home after the game with coaches. By granting permission, I absolve Blacksburg High School and the Cheerleading Sponsor of all responsibility for my child’s safety and care. I understand that this form must be returned to the BHS office no later than June 18, 2020 by 3:00 pm or my child will not be allowed to tryout for cheerleader.

By signing this form I am agreeing to all attached documents, which include:

Uniform Payment Schedule, Extracurricular Activities Agreement, Code of Conduct Acknowledgement, the Cheerleader Tryout Procedure and the Cheerleader Constitution.

Parent or Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student agreement section**

I am interested in being a cheerleader at Blacksburg High School. I understand the risks stated above and have read and agree to abide by the provided documents stated above. If elected, I promise to abide by the rules and regulations set forth by the coaches and the principal(s) of Blacksburg High School. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Contact Information:

Home Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address (to mail scores):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade Next Year:\_\_\_\_\_\_\_

**2020-2021 Cheerleader Try-Out Procedures**

**Material given out on: June 21st**

**Tryout Date: June 26th**

**1:00pm-5:00pm**

**BHS Gymnasium**

1. Each candidate should be on time and dressed in practice attire. This means on the gym floor ready to practice at the scheduled time- not just arriving.
2. Athletes will be grouped on the 1st day of tryouts by drawing a number for groups. The coach will create stunt groups.
3. Instructors will conduct the practices under the supervision of the coaches. They will be teaching the candidates one cheer and one dance. Practice schedule will be conducted in the following manner.
   1. Stretching exercise will be led by cheerleaders each day at the beginning of each practice.
   2. Instructors will work with large and small groups (all candidates and the groups of no more than four).
   3. Instructors will offer individual help on motion technique, jumps, and dance, as time allows.
4. Tryout (June 26) JV will tryout first.
   1. Only coaches, administrator, and candidates will be allowed during tryouts.
   2. A number will be given to each athlete on the 1st day.
   3. Candidates will be judged on the following:
      1. Jumps
      2. Group Cheer
      3. Group Dance
      4. Tumbling

**Dress for Try-Outs**

Black shorts and white shirt (no logo), white socks, and tennis or cheer shoes.

1. Shorts must be solid black shorts. Shorts must not be too short or too tight. No denim/jeans shorts. No spandex.
2. Shirt must be solid white – no writing. Shirt may have a very small logo. Shirt must be a t-shirt. No tank tops.
3. Be comfortable, but look neat.
4. Hair should be in a high ponytail, all hair out of face, and off of neck. Bow is optional.
5. Shoes may be any running, aerobic, or past cheerleading shoes.
6. Socks cannot have any designs. Solid white socks or no-show socks only.
7. T-shirts can usually be found at Wal-Mart if you do not have one already.

**Requirements for Try-Outs**

All previous cheer balances must be paid by June 18th @ 3:00pm in order to receive material for tryout. You must turn in all forms, releases, and physical.

**Parent Information**

Once the squad is selected, the following dates are MANDATORY:

Dates will be released once the squad is chosen. We are in PHASE 1 of SCHSL Sports and will be getting more information every week. Please be patient with us.

A more detailed calendar with further dates will be provided after tryouts!!

**Estimated Expenditure List 2020-2021**

Cheerleading will be as cheap as we can possibly make it. We are looking at different options at this time so the cost is estimated.

Estimated Cost: \_\_$500\_\_

Accounts may not be charged!!

A payment schedule will be set up. It is imperative that payments are made on time. We will have fundraisers to help with cost. Those dates will be announced after tryouts.

Payment Schedule: ($200 will be due at each due date below, unless fundraiser money is turned in and applied to account BEFORE THE DUE DATE). Payments MUST be made on each payment date. Cheerleaders will not be allowed to charge accounts.

* Deposit of $100 due one week after your child has made the squad
* Payment 1 - TBA
* Payment 2 - TBA
* Payment 3 - TBA
* Payment 4 due no later than September 1st

**Cheerleader Try-out Procedure**

Congratulations! By accepting this packet/contract for try-outs, you have taken the first step toward a long standing tradition at BHS. We appreciate your interest in wishing to become a part of Blacksburg High School through cheerleading. Cheerleading is one of the most rewarding and educational activities in which you could participate. Accepting this position brings the tremendous responsibilities of representing Blacksburg High School and the entire Blacksburg community. Both the school and the community expect a great deal from their cheerleaders, and you must be willing to live up to the highest expectations set by them, the squad, and yourself. Your responsibility as a cheerleader will take a large amount of your personal time and effort. While it will also interfere with family time, it is our hope that your family will be part of your activities as well. We expect you to be mature enough to budget your time among all the activities to which you are committed.

Please follow these instructions exactly:

● Read all of the following information very carefully.

● Read all forms in the cheerleading information packet.

● Sign and return the Application for Cheerleading form to the BHS OFFICE before June 18, 2020 by 3:00 pm. Candidates may not tryout if the forms are not turned in by the designated date and time.

● Material will be sent out on June 21st

● Tryouts for BHS Cheer will be Friday, June 26 at BHS, beginning at 1:00pm in the BHS gymnasium.

We will stagger in groups of 3 in order to remain within DHEC and SCHSL regulations.

In order to be eligible to tryout for cheerleading, each candidate must meet the standards set forth in the section entitled “Eligibility and Tryouts” of the Cheerleader Constitution. The Blacksburg High School Varsity Cheerleaders will be the top 16 candidates who receive the highest final try-out scores. The scores will be determined by a panel of qualified and experienced judges.

Candidates will be taught 1 cheer and 1 dance. There will be no stunting in PHASE 1. Tryouts are closed to the public. Candidates for Varsity (rising freshmen, sophomores, juniors, and seniors) will perform for the judges in the BHS gym starting at 1:00 p.m. on Friday, June 26, 2020.

Each candidate will perform the following:

● Jumps (2) One toe-touch and one optional

● Group Cheer and dance

● A display of spirit, enthusiasm

Judges will score each category separately. Try-outs before judges will be private; only coaches and administrators will be present. The try-outs will be conducted in a formal and uniform manner in order to be fair.

The uniform for the try-outs will be:

● Solid black shorts (no stripes)

● Solid white t-shirt or polo style shirt with sleeves (white sports bra)

● White socks

● Tennis shoes

● Optional plain bow

**Eligibility and Tryouts**

*New Policy: ALL PREVIOUS CHEER BALANCES MUST BE PAID BEFORE THE 1ST DAY OF TRYOUTS TO BE ELIGIBLE FOR 2020-2021 TRYOUTS!!*

1. Selection will take place during the spring semester. Eligibility for try-outs will be based on grades and classification during the spring semester.

2. To be eligible for tryouts, a student must be passing all subjects grading period prior to the time of try-outs. Students assigned to alternative school during the current school year are not eligible to try-out for cheerleading.

3. If a student is failing for any two nine week grading periods prior to try-outs, that student is not eligible to try out.

4. Any cheerleader who quits the squad before the end of the cheerleading year or is dismissed will not be eligible to try out the following year.

5. To be eligible for tryouts, a student must turn in signed copies acknowledging this constitution, the uniform payment schedule, and extracurricular form, by the designated date and time.

6. The Blacksburg High School Varsity Cheerleaders will be the top 16 candidates who receive the highest final try-out scores.

7. An administrator and coaches will be present during the try-out process as well as in the tabulation process.

**Blacksburg Cheerleading Constitution 2020-2021**

*Revised January 2020*

Being a cheerleader is an honor and a privilege. It is the purpose of cheerleaders to promote good sportsmanship and good citizenship. They are also, first and foremost, representatives of Blacksburg High School and should conduct themselves accordingly. Members of the squad have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior, both on and off campus, and academic achievement than that of their peers.

Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the coaches and approved by the principal.

The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the end of the cheerleading season.

**As a Blacksburg cheerleader you are to:** (whether in uniform or not)

* Promote and uphold school spirit, unity, and pride
* Represent the school to the highest degree
* Set an example of appropriate behavior & sportsmanship at all times
* Show courtesy to all visiting teams
* Exemplify good moral character, trustworthiness, friendliness, and leadership

**SQUADS**

**VARSITY**

The team will cheer football and basketball. Members are selected from rising freshman, sophomore, and junior classes. If a cheerleader decides to try out and becomes a member of the basketball team, she will have the option to cheer during basketball season.

**SQUAD LEADERS**

Squad captain and co-captain will be selected by the squad. Electing and keeping a captain and co-captain is at the discretion of the cheer coaches. The captain and co-captain will sign a separate contract in addition to the constitution.

**Expectations**

1. Financial expense is considered part of a cheerleader’s responsibility. Money owed must be paid in full by August 1st.

2. Cheerleaders are expected to have a spirited attitude and be dedicated with their time.

3. Cheerleaders will not use his/her role to take advantage of any teacher or school rule.

4. Each cheerleader is expected to express their own opinion, listen to the opinion of others, respect the minority, and accept the will of the majority/higher authority with sincerity, spirit, and trust.

5. All cheerleaders/mascots must conduct themselves in a manner to reflect credit to Blacksburg High School. Failure to do so will result in disciplinary action or dismissal.

6. Social Media, such as Facebook, Twitter, Instagram, Snapchat, and any other not listed, is a reflection of yourself and your activities. If you choose to participate in this program you are representing Blacksburg High School cheer. All photographs and written posts need to be appropriate.

7. Demerits will be issued for failure to meet the above expectations.

**Uniform Payment Schedule**

It must be understood that expenses will be incurred in cheerleading. Much of this expense must be borne by the individual and his/her family. Those things purchased by the individual will become their own property. Those things purchased by the school or the cheerleading organization will become the property of the Blacksburg High School Cheerleading organization.

Companies who sell cheerleader uniforms and supplies require payment within thirty days after we receive shipment. Since we usually receive everything by the end of July, the bill must be paid before September 1st. You will be given an itemized list of everything we plan to order so that you will know the projected expenses. This will be done very soon after try-outs. The full amount may be paid at any time but must be paid by August 1st; otherwise, your child will not receive the items. Signatures indicate that you have read and understand this procedure for payment and will agree to make these payments promptly.

**Extracurricular Activities Agreement**

Participation in extracurricular activities is a privilege, not a right! Extracurricular activities are offered as extensions of a student's educational, social, and emotional needs. Extracurricular activities are important in teaching the basic essentials of teamwork, a spirit of cohesiveness, pride in school, positive self-image, responsibility, and quality character building.

A student who violates the law, or the Student Code of Conduct, by possessing, using, or delivering alcohol or illegal drugs at any time during the calendar year will be subject to disciplinary actions on the first offense. Any additional occurrences during the calendar year will result in the immediate dismissal from all extracurricular activities for the remainder of the school year or season, whichever is later. The removal from extracurricular activities applies whether the illegal action occurred at a school event or an event outside the school campus boundaries or facilities. No individual exceptions will be made. Students who wish to register an objection to the suspension must follow the procedures outlined in Board Policy.

**Acknowledgement of Constitution/Code of Conduct**

This constitution was created as a guide for the expectations of cheerleaders at Blacksburg High School. It is not intended to be used as a tool against anyone or his/her beliefs but instead to protect those who wish to do all they can to keep cheerleading the honorable positions it should be.

A student's signature signifies that they have read and understand the constitution/code of conduct and, if selected, will do their best to abide by these rules and expectations. Parents should understand that if their child is selected as a cheerleader, their help is vital to the organization's success. Prompt payment on accounts and support in following the guidelines set forth in this constitution/code of conduct are expected. Parent's signatures signify that they have read and understand the constitution/code of conduct and, if their child is selected, will do their best to support the organization and see that their child abides by these rules.

**HEALTH CONCERNS**

Cheerleaders must have an up to date physical on file at Blacksburg High School. Students who participate in sports must have a physical each calendar year. Please make the coach aware of any health concerns we should know about. Also, if any health problems arise, please notify the coach immediately. It is absolutely necessary that we are made aware of these problems!

**PARENT CONCERNS**

If at any time a parent or cheerleader has a concern, suggestion or complaint, please follow the proper channels: cheer coach, Athletic Director or Assistant AD, and from there, if needed the administration will be notified.

**ATTENDANCE/TARDIES**

**Cheerleading is a TEAM sport.** It is difficult to practice without each member of the squad in attendance. Parents and cheerleaders are urged to keep this in mind when making appointments and work schedules. Cheerleading must take priority over ALL other extracurricular activities (including jobs) during the cheerleading season-preseason, football, and basketball seasons.

1. **Attendance-** The attendance policy is as follows:
2. A cheerleader may be **absent lawfully** as long as it is **approved by the coach prior to the absence and proper documentation is shown. Excessive lawful absences may result in dismissal from the squad** (at coach’s discretion).

Lawful absences include (but are not limited to):

1. Illness or injury **with doctor’s excuse (Practice/ games will not be excused unless a MEDICAL doctor’s note is provided).**
2. Death in the immediate family
3. Any emergency/ special circumstance approved by the coach prior to absence
4. Absences that do not have prior approval from the coach are unlawful and could result in dismissal from the squad. The decision to dismiss is at the coach’s discretion.
5. If a cheerleader misses a practice unlawfully the week of a game or pep rally, he/she must dress and attend the game/pep rally and sit with the squad, but will not be allowed to cheer.
6. Leaving early from an activity is not allowed (unless approved by the coach ahead of time) and will be treated as an unexcused absence.
7. If an emergency should arise and the cheerleader is forced to miss a scheduled event, the coach will determine if the absence is excused according to the nature of the emergency. *For clarity, a sibling’s birthday celebration does not constitute an emergency, but, obviously, a death in the family does.*
8. Demerits will be received when practice or a cheerleading function is missed unexcused or if the cheerleader is excessively late to a scheduled event.
9. Cheerleaders must be present at school for at least two blocks (2 class periods) on the day of the game in order to cheer. Attendance will be checked throughout the year and on game days.
10. Work WILL NOT be considered a lawful absence. If a cheerleader misses a practice or scheduled event for work, it will be considered an unexcused absence and could result in dismissal from the squad.
11. **Tardiness-**

Cheerleaders must arrive on time, wearing proper shoes and clothing, with hair pulled back and away from the face. **NO JEWELRY, GUM, FOOD, FINGERNAILS………**Cell phones are not to be used during practice unless approved by the coach. We will begin practice promptly. Just because you are in the practice area or game area does not mean you are on time. Word sent through another cheerleader or the captain **WILL NOT BE ACCEPTED**. **The cheerleader must call the coach!!** Tardiness for practice will result in extra running or exercise and demerits.

NO UNAUTHORIZED PRACTICES WILL BE HELD. DOING SO WILL RESULT IN DISMISSAL FROM THE SQUAD.

**BEING A GREAT SQUAD REQUIRES DEDICATION FROM EACH MEMBER….**

Excessive unexcused absences may result in: sitting out of a pep rally, sitting out of a game, any disciplinary action deemed fair by the coach, or dismissal from the squad.

**GAMES**

1. Arrive at football games at the designated time set forth by the coach.
2. Return to the field or gym seats with at least 1 minute remaining in the half, unless told otherwise by the coach.
3. NO food or soft drinks are allowed on the field or in the gym at any time while cheering. Water and Gatorade will be allowed.
4. NO CHEWING GUM AT GAMES OR PRACTICES.
5. Eating will only be allowed at half times.
6. Cell phone use is OFF limits during games or practices, unless on breaks/at half time.
7. Socializing with friends while cheering at games is not allowed. Each cheerleader must remain in their designated areas. Your job is to promote school spirit and crowd involvement.
8. FULL UNIFORM is mandatory at all games and/or events: HAIR MUST BE UP COMPLETELY AND OUT OF FACE. ALL CHEERLEADERS WILL BE IN UNIFORM. Dismissal from the game and demerits may occur if a cheerleader comes unprepared.
9. Only cheerleaders and coaches are allowed on the field at game time during football. During basketball the squad will sit together. Friends, boyfriends, brothers, sisters, etc. are not allowed to sit with you at games.
10. Attention must be on the games. Stay in place. Do not change your place in line without permission. Be ready for cheers and chants… Show spirit after each cheer (this includes jumps). At basketball games sit up straight, legs together and never crossed.
11. While stunting at practice or games, your attention should be undivided. No talking, laughing, or horse-playing when performing a stunt. SAFETY is always first.
12. Each cheerleader is responsible for learning the material. If a cheerleader fails to learn the cheers, chants, or dances within the appropriate time, THEY WILL NOT BE ALLOWED TO CHEER. They will dress out and sit with the squad, but not participate in the pep rally or game.

**CAMP**

All squads will attend a recognized cheer camp chosen by the coach. Attending camp is **MANDATORY for ALL squad members.** Failure to attend camp will result in dismissal from the squad. Cost of camp is the responsibility of the parents and cheerleaders. Estimated cost of camp is provided before tryouts begin. **CAMP MUST BE PAID FOR ON TIME!**

**FUNDRAISING**

Cheering at BHS is a rewarding but expensive commitment. It is the sole responsibility of the cheerleader/parents to cover all costs associated.

Fundraising will be conducted to help with the expense of cheerleading. All fundraising is approved by the AD or administrators. Group effort fundraisers will be divided among the cheerleaders who worked or participated.

PLEASE BE PRESENT FOR ALL FUNDRAISERS IS POSSIBLE…. We have these to help with the cost.

**CHEERLEADING ACCOUNTS**

Cheerleaders are not allowed to charge. A payment schedule will be provided. Please make sure payments are made on time. Consequences may result for late payments or overdue accounts.

**TRANSPORTATION**

**Cheerleaders must travel to and from all athletic events and cheerleading activities with the squad.** A written parent note/release is required for a cheerleader to ride home another way. **NO EXCEPTIONS!!**

**Appearance**

Uniforms MAY NOT be cut or altered. Seams may be taken in, but material may not be removed. Cheerleaders are responsible for the upkeep of their uniforms. Any damaged or lost uniforms will be the responsibility of the cheerleader and parent/guardian.

No part of the uniform can be worn except when a cheerleader is an official representative of the school. If cheerleaders have personal websites (for example – facebook, twitter, Instagram, snapchat), they may represent themselves as a Blacksburg High School cheerleader as long as other information provided on the website is not of a questionable nature. The coach will check to be sure that these rules are being followed. Coach’s discretion will be used.

While in uniform, NO JEWELRY is allowed and as a safety precaution, hair must be COMPLETELY UP AND AWAY FROM FACE, during ALL scheduled events (including practice). This means at school and games or activities, EVERYONE will wear the SAME thing to school on game days. Refusal to do so will be considered defiance and possible grounds for demerits or dismissal from the squad.

**Offenses/Consequences**

Once a cheerleader has received ten (10) demerits and is dismissed from the squad, she will not be eligible to tryout the following year at BHS.

If, at any time, a cheerleader quits any Blacksburg High School Cheerleading squad during the cheerleading season, he/she will not be allowed to try-out for cheerleading the following year at BHS. If for any reason a

parent requests that a cheerleader be removed from the squad, re-admittance will not be allowed. This will also result in the cheerleader NOT being permitted to try out the following year.

**\*\*Punishment will be assigned according to the infraction. Decision for punishment will be made by the coach.** The coach has the authority to give necessary punishment for any action that she/he sees fit. All punishment will be completed at practice.

**POWERS OF THE COACH**

1. Make all major decisions and override the decisions made by the squad or captain.
2. The coach has the right to make decisions on matters not covered in this constitution.
3. The administration may override any decision of the coach.
4. The coach will not use her authority to excuse students, without reason, for tardies and will not ask for students to miss class to practice, paint signs, etc.
5. The coach has the authority to decide which and how many away games or playoff games will be attended by the cheerleading squad. Only a cheerleader coach can attend games, practices, or other functions to supervise a squad.
6. Cheerleaders are expected to cheer at all football and basketball games. There will be exceptions on school nights when traveling long distances are required.
7. In the case of a cheerleader quitting or being dismissed from the squad, the coach will determine how and if that cheerleader will be replaced.

**POWERS OF THE ADMINISTRATION**

The administration has the power to change, amend, delete, reverse, etc., any part of this constitution at any time. The administration will have the final decision in any matter.

**Blacksburg High School Cheerleader Behavior Policy**

These statements are intended to inform members of various policies for the cheerleading squad:

1. Cheerleaders are reminded that, as highly visible members of the high school community, their actions and behaviors are under constant observation (this includes Facebook, Twitter, Instagram, etc.).
2. Cheerleading is a time consuming sport! Persons who have other serious commitments of their time are strongly encouraged to discuss their commitment with the coach.
3. Appropriate behavior is expected outside of cheerleading functions. All cheerleaders are expected to behave intelligently at all times. Remember that you are representing the school as well as the cheerleading squad. A member’s behavior is a direct reflection on the entire team.
4. It is imperative that practice/game time be taken seriously. Laziness and constant complaining /talking will not be tolerated.
5. Cheerleaders will not schedule appointments during assigned practice times or on game days unless it is an emergency.
6. Missed material due to absences will be the responsibility of the cheerleader.
7. Cheerleaders will not be allowed to wear jewelry of any kind while in uniform or have fake/ painted nails.
8. During any cheerleading activity, cheerleaders will wear hair up and away from the face.
9. If cheerleaders have personal websites (for example – facebook, twitter, instagram), they may represent themselves as a Blacksburg High School cheerleader as long as other information provided on the website is not of a questionable nature. Coach’s discretion will be used.

**BEHAVIOR**

YOU SHOULD DISPLAY OUTSTANDING SPORTSMANSHIP, SCHOOL SPIRIT, AND MORALS AT ALL TIMES…….

1. Public display of affection is NOT ACCEPTABLE (hugging, kissing, sitting on laps, etc.)
2. Cheerleaders should cheer for our team but not against the other team or their fans.
3. Conduct in the classroom and at school should set a good example for other students.
4. If at any time a cheerleader displays behavior unbecoming as a representative of the school, in the opinion of the other person in authority, the coach may request expulsion from the squad. Cheerleaders must follow all rules and regulations set forth by the Cherokee County School District, BHS, and the coach. **Inappropriate behavior on or off campus could be grounds for dismissal.**
5. Cheerleaders are a unit. Don’t let petty differences influence your responsibility to your fellow squad members. DRAMA NOT PERMITTED.
6. As a BHS cheerleader, you are committed to living at a higher standard. Disciplinary action will be taken regarding behavior whether at a cheer function or not. This includes facebook, twitter, instagram, etc.

**DISCIPLINARY ACTION:**

Disciplinary action may be defined as suspension from the squad, suspension for a certain amount of time, punishment assigned by the coach, or expulsion from the squad. **Disciplinary action may be taken at the discretion of the coach, athletic director, or administration.**

**The following will result in dismissal from the squad:**

**\*\*Remember, with these rules, there are no 2nd chances.**

1. Cheating, stealing, or possession and/ or the use of cigarettes, or possession and/or use of alcohol, or illegal substance while in uniform, in school, when representing Blacksburg High School, or at any other time.
2. Pregnancy
3. Continuous uncooperative behavior or attitude that causes dissent among the squad or disrespect to the coach.
4. Any suspension for fighting or disrespect.
5. A GPA lower than 2.0 or FAILING grades.
6. In school suspension and out of school suspension for any other reason will be handled individually and dismissal from the squad will be at the coach’s discretion.
7. Any incident determined by the coach with approval from the athletic director and administration.

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| --- | --- |
| **Offense** | **Consequence** |
| Improperly dressed/unprepared for an event | 2 demerits per incident; Conditioning |
| **Unexcused** absence from practice/meeting (includes leaving early) | 3 demerits; Conditioning |
| Excessive tardiness (2) to practice/game | 1 demerit; Conditioning |
| **Unexcused** absence from game | 5 demerits; Conditioning; could result in dismissal from the squad |
| Foul language (includes Facebook, Twitter, Instagram, Snapchat, etc); arguing among squad members; laziness during practice, games, or competitions | 2 demerits for all cheerleaders involved in incident; Conditioning; could result in dismissal from the squad |
| Office referral/school detention (includes dress code violations) ISS/Write-up | 3 demerits; Conditioning and a letter of explanation to the coach. |
| Suspension from school (for any reason, including cell phone violations) | 5 demerits; meeting with the coach, administrator, and parent; could result in removal from the squad or suspension from games or activities; Conditioning and a letter of explanation to the coach. |
| Defiance/disrespect to the coach | 5 demerits (If defiance is repetitive and the cheerleader refuses to obey the rules, she will be immediately removed from the squad.); Conditioning |
| “D” or failing a class on interim | 3 demerits; cheerleader must attend practice and games, but will not be allowed to cheer until the grade is brought up to a C. |
| “F” on report card/lower than a 2.0 average of all subjects | Immediate Dismissal from the Squad |
| 10 Demerits Received | Immediate Dismissal from the Squad |