



Elkhart Central High School Cheerleader Rules and Policies 2014 - 2015

The purpose of the Elkhart Central High School Cheerleading program is to proudly represent and support the Elkhart Central High School Athletic Department as effective, enthusiastic cheerleaders by producing a program based on safety and crowd participation.

All Elkhart Central High School cheerleader members will be expected to adhere to superior standards of academic achievement and performance conduct. They will be expected to follow all the responsibilities as set forth in the cheerleader rules and regulations, as elite representatives of Elkhart Central High School and the Athletic Department.



When and Where

Monday 5/19	Tuesday 5/20	Thursday 5/22	Friday 5/23	Results
6:00-8:00 PM West (Old) Gym	6:00-8:00 PM West (Old) Gym	3:00-4:00 PM West (Old) Gym (Optional)	3:00-5:00 West (Old) Gym	30 Minutes at the end of tryout



Criteria for Eligibility

- Squad members must maintain the academic requirements necessary to participate in an extra-curricular activity set forth in the IHSAA.
- **Returning cheerleaders must have a zero balance in their cheer account in order to tryout.**
- Cheerleaders selected for the 2014 fall season must have an Athletic Physical on file in the Athletic Office ASAP.. Free physicals for all ECHS athletes' grades 10, 11 and 12 will be held at OSMC on Monday, May 14th.
- Cheerleaders will be selected based on academic eligibility, cheerleading abilities, appearance, enthusiasm, personality, responsibility, cooperation, and promptness.
- The cheerleading coaches, athletic department and administration reserve the right to refuse a try-out or position on any squad to any person for reasons of academic deficiencies or past performances which hindered the cheerleading program, the athletic department, or Elkhart Central High School.
- Parent/student signature concerning evaluation criteria and the selection process

Criteria for Selection

- Two Group sidelines – Provided by Coaches
- Three teacher evaluations
- Dance 16 counts – Provided by Coaches
- Jumps and Tumbling
- Appearance-white t-shirt, blue shorts
 - No Elkhart Central cheerleading apparel will be permitted!
 - No spaghetti strap tank-tops
 - Shorts may not be rolled more than once at the waist.
- **Athletic Physical on file in order to try out. ECHS is offering free athletic physicals on May 14nd at OSMC.**

Selection Process

- The evaluation days will be held on 5/19, 5/20, and 5/23.
- The final selection will be made by the Elkhart Central Cheerleading Coaches.
- **Please keep in mind that the cheerleading coaches will be evaluating more than individual ability and talent. It is their goal to create a team that will work well together and be the best for the cheerleading program and Elkhart Central High School.**

ECHS Cheerleaders

- Participation will be for the Fall athletic season
- All members will cheer at all home football games per their squad/team.
- Members may be asked to represent the school at additional athletic events based on school needs.
- Members will be required to attend ALL practices as per schedule.
- Members must maintain their required athletic abilities throughout the season to maintain their position on the squad.
- Members will be required to make signs for upcoming athletic events when it is needed.
- Members also in the high school marching band will not be involved in the cheerleading competitions due to scheduling conflicts but will cheer at games.

Requirements / Tryouts
***What the coaches are looking for:**

The Varsity Squad

* May consist of 10th, 11th and 12th grade members.

* **Jumps** - all done with SUPERIOR height, flexibility and form -Toe Touch, right front, pike and double toe touch. *

Tumbling-all done with SUPERIOR height, form and technique-back handspring *AND* round off back handspring *ALONE* on performance mat.

* **Dance** (provided by coaches) - all done with SUPERIOR precision, facials and correctness

* **Cheer** (provided by coaches) - done with SUPERIOR precision, placement and facials

* **Stunting** - SUPERIOR strength, flexibility and willingness to do new parts

* **Flexibility** - splits, heel stretches, arabesques, bow and arrows

***Senior option**- If there is a Senior who has all above skills *except tumbling* they may be put on the Varsity squad if they agree to cheering all home JV games or a member of the JV competition team. If the senior opts to cheer at JV games, they will be a Varsity Competition alternate.

The JV Squad

* May consist of 9th, 10th, 11th and 12th grade members.

* **Jumps** - all done with EXCELLENT height, flexibility and form -Toe Touch, right front, pike and double toe touch. *

Tumbling-all done with EXCELLENT height, form and technique- Back handspring or round off back handspring alone or with *SPOT* on performance mat.

* **Dance** (provided by coaches) - all done with EXCELLENT precision, facials and correctness

* **Cheer** (provided by coaches) - done with EXCELLENT precision, placement and facials

* **Stunting** - EXCELLENT strength, flexibility and willingness to do new parts

* **Flexibility** - splits, heel stretches, arabesques, bow and arrows

The Silver Squad *

May only consist of 9th-11th grade members.

* **Jumps** - all done with GOOD height, flexibility and form-.Toe Touch, right front and pike.

* **Tumbling**-highly recommended, but not required!

* **Dance** (provided by coaches) - all done with GOOD precision, facials and correctness

* **Cheer** (provided by coaches) - done with GOOD precision, placement and facials

* **Stunting** - GOOD strength, flexibility and willingness to do new parts

* **Flexibility** - splits, heel stretches, arabesques, bow and arrows

* Any skill with hands touching, not completed with good form will result in a point deduction.

* Any skill repeated after the first attempt will result in a one point deduction.

* **Having the required skills does not automatically put you on that team. Other skills and qualities are considered by coaches.**

Additional points for grades (GPA) for 10 – 12

4.0 – 3.6	+5
3.5 – 3.0	+4
2.9 – 2.5	+3
2.4 – 2.0	+2
1.9 – 1.0	+1

For grade 9

A=5, B=4, C=3, D=2, F=1

Total points divided by number of classes for point total.

* Subtractions for violations including cell phones, dress codes, behavior, teacher comments, etc.

Academic Status

- Each squad member must maintain the minimum academic requirements necessary to participate in an extra-curricular activity as state in the ECHS Students handbook.
- If any athlete is not maintaining good progress, study tables will be established.
- Failure to meet the required standards for a second time will result in immediate removal from the cheerleading program so that member can concentrate solely on their grades.

Conduct

- It cannot be stressed enough the Cheerleaders role as a representative of the school. Cheerleaders are highly visible symbols of Elkhart Central High School. Therefore, members must conduct themselves as exemplary student athletes at all times.
- Squad members should do nothing that would bring embarrassment to the school, athletic department, the community and most importantly to themselves of their families.
- Selection as a cheerleader member is prestigious and it separates each individual from the rest of the student body. Therefore, appropriate conduct is mandated and each individual will be responsible for up holding the rules and policies that have been established in the ECHS Handbook
- Any action, which brings undue embarrassment to ECHS, or that violates the ECHS rules and regulations, will be grounds for dismissal from the program.
- The coaches reserve the right to decide whether or not an action is grounds for dismissal, this includes activities OFF school grounds.
- Any suspension from games due to alcohol or drug use is grounds for immediate dismissal.

Demerit System

Elkhart Central Cheerleading Coaches will be using a demerit system for discipline. Any cheerleader that earns **15 or more demerits** will be dismissed from the program. The breakdown of demerits is described below:

- **UNEXCUSED ABSENCE** from ANY CHEER EVENT (game, practice, etc): **5 demerits**
- **UNEXCUSED TARDINESS** to ANY CHEER EVENT (after 5 minutes): **3 demerits** - 4 minutes and under: **1 demerit**
- **Incorrect practice clothes: first offense, 1 demerit. all subsequent offenses, 2 demerits**
 - ⊙ **Cheer shoes, appropriate shirts and shorts, and a sports bra are required for each practice.**
- **Incorrect or incomplete uniform at cheer events: first offense, 1 demerit. all subsequent offenses, 2 demerits (Shoes, white socks, correct ribbon, correct uniform, bodysuit, bloomers, and warm-ups.)**
- **Failure to comply with any of the game or practice conduct guidelines: first offense, 1 demerit. all subsequent offenses, 2 demerits**
- **Disrespecting a coach/Insubordination: 5 demerits = unexcused absence**
- **Disrespecting teammate: 2 demerits** (first offense), increases to **5** if behavior continues
- **Excused absences will result in 1 demerit.**
- **Detention: 3 Demerit**
- **In School Suspension: 5 demerits**
- **Suspension: Dismissal from team.**

***By signing the cheer contract, parents and team members agree that they are aware of all of the guidelines as well as the demerits system, and the consequences associated with it.*

CONSEQUENCES

At **10 demerits, the cheerleader will get a sheet detailing all of the demerits she's earned and letting her know that she is in danger of being kicked off the team. We will also make sure that parents will get a copy.

If a girl/boy earns **15 demerits in a cheer season, she/he is dismissed from the team. We will call a meeting with the cheerleader, present them with a list of all demerits she has earned, and let them know that she/he will be dismissed.

Attendance

Good attendance and on-time arrivals are vital to a well-organized squad.

- **NO unexcused absences will be permitted for events and practices. – 5 demerits**
 - Members must be considerate of their fellow squad members and the program as a whole
- **Insubordination is an immediate unexcused absent. – 5 demerits**
- **Three unexcused absences will be immediate removal from the ECHS cheerleading program. – 15 demerits**
- **Keep in mind that two unexcused absences will be 10 demerits. If a cheerleader already has 5 demerits from previous infractions, then they will be dismissed from the program.**
- **No notification of an excused absence will be an unexcused absence. Coaches MUST be notified prior to the event. – 5 demerits**
- **Excused absences will include: - 1 Demerit**
 - Illness to the squad member or immediate family members requiring students travel or attend.
 - Death in the immediate family
 - Required class obligations i.e. tests scheduled outside of a regular class time such as, mandatory performances, activities, or lectures required for class.
 - *Notification of a school-related concert must be at least one week before the scheduled date.*
 - *Getting help with school work during practice time is permitted as long as it doesn't exceed 3 practices in a row. If a squad member needs that much schooling attention, then he or she should be concentrating on studies and not cheering. There are many opportunities to get help before school and during activity period!*
- Coaches may excuse certain events at their discretion, if they abide by the rules stated above.
- If a member has an **excused** absence from a practice the last practice before a football game or basketball game, then that person will only cheer sidelines at that event.
 - Prior notice of such situations must be submitted to the program coaches at least twenty-four hours in advance. It is recognized this may not be possible when it involves illness or death in the immediate family.
- If a member has an unexcused absence from the last practice before the football or basketball game, then that person will not participate in the scheduled event. The event will also be considered unexcused. – **10 demerits**
- A member missing three or more practices/games before an event will not participate in the event. (excused or unexcused)
- Leaving an event will be an immediate unexcused absence. – **5 demerits**



Financial Responsibilities

Cheerleading is not only for the financially elitist. We will do all that we can for those who need to set up payment plans. We do not want finance to be a factor in deciding whether or not to be an Elkhart Central Cheerleader

- **First payment of \$75 due Thursday, June 12th.**
- **Balance due (after fundraising / sponsorships) due Thursday, July 10th.**
- **\$50 Athletic Fee due in the Athletic Office ASAP.**

Possible costs for 2014 – 2015 (Amounts subject to change slightly)

<u>Varsity Squad</u>		<u>JV Squad</u>
Shoes	55	55
Shorts (1 pair)	8	8
Shirts (2 t-shirts)	16	16
Blue bodysuit	15	15
Bloomers (boy shorts)	8	8
Comp Bloomers	20	
Bow	18	12
<u>Uniform Fee</u>	<u>20</u>	<u>20</u>
TOTAL:	157	134

<u>Silver Squad</u>	
Shoes	\$ 55
Shorts (1 pair)	8
Shirts (2 t-shirts)	16
Blue bodysuit	15
Bloomers (boy shorts)	8
Bow	12
<u>Uniform Fee</u>	<u>20</u>
Total	\$134

We will be adding a tank top for camp for about \$10.00-12.00

Warmups and Uniform: The Varsity squad will have the opportunity to purchase their warm-ups and competition uniform. The uniform runs about \$140.00 and the warm up will be about \$100.00.

Camp: \$330.00

Varsity and Junior Varsity will be attending camp at Ball State University this summer. Our plan is to attend the UCA camp in Muncie, Indiana. This is an AMAZING opportunity for our athletes and we are excited to offer them this experience. The cost for camp will be \$330.00. **We will be doing our best to fundraise to minimize the cost as much as possible.** ☺

Safety Rules and Cheer Etiquette

- No gum at practice or at games. – 1 demerit
- No hard barrettes or clips bows or jewelry. – No demerit first offense. 1 demerit if behavior continues.
- (This includes ALL earrings-studs included, **belly button rings**) – NO bandages over belly button rings
- Only practice clothes will be allowed at practices. – 1 demerit
- Only cheerleading shoes are permitted at practice and games. – 1 demerit
- Fingernails must be trimmed. - 1 demerit
- No nail polish at games. – 1 demerit
- Hair must be up and off your shoulders. All bangs must be pinned back and not in your face.
- Taping should be done before practice and games.
- Pick up after yourself.
- No Hickies
- Proper makeup should be worn to all games, performances, and competitions.
- No Swearing-it makes everyone look bad, including you. – 2 demerits
- All tattoos must be covered when in uniform.
- At games, stretching or warm-ups should never be toward the crowd
- **NO talking to people in the stands or to one another while you are on the field/court.**
- If these safety guidelines are not met or fixed, squad members will be benched for the game and it will be considered an unexcused absence. – 5 demerits

Practice Responsibilities

- Members must be prompt to all practices, games and squad meetings.
- Members must be taped and stretched **before** practices and game practices.
- Members must dress appropriately for practice (i.e. practice attire, sports bra, cheerleading shoes, hair off shoulders, no jewelry) or they will not be allowed to practice. Failure to meet this requirement will result in an unexcused absence.
- Members may practice up to six times per week Members should expect to practice daily. The coaches will conduct practices and 100% participation will be required from all members.
- The cheerleading coach will provide members with a practice schedule.

Game Responsibilities

- Squad members should strive to boost school spirit, promote good sportsmanship and develop positive crowd involvement. Cheerleading activities should center on “leading” the student and adult fans. The goal of the ECHS Cheerleading Program is to enhance the crowd involvement and participation.
- Members must arrive at least one hour prior to the game in order to:
- Stretch appropriately
- Warm-up stunts (stunts will not be performed until they are mastered at practices)
- Practice game material (**squad members are NEVER to attempt a stunt without a coach present!**)
- Members must arrive to the game appropriately dressed and groomed for the game. Hair must be done, sprayed, and with appropriate hair ribbon. **This is NEVER to be done in front of a crowd since it can take away from cheerleaders’ credibility as athletes.**
- No nail polish

- Member should come to games prepared with water in order to stay hydrated and so that they do not have to leave the track during the game. During a game, members should only leave their position on the track at the end of a quarter, at half time or in the case of an emergency.

Conditioning

- A required regime of exercise on a daily basis is highly recommended!
- The cheerleading program will be running, tumbling, doing jumps, weight training, etc.

Uniform and Personal Appearance

- Members will be required to maintain clean and pressed uniforms.
- Members must have their hair away from their face.
- Members with shoulder length hair or longer are required to keep their hair off their shoulders for all games and practices. NO “whispies” on the neckline are allowed.
- All members must wear matching hair ribbons for all games.
- A neat and well-groomed appearance is important for all games. The cheerleading coaches will make appropriate suggestions to the individual(s) when needed.
- Make-up is a dress requirement for all female members. The crowd is far enough away that they need to see your face. Remember, only modest amounts are needed.

Transportation

ECHS will provide transportation to and from all away games and competitions.

Inherent Danger Clause

- Involvement in cheerleading will include the activities of jumping, running, climbing, basing, dancing and tumbling. Possible injuries could be, but are not limited to; sprains, broken bones, knee, head, neck, and back injuries. Every attempt will be made to provide a safe atmosphere through proper education and training in order to avoid injury.
- The National Federation of State High School Associations’ Spirit Rule Book and the AACCA Safety Manual will set the standards for safety of the ECHS cheerleading program.

Coaches

Coach Warstler

(574) 295-4700

hwarstler@elkhart.k12.in.us

IMPORTANT!

If you are NOT selected for the ECHS cheerleading program, you are encouraged to contact Coach Warstler, to review your strengths and weaknesses throughout the tryout process. You must wait exactly 48 hours after the selection date to make contact. You may email at hwarstler@blueblazers.org, or call the school at 295-4700. We encourage students to call and not parents.

Please have the athlete and parents sign this form. Please return it no later than May 19th. No late forms will be accepted!

Elkhart Central Cheerleading Contract

My child, _____ has my permission to be a cheerleader at Elkhart Central High School (ECHS). I understand that she must abide by the rules and regulations set forth by the Coach and Principal of ECHS. **She will 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 also understand and give permission for my daughter to ride to and from events by school-approved transportation. I understand that this form must be completed by May 19th, 2014 or my child will not be considered for the Cheerleading Program. I am aware that my child is required to attend each scheduled tryout practice.

I also agree to abide by the decisions of any judges involved in the tryout process, as well as the decisions of the cheer coach/advisor. The decisions of the cheer coach/advisor are final and cannot be disputed

I understand that there are costs associated with the program.

I understand by the very nature of the program, cheerleading carries a risk of physical injury. No matter how careful the participant and Coach are, the number of spotters or the type of landing surface used, the risk cannot be eliminated. The risk of injury includes minor injuries, such as muscle pulls, dislocation and broken bones. However, the risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head.

Parent/Guardian (PRINT)

Date

Parent/Guardian (SIGN)

Date

I am interested in becoming a cheerleader at ECHS. I understand the risk stated above. If selected, I promise to abide by the Rules and Regulations set forth by the Coach and the Principal of ECHS. I promise to cooperate and follow the instructions of the cheerleading coaching staff.

Athlete Signature

Date

Phone Number

Emergency Contact Person

Emergency Phone Number