



# MYERS PARK CHEERLEADING

## 2014 – 2015 PROGRAM INFORMATION

### PURPOSE

The purpose of the Myers Park High School Cheerleading Program is to promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs and to develop positive relationships in the community and between schools during athletic events. The program's goal is to work in harmony with the administration, Booster Club, faculty, band, athletic teams, and other school organizations. The program will also begin the process of building back to a high level of competition, eventually being able to go toe to toe with the best cheerleading teams in the state.

### ELIGIBILITY

Myers Park High School Cheerleaders must:

- Meet the eligibility requirements set forth by the NCHSAA and CMS
- Be a current or rising student of Myers Park High School
- Maintain a quarterly GPA of 2.0 or greater (**this will be checked during tryouts before selecting teams!**)
- Have an attendance record of 85% or higher for the previous semester (no more than 13.5 absences in one semester allowed – **this will be checked during tryouts before selecting teams!**)
- Turn in a tryout application and signed parent & cheerleader permission form
- Turn in a proper and up to date physical form for the current year of participation
- Turn in all official NCHSAA and CMS documents needed before athletic participation

### ACADEMIC RESPONSIBILITIES

1. Being a Myers Park High School "Student Athlete" means being a **STUDENT** first!
2. Each cheerleader is required to maintain at least a 2.0 GPA each quarter.
3. Grades will be monitored by the coaching staff. Grade and behavior checks will be made during the semester and at report cards.
4. In the event of a failing grade in any subject or a GPA less than 2.0 at the time of a grade check/report card:
  - a. Parents will be notified by the head coach.
  - b. The cheerleader will be placed on Academic Probation until the grade or GPA is raised.
  - c. Academic probation includes not participating in games or practices. However, attendance is still mandatory for both. You will dress out and sit out of practice and take notes on material missed, and you will dress out for all games and sit with the coach.
  - d. When proof can be shown that the grade has been raised, participation may resume.
5. Being on Academic Probation more than two times in one school year will result in dismissal from the team.
6. If tutoring sessions are needed, they must be scheduled on non-practice days, no exceptions.

### SIDELINE CHEERLEADING TEAM MEMBERSHIP

1. The Myers Park High School Cheerleading Program operates on an June – March cheerleading season. The June tryout will be used to pick the Varsity and JV Cheerleading teams for both football and basketball seasons. **There will not be a separate cheerleading tryout for basketball season (unless extenuating circumstances require it).** If you choose to quit the cheerleading program before the end of our season, you are not eligible to tryout the next year!

2. The MPHS cheerleading teams may or may not be co-ed.
3. The Varsity Cheerleading Team is expected to consist of 14-16 cheerleaders, and the Junior Varsity team is expected to consist of 13-15 members.
4. Rising Freshmen and rising Sophomores are eligible to tryout for the Junior Varsity team. Rising Juniors and rising Seniors are eligible to tryout for the Varsity team only and will not be placed on the JV team in the event they do not make the Varsity team. However, the coaches have the discretion to place a rising Freshman or rising Sophomore on the Varsity team.
5. Both Varsity and JV teams will cheer for their respective home football and home basketball games during the regular season. Varsity and JV will also travel to regular season away football and select regular season away basketball games. Please see below for further details and playoff circumstances:
  - a. In the event the Varsity Football team makes the playoffs, the Varsity Cheerleading team will cheer in all state playoff games, both home and away.
  - b. During basketball season, in order to manage having multiple games in one week in addition to practices and academic responsibilities, both the Varsity and JV Cheerleading teams will cheer at all regular season home basketball games and *select* away regular season basketball games.
  - c. In the event either the Men's or Women's Varsity Basketball team makes it to the playoffs, the responsibility of cheering at games will be as follows:
    - The Varsity Cheerleading Team will cheer for all home and away Varsity Men's Basketball playoff games.
    - The JV Cheerleading Team will cheer for all home and away Varsity Women's Basketball playoff games.
6. Varsity home and away football games are held on Fridays at 7:00PM (with the occasional game being held on a Thursday in observance of a religious holiday) and JV home and away football games are held on Thursdays at 6:00PM (with the occasional game being held on a Wednesday in observance of a religious holiday). JV and Varsity basketball games are held on varying days throughout the week (primarily Tuesdays and Fridays) with JV girls tipping off at 3:30PM, JV boys at 4:30PM, Varsity girls at 6:00PM, and Varsity boys at 7:30PM. A calendar of all games will be given to you in advance to help you with your scheduling.

### **COMPETITION CHEERLEADING TEAM MEMBERSHIP (both Varsity and JV teams)**

1. The Varsity and JV Cheerleading teams will be competing in the NCHSAA State Championships in Raleigh, NC in November 2014 and the NCCCA State Championships in February 2015 (Location TBD). Other competitions may be added to the calendar as well.
2. Travel arrangements and itinerary for each competition will be discussed at a later date.

### **FINANCIAL COMMITMENTS**

Cheerleading is an expensive sport, just like other sports at Myers Park. There are apparel and other program needs that are associated with our sport that simply must be met in order for our program to continue to grow and excel. The following is a list of items that will be purchased for this season. Prices are **estimates** at this time and are subject to change. Should your child make either the JV or Varsity team, the amount due is based on what your cheerleader needs to purchase for the season. discuss the process for ordering apparel and accessories at our cheerleader/parent kick-off meeting in June after tryouts.

#### **ALL VARSITY AND JV CHEERLEADERS MUST PAY FOR/HAVE THE FOLLOWING:**

- **Athletic Participation Fee:** \$200 (\$100 due at the beginning of each football and basketball season)  
At the beginning of each season, pay by credit card online or write a check directly to "Myers Park High School." See <http://www.cms.k12.nc.us/cmsdepartments/athletics/Pages/AthleticParticipationFee.aspx> for more information on payment or to receive a waiver if you qualify.

- **4-Day UCA Summer Camp @ Great Wolf Lodge in Concord, NC:** \$355 (Due by no later than Thursday, June 26, check written out to “The Mustang Club” and given directly to Coach Karen or Coach Kristin)
- **Weekly Private Tumbling Classes:** ~\$45/month for August, September, October, November only (Due at the beginning of each month, or full amount can be paid up front. Paid directly to private tumbling instructor).
- **NEW 3 team bows (solid white, solid green, competition sparkle):** \$15 (\$5 each) (Pay by cash or check written out to “Karen Holmes” and given directly to Coach Karen in exchange for 3 bows)
- **NEW Silver Metallic Poms:** \$20 (Purchase via online team store)
- **NEW Practice and Camp Attire (3 pairs of shorts/3 tops):** ~\$80 (Purchase via online team store)
- **NEW October Pink Shirt:** ~\$20 (Purchase via online team store)
- **\*\*Team Warm-Up:** ~\$100 (Purchase via online team store)
- **\*\*Black AND white crop tops:** \$14 each (Purchase via online team store)
- **\*\*Black boy short spandex:** Any style (Purchase on your own or via team store if you need them)
- **\*\*CLEAN solid white cheer shoes:** Any style (Purchase on your own or via team store if you need them)
- **\*\*Black leggings:** Any style (Purchase on your own or via team store if you need them)

\*\*Any cheerleaders who purchased the above starred items last season may choose to not purchase them this year if they are in good condition to keep costs down. First year cheerleaders can expect to have to purchase more in their first season since they are new to our program. Annual costs go down as your tenure increases with the team. There are also fun OPTIONAL items that can be purchased from our online Varsity and JV team stores.

### **ADDITIONAL VARSITY AND JV FINANCIAL REQUIREMENTS**

NCHSAA State Championship Competition Registration Fee: ~\$30 per cheerleader  
 NCCCA State Championship Competition Registration Fee: ~\$30 per cheerleader

2. Additional costs may arise as the season progresses. Formal written notice in a timely manner will be given to all families before a purchase is ever “required.”

### **FUNDRAISING AND PHILANTHROPY**

1. All cheerleaders will participate in all fundraising projects during the year, most importantly our Myers Park Junior Cheerleading Camps. These fundraisers are important as they help to offset future costs for the program and help cover program wants and needs, (new mats, signs, flags, uniforms, stunt clinics, bonding activities, team dinners etc.)
2. Money earned is used for cheerleading program expenses; there are no individual cheerleader accounts. Our account is managed through the Myers Park High School Booster Club, “The Mustang Club.”
3. All fundraising activities **MUST** be school approved.
4. Cheerleaders are required to participate in one team charity or philanthropy event each year.

### **UNIFORMS, PRACTICE WEAR AND EQUIPMENT**

1. Cheerleaders have the responsibility to respect the property of Myers Park High School and the Myers Park High School Cheerleading Program. The athlete will pay for any damaged equipment belonging to the school.
2. Uniforms are purchased by the school, as funds are available. Any uniforms purchased by the school will remain the

property of Myers Park High School. Uniforms purchased by the school belong to the school and must be returned at the end of the year undamaged.

3. The cheerleader is responsible for any alterations and all upkeep of uniforms. Uniforms may NOT be altered without the coach's approval. **UNIFORMS SHOULD NOT BE CUT DURING ALTERATIONS. ANY ALTERATION SHOULD BE ABLE TO BE LET OUT OR TAKEN IN IF NEEDED IN THE FUTURE.**
4. Any damage done to a uniform purchased by the school must be paid for by the cheerleader. Any uniforms damaged beyond repair must be paid for at replacement cost.
5. Uniforms may only be worn by Myers Park High School Cheerleaders and for events designated by the coach.
6. Cheerleading shoes are not to be worn as casual shoes and should be worn only for practices, games, pep rallies, and competitions.
7. Cheerleaders in uniform or wearing any item of team identification must always conduct themselves in a manner becoming of a Myers Park High School Cheerleader.

## **APPEARANCE**

1. Uniforms and shoes should be kept clean at all times. Uniforms should be neat and tidy when worn.
2. For safety reasons, jewelry or watches will not be worn at any time when cheering.
3. Fingernails must always be kept to a short, "athletic" length for safety reasons (you should not be able to see your fingernails when your palm is facing you and your fingers outstretched).
4. No visible tattoos are allowed.
5. During games, practices or competitions, all hair must be neat and off the neck and shoulders pulled into a ponytail and accented with the team bow. If hair is long enough to touch the collar, it is to be pulled back. "Gameday" make-up is welcome! LOOK POLISHED AT ALL TIMES!

## **PRACTICES**

1. **ALL PRACTICES ARE MANDATORY.** Practice is **IMPORTANT.** Do not ask a coach if you can miss a practice or game for any reason other than an excused absence (see below for definitions of an excused absence in the Attendance and Tardiness section). Please schedule all tutoring sessions, routine doctors appointments, personal appointments etc. on days you do not have practice. A monthly calendar will be provided to you to help with your scheduling. **Think about other sports teams at Myers Park (football, soccer, basketball). Do you think those athletes are asking to miss practices? Cheerleading is not an exception to this rule. We are a sport just like all other sports. WE ARE ATHLETES AND PRACTICE IS IMPORTANT.**
2. All practices, games and competitions will be supervised by the coaching staff or designated school official. Cheerleaders will NOT practice any stunts or gymnastics without the direct supervision of the coaching staff or designated school official.
3. A monthly calendar will be given to each cheerleader by the coaches with events, practices, games, bus times and locations.
4. The amount of practices will vary due to events and season schedules. The coaching staff reserves the right to call extra practices or cancel practices when needed. During competition season, extra practices will be called. Due to our gym space being in high demand during the week, Saturday practices may have to be called during competition season. **HINT: IF ALL CHEERLEADERS ATTEND THE REGULARLY SCHEDULED PRACTICES DURING THE WEEK AND USE THEIR PRACTICE TIME EFFECTIVELY THEN EXTRA PRACTICES MAY NOT NEED TO BE CALLED. IF ONE CHEERLEADER MISSES A PRACTICE, THEIR STUNT GROUP FALLS BEHIND, PYRAMIDS CAN'T BE PRACTICED IN THEIR ENTIRETY, FORMATIONS ARE THROWN OFF, AND CHOREOGRAPHY IS**

MISSED. THOSE MISSED PRACTICES ADD UP AND SIGNIFICANTLY IMPACT HOW PREPARED THE TEAM IS FOR GAMES AND COMPETITIONS. THINK ABOUT HOW YOUR EFFORTS IMPACT THE TEAM.

5. Cheerleaders must wear the designated practice clothing and shoes to every practice. This creates a clean look and promotes team unity. We will go into further detail about practice dress code when we purchase and distribute practice apparel after tryouts. Hair must be tied back into a ponytail if length allows, no gum and ALL jewelry must be removed.

**6. CELL PHONES MUST BE SILENCED AND PUT AWAY DURING PRACTICES.**

7. Attention and respect must be given to the coaches and captains at all times during practice.

8. Cheerleaders must be present at the last practice prior to a game in order to participate in that game. **NO EXCEPTIONS!**

9. Below is the practice schedule for the year:

**VARSITY CHEERLEADING**

- Monday/Tuesday/Thursday 2:45PM – 4:45PM (Locations will vary)
- Practices may be added or cancelled at the coach's discretion.
- Practice times may be altered during basketball season due to the game schedule.
- Practices may become more frequent leading up to a competition.
- Practice will be held Monday-Thursday during Homecoming week in October.

**JUNIOR VARSITY CHEERLEADING**

- Monday/Wednesday 2:45PM – 4:45PM (Locations will vary)
- Practices may be added or cancelled at the coach's discretion.
- Practice times may be altered during basketball season due to the game schedule.
- Practices may become more frequent leading up to a competition.
- Practice will be held Monday-Thursday during Homecoming week in October.

**\*\*Summer practices begin in June and are optional. However, we encourage you to attend at least 50% of June – July practices as we will begin learning material and prepping for football season. All practices become MANDATORY beginning AUGUST 1. A June/July/August practice calendar is included in the tryout packet. Please note that this schedule is subject to change as CMS will sometimes implement new rules for practice scheduling during June/July/August. If you already know that you won't be able to attend practices in August, please do not try out. August is a very important month of practice and we cannot make exceptions for attendance. We need everyone there to attend mandatory UCA Camp and to prepare for football season and competition season.**

**GAMES AND TRANSPORTATION**

1. Each cheerleader is responsible for securing transportation to and from all **HOME** football and basketball games.

2. The cheerleader must be at the school at the designated time before the home game to warm up and practice.

3. The school and coaching staff will arrange bus transportation when it is needed for **AWAY** games.

4. All cheerleaders must ride the bus if it is provided to and from away games unless they are given prior approval. Parents/Guardians may take their child and teammate(s) to an away game only if they inform the coach of this arrangement before the bus leaves for the game. Parents/Guardians may take their child and teammate(s) home from an away game provided they inform the coach of this arrangement before the bus leaves for the game. They may also speak directly to the coach at the game to inform them that they are taking their child and teammate(s) home.

**CHEERLEADERS MAY NOT DRIVE THEMSELVES TO/FROM OR RIDE WITH FRIENDS TO/FROM ANY AWAY FOOTBALL OR BASKETBALL GAMES! NO EXCEPTIONS!**

5. No friends or visitors will be permitted on the team bus.

6. If a cheerleader misses the bus or is late to an away game, they must provide their own transportation to the game and they will sit out of the first half of the game, unless otherwise decided by the coaching staff.

7. Rides home should arrive promptly at the end of any game, practice or event!
8. Cheerleaders will not be allowed to leave before the end of any game or event.

### **ATTENDANCE AND TARDINESS**

1. All cheerleading activities, including games, practices, pep rallies, fundraisers, performances, and competitions are **MANDATORY**.
2. A student must attend school a minimum of half a day (2 consecutive blocks) in order to participate in any practices, games, events, or competitions that day.
3. Cheerleaders must be on time to all practices, games, events, and competitions. Tardiness will not be tolerated, and may result in issuing demerits. Be respectful of your time, your teammates' time and your coach's time.
4. **UNEXCUSED ABSENCES**: Family vacations, family parties, babysitting, routine/non-emergency medical or dental appointments, work, sports/clubs/activities outside of MPHS, clubs/activities at MPHS that are not part of an actual class and are not a part of your grade; unexcused absences will result in demerits. **DO NOT ASK THE COACHES TO MAKE AN EXCEPTION FOR ANY OF THE ABOVE. THE ANSWER WILL BE NO.**
5. **EXCUSED ABSENCES**: Hospitalization of the student, sickness resulting in absence from school (notify the coach in a timely manner BEFORE practices/games if you are sick and did not come to school and bring a doctor's note to the next practice you attend), family emergency, death in the family/bereavement, personal religious obligations, college visits (you must bring a note to the coach from your counselor, but please be mindful that when you miss a game for a Friday college visit your absence negatively affects your entire stunt group and team. Please try to tour campuses on weekends). If you miss a practice, it is your responsibility to learn whatever material was taught before the next practice!
6. In case of emergency or illness, the parent/cheerleader must contact the coach by phone or email on the day of the emergency at least **2 HOURS** before the scheduled event, practice, game, competition, etc.
7. Cheerleaders missing an entire day of school on the day of a practice or game must have their parents contact the coach by phone or email first thing to notify them of the absence and its nature. Coaches put a lot of time and planning into each practice and game. If one person is missing, adjustments have to be made. Last minute adjustments are difficult and not safe.
8. In the event of a team suspension or injury, the cheerleader will still be required to attend all games, practices and functions fully dressed out. A suspended or injured cheerleader is expected to sit with the coach in the stands, not with friends. A suspended or injured cheerleader is expected to sit out at practice and take notes on material missed.
9. There will be no overlapping in sports, other extra-curricular activities, social events or jobs. If these cannot be worked around cheerleading responsibilities then the cheerleader will be required to make a choice. **PLEASE KEEP THIS IN MIND BEFORE TRYING OUT!**
10. All cheerleaders are encouraged, but not required, to attend squad social events including but not limited to team dinners, holiday parties, team building events, end of year banquets, etc.

### **ELECTION AND RESPONSIBILITIES OF CAPTAINS**

1. The Myers Park High School Cheerleading Program will have two Captains per team (Varsity and JV).
2. The coaches will make the selection on the basis of leadership abilities, attitude, peer respect, general knowledge of cheerleading and a peer vote. All cheerleaders interested in being a captain will be required to write a "letter of intent" to the coach explaining why they think they would be a good captain and what goals they have for the team over the course of the season. The team will then individually vote for their top 2 candidates via paper ballot. The coach ultimately has the final decision.

### 3. Captains are expected to:

- a. Set an example to the rest of the team by following the rules and regulations at all times.
  - b. Be at practice early and start practice on time.
  - c. Assist coach with leading warm-up and conditioning activities.
  - d. Be responsible for having all necessary supplies ready for practice (mats laid out properly, cheer signs, flags, banners ready to use).
  - e. Lead cheers at games and events. The captain should take suggestions from the team but has the authority to make decisions
  - f. Be responsible for welcoming visiting squads and setting a good example of sportsmanship.
  - g. Keep the crowd cheering positively and cheerleaders in proper formation during games.
  - h. Show no partiality within the squad.
  - i. Act as a peacemaker in the case of disagreements.
  - j. Bring problems that are not resolvable to the coaching staff.
  - k. Assist the coaching staff with organizing game day plans, pep rally performances and community service opportunities.
4. In the event that the captain is not able to perform their duties, another cheerleader will take over until the captain is able to return.
5. The coaching staff reserves the right to “fire” a captain should the need arise, and appoint a replacement.

### **SAFETY REGULATIONS**

1. A coach will be present to supervise during all stunting activities. Coaches must approve all new stunts.
2. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of our athletes.
3. Myers Park High School Cheerleaders will abide by all NCHSAA and NFHS safety regulations.
4. Myers Park High School Cheerleaders will be required to participate in warm up and conditioning activities to maintain strength and flexibility and prevent injury.

### **DUTIES AND RESPONSIBILITIES OF THE COACHING STAFF**

1. The coaching staff is responsible for:
  - a. Helping cheerleaders develop their skills, character and maintain their positive academic standing.
  - b. The fair treatment, encouragement and respect of all team members.
  - b. Ensuring that team members are safe, that first aid is available, and an emergency contact list is kept up to date and present at all times.
  - d. Organizing and arranging the training schedule, equipment, apparel, training facilities, travel, and events.

- e. Assisting Senior cheerleaders who wish to continue their sport on the collegiate level with appropriate tryout preparation and information.

## **CONDUCT**

1. Cheerleaders must follow all rules and guidelines in the Myers Park High School Student Code of Conduct outlined below.
2. Cheerleaders are required to maintain and uphold the reputation of the Myers Park High School Cheerleading Program through their own conduct and sportsmanship before, during and after all games/practices/competitions/events.
3. Cheerleaders must be respectful and polite to all home and visiting cheerleaders, fans and the game officials.
4. All cheers shall be of a positive and sportsmanlike manner. Cheerleaders will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.
5. Inappropriate or obscene language, gestures or harassment will not be tolerated AT ALL.
6. The use of cell phones is NOT allowed during any game, practice, cheer event, or competition unless the coaching staff deems it an appropriate time.



# **MYERS PARK CHEERLEADING CODE OF CONDUCT**



## **DEMERIT SYSTEM**

After 15 demerits have been received, a member is dismissed from the squad for the remainder of the school year.

### **A. ATTENDANCE AND TARDIES**

- 3 Unexcused absence from a game, competition, performance or activity.
- 2 Unexcused absence from any practice.
- 1 Unexcused tardy to any game, practice, competition, performance, or activity (more than five minutes).

### **B. PERFORMANCE BEHAVIOR**

- 1 Failure to wear the correct uniform or attire to a practice.
- 2 Failure to wear the correct uniform or attire to a game, competition, performance, or activity.
- 2 Lack of attention/participation during a game, practice, competition, performance, or activity (talking, laughing, not standing at attention, etc.)
- 2 Not learning and/or knowing cheers, chants, or dances.
- 2 Failure to return to the field/court on time after halftime.
- 2 Chewing gum during a game, practice, competition, performance, or activity. Eating or primping on sidelines while the game is in play.



- 2 Not following directions given by coaches, captains or any person in a supervisory role.
- 2 Using cell phone during a game, practice, competition, performance, or activity (unless instructed to do so).
- 2 Missing any part of the uniform (shoes, poms, bloomers, skirt, shell, crop, warm up etc.) or wearing incorrect items (hair not up, no bow/wrong bow, wearing jewelry, etc.)

### C. MISCONDUCT

- 15 Any conduct resulting in an arrest by law officials.
- 15 Drinking alcohol or use of illegal drugs on or off school property (caught in person or online)
- 15 Any disciplinary action resulting in suspension from school.
- 10 Inappropriate social media (phone pictures/videos, Facebook, Twitter, etc.)
- 5 Any disciplinary action that results in assignment to I.S.S. (In School Suspension)
- 5 Unlady like conduct at anytime (disrespect toward coaches, other cheerleaders, or any other adult in a supervisory role - in uniform or not, fighting, harassment, bullying). This includes inappropriate language.
- 3 Any offense that results in a detention
- 3 Wearing uniform in public when not with the squad or coaches without permission from coaches.

### D. CONSEQUENCES

**As a cheerleader accumulates Demerits, the following will occur:**

- |    |          |  |
|----|----------|--|
| 3  | Demerits | Warning from cheer coaches.  |
| 5  | Demerits | Parent Notification & Physical conditioning.   |
| 10 | Demerits | Parent Notification & Physical Conditioning & Suspension from team (suspension length to be determined by administration and coaches). |
| 15 | Demerits | Parent Notification & Removal from the Cheer Program.  |

**Physical conditioning may also be assigned at anytime for any of the above. It can be individual or team conditioning.**