



## CHATTAHOOCHEE HIGH SCHOOL BASKETBALL SIDELINE CHEER

### 2020 – 2021 Cheerleading Try Out Packet

**Our Cheer Philosophy:** *The Chattahoochee High Basketball Sideline Cheerleaders will serve to lead, direct, and support the spirit of our basketball teams, student body and CHS Officials at all events and games. Cheerleaders shall promote excellence in education, spirit, sportsmanship, physical fitness, positive image, and leadership whether on or off the court. Cheerleaders shall strive to maintain high standards of morality and social conduct.*

#### CHATTAHOOCHEE HIGH CHEERLEADING:

Participation in the Chattahoochee High Basketball Sideline School Cheer program is a privilege. Along with this privilege come certain responsibilities. In addition to representing yourself, you are also representing *your* squad, *your* coach, *your* school, and even *your* community. Therefore, you must always conduct yourself appropriately, not just at games or school activities. Success of the cheer squad is dependent not only on the team, but also your effort, and willingness to work as a team. PLEASE READ THE Cheer Rules Guidelines and Informational (RGI) AND PARENT CODE OF CONDUCT CAREFULLY. If you are not willing to abide by the standards of these two documents, the Chattahoochee Basketball Sideline Cheer Team is **not** for you and you should not proceed with tryouts. If you are ready to lead others with integrity, we want *you!*

#### CHATTAHOOCHEE HIGH BASKETBALL SIDELINE CHEERLEADING TRYOUT PROCEDURES:

The Cheer coaching staff will conduct cheer tryouts once during the academic year for basketball seasons; this is typically in the spring for the next school year. A cheerleader who quits mid-season in a prior year will forfeit his/her opportunity to participate in tryouts for the next school year. All squad members must tryout every year. Past experiences in cheer or dance is no guarantee that a candidate will be selected for the upcoming year. Size of the squad is at the discretion of the coaching staff.

- Sept 15<sup>th</sup> – Sept 30<sup>th</sup>**      **TRYOUT PACKET PICK-UP** on CHS website;  
[https://www.hoochatletics.com/page/show/4457867-basketball-cheer-winter-2018-2019-?team\\_id=1781914&type=team](https://www.hoochatletics.com/page/show/4457867-basketball-cheer-winter-2018-2019-?team_id=1781914&type=team).  
Packets must be completed AND **RETURNED** to hoochbbcheer@gmail.com prior to September 30<sup>th</sup>
- Sept 15<sup>th</sup>**      **Virtual Parent INFORMATION MEETING @ 6PM** – This meeting is informational and to answer any questions parents may have.  
At this meeting, you will...
- A. Meet the CHS Cheer coaching staff.
  - B. Hear about current staffing needs.
  - C. Learn about additional topics which may be of interest which include:
    - 1. Cheer Rules Guidelines and Informational (RGI) and Parent Conduct Code, Student Conduct Code and CHS Student Handbook.
    - 2. Uniforms & Expenses
    - 3. Camps and preseason commitments
    - 4. Tryout protocol and selection process
    - 5. Conflict management and team building.
- Sept 30<sup>th</sup>**      **PACKET RETURN!** If you intend to try out for the cheer team, you must turn in your packet by September 30<sup>th</sup> to be added as a candidate.
- Oct 5<sup>th</sup> -7<sup>th</sup>**      **CHEER TRY-OUTS (ALL 3 DAYS are Mandatory)** – 4:00 pm - 5:30 pm at Chattahoochee High School
- Oct 7<sup>th</sup>**      **ANNOUNCEMENT OF TEAM CANDIDACY** – Each participant selected as a cheerleader candidate for the 2020-2021 season will receive notification of team candidacy. Permanent status will be reliant upon meeting RGI requirements which include grade clearance, attendance and attitude at preseason training and meeting deadlines for sponsorship or fundraising.

**MANDATORY PARENT & CHEERLEADER INDUCTION MEETING (VIRTUAL), \$250.00  
PLAYER FEE DUE**

## 1. TRYOUT REQUIREMENTS:

- A. Cheerleading tryouts will include a variety of cheerleading skills that may be demonstrated during tryouts. In addition, ...
1. **MUST** attend Tryout Interview, clinics and official Tryout. This year's dates are Monday, October 5<sup>th</sup> – Wednesday, October 7<sup>th</sup>.
  2. candidates, upon successful submission of his/her Tryout Packet, will receive an invitation for their virtual Tryout Interview which will be held on Monday, October 5, 2020.
  3. candidates must have submitted the completed Tryout Packet which includes a copy of his/her 2<sup>nd</sup> quarter grades (note: a 2.0 min. GPA required at the start of the season as well) to [hoochbbcheer@gmail.com](mailto:hoochbbcheer@gmail.com).
  4. candidates must bring the signed consent forms.
  5. candidates must arrive promptly and in proper attire.
  6. candidates must be in good physical condition/health in order to participate in the clinic and tryouts.
  7. candidates will tryout in groups and will be assigned a random number to determine the tryout order.
  8. the school administrators, cheerleading coaches, Athletic Director, judges, and cheerleading candidates are the only people permitted in the try out areas. No other spectators will be admitted. Cheerleaders are required to allow these adults to observe their performance.
  9. all cheerleaders will always be expected to demonstrate good sportsmanship; this includes good sportsmanship at our introductory gathering, clinic, and tryouts.
  10. candidates are asked to wear plain black shorts, capris, or leggings and a plain white, yellow, or Chattahoochee T-shirt. Candidates are asked to wear hair up in a ponytail with all wisps, bangs, and tendrils, pulled back and sprayed securely out of his/her face. In addition, athletic shoes with no-show socks must be worn.
  11. candidates will be given a number and expected to wear that each day. Failure to bring it the following day(s) will result in a loss of points.

## 2. CLINIC &amp; JUDGING:

- A. Judges, within our program and outside the program, all with cheer experience, will determine a score that reflects the criterion by candidates to make the cheer squad.
- B. Candidates will encounter 1 days of instruction where they will learn the components of a band dance, sideline cheer, jumps and kicks before the day of tryouts.
- C. Candidates will be judged on the following:
1. Band dance
  2. One sideline cheer
  3. Two sideline chants
  4. Right and left kick
  5. Toe touch and a jump of their choice
  6. Technique
  7. Attitude

Past performance in Chattahoochee's cheer program will be considered. If a cheerleader has not met the requirements in the previous year, he/she may not be recommended to the program.

**UNIFORMS: Chattahoochee High School will provide two cheer uniforms consisting of shell, skirt and a long sleeve top for the cheer season. Cheerleaders will also receive shoes, socks, briefs, poms, bows, warm-ups and accessories.**

**The estimate price for these items can be found on the Estimated Cost of Participation form.** Cheer teams may collectively fundraise toward these items. Failure to meet commitment deadlines may result in a cheerleader's inability to participate.

**THE BASICS:**

- A. Uniforms consist of a shell, skirt long sleeve top, shoes, socks, briefs, poms, bow, warm-ups and any accessories (i.e.: megaphone, gloves, etc.).

*\*Cheerleaders must always conduct themselves in a manner becoming of a Chattahoochee High Cheerleader whether he/she is wearing a school issued uniform or whether he/she is at an event or activity or outside of school hours.*

**FUNDRAISING ACTIVITIES:**

- A. Individual Costs: Fundraising is available for uniforms, supplies, and any other miscellaneous costs. Parents/Cheerleaders may find ways to raise funds for activities such as personal garage sales, personal car washes, and personal donations.
- B. Group Fundraising: We encourage all cheerleaders to participate in all fundraising projects throughout the year. The money raised with group fundraising will be used for additional agreed upon expenses during the year that help to make the total experience abundantly rewarding. Examples of such group fundraising includes car wash, restaurant night out, a garage sale, etc.
- C. Donations to, and fundraising for, Chattahoochee High Cheerleading may be conducted as agreed by the squad and coach. The majority vote will be conducted. All cheerleaders will participate if the majority vote to do so.

**PARENT EXPECTATIONS:**

- A. Parents must agree and sign the Cheer Parent Code of Conduct and RGI as a requirement for acceptance into the program.
- B. Parents are to be positive role models and to support the collective efforts of the cheer squad, coaches, and CHS staff.
- C. Parents are not to use cheerleading as a punishment. When a cheerleader misses practice or a game, it affects the entire squad since we are a performance team. Parents recognize that **“We”** all perform together; **“we”** do not operate independently. Our motto: **“We Cheer to victory. We’re Leaders with integrity.”**

**PRACTICES:**

- A. Mandatory practice begins November 2020.
- B. Do not schedule dental work, doctor's appointments, vacations, work, etc. during this time of preconditioning.
- C. Practice dates and times TBD.

**CHATTAHOOCHEE HIGH CHEERLEADING RULES:**

- A. The Cheer Rules Guidelines and Informational (RGI) must be agreed upon and signed acceptance submitted before tryouts. Each candidate will be provided one copy to review however, these documents can be found on the CHS Hooch Athletic website.
- B. Grades for the program are based upon the cheerleader's leadership initiative, attendance, adherence to the dress code, behavior, & performance at all practices, games and events.
- C. Probation steps are used to help assist with discipline issues that are reoccurring in order to help a cheerleader correct his/her behavior. However, reinforcing the RGI is at the discretion of the coaching staff.
- D. A cheerleader recognizes that if he/she becomes ineligible at any time during the term, he/she will be dismissed.

**FORMS:**

A. Forms are created to help ensure all cheerleaders have a safe and positive cheerleading experience. The forms required to be turned in prior to participation in Chattahoochee High Basketball Sideline Cheerleading Program are noted below. **No one** will be allowed to stay at the tryout clinic unless all forms are turned in to the Cheer Staff.

B. See the following pages for all forms pertaining to Chattahoochee High Basketball Sideline:

	Return	FORM CHECKLIST
	X	Cheerleader Registration form
	X	Cheerleading Skills Assessment
	X	Cheerleader Personal Evaluation
		Cheerleading Tryout Score sheet
	X	Tryout permission slip
		Estimated Cost of Participation
	X	Cheer RGI (signature page only)
	X	Cheer Parent Code of Conduct
	X	Physical Form *(Physicals must be taken and dated after March 1 <sup>st</sup> to be valid for entire school year) * Piedmont Urgent Care offers physicals for student for \$25.00
		Cheerleading Contract Signature – (to be signed and turned in upon acceptance into program during Induction meeting)
	X	Valid copy of second quarter grades



**SAMPLE TRYOUT TIME SCHEDULE**

**4:00PM- 4:30PM** WARM UP  
**4:30 PM – 5:00 PM** JUMP/MOTION/TECH  
**5:00 PM – 5:25 PM** CHANT  
**5:25 PM – 5:30 PM** COOL DOWN & DISMISSAL



## CHEERLEADER REGISTRATION FORM

**PARTICIPANT** \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Cell # \_\_\_\_\_ 2020-2021 Grade Level \_\_\_\_\_

Lives with:    Mother    Father    Legal Guardian – Relationship \_\_\_\_\_

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**MOTHER** \_\_\_\_\_ Email \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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**FATHER** \_\_\_\_\_ Email \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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Emergency Contact \_\_\_\_\_ Phone number(s) \_\_\_\_\_

Participant's Doctor \_\_\_\_\_ Phone \_\_\_\_\_

**Insurance Company** \_\_\_\_\_ Policy # \_\_\_\_\_

Current medication or supplements \_\_\_\_\_

Allergies to medicines \_\_\_\_\_

Further medical information or psychological disabilities

\_\_\_\_\_

\_\_\_\_\_

# CHEERLEADER SKILLS ASSESSMENT

## STUNT EXPERIENCE

**Please be honest with your answers**

Position: If you do not have any stunting experience please just put N/A in box	Please mark an X next to every stunt you can execute safely	For all boxes marked with an X, to the left rate your strongest skilled position (1) being the weakest to (5) being the strongest
Flyer		
Back Spot		
Main Base		
Secondary Base		

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## GYMNASTICS/TUMBLING EXPERIENCE

**You must be able to perform these skills on a cheer mat, not a spring floor**

Position: If you do not have any stunting experience please just put N/A in box	<b>YES (X)</b> I can execute that skill without a spot	<b>ALMOST (X)</b> I can execute that skill with a light spot	<b>NO (X)</b> I am unable to perform that skill
Round Off			
Front/Back Walk Over			
Standing Back Handspring			
Standing Tuck			
Round Off Handspring (1 or more)			
Round Off Handspring/Back Tuck			
Round Off Handspring/Lay Out			

## **CHEERLEADER PERSONAL EVALUATION**

1. If we spoke to your teachers, what would they say is your greatest challenge and greatest strength?
2. How do you intend to show and encourage school spirit?
3. What should be the heart of a cheerleader?
4. What kind of attitude does it take to be a dynamic cheerleader?



# CHEERLEADING TRYOUT SCORE SHEET

Participant # \_\_\_\_\_ Squad \_\_\_\_\_ Judge # \_\_\_\_\_

### Cheer (25 pts.)

**Look for: Strong, tight, clean motions, volume, energy, memorization, rhythm.**

Knowledge of Routine (5pts)

Crowd-leading (Voice, Projection, Enthusiasm, Confidence) (5pts)

Motions (Placement, Sharpness, Knowledge) (5pts)

Rally/Spirit (5pts)

Total \_\_\_\_\_ / 25

### Jumps, Kicks, & Splits (25 pts.)

**Look for: Upright body position, height, feet together on landing, and toes pointed on jumps.**

Toe Touch & Right Hurdler (or Jump of Choice) (15pts)

Right Kick, Left Kick, Front Kick (10pts)

Split (not-mandatory)

Total \_\_\_\_\_ / 25

### Appearance (25 pts.)

Dress meets requirement & hair must be all up, neat and secured out of face (5pts)

High energy level, stamina (10pts)

Facials, genuine expression and emotions (5pts)

Total \_\_\_\_\_ / 25

### Attitude and Recommendation (25 pts.)

Attitude during clinic

Coach's recommendation

Teacher Recommendations

Total \_\_\_\_\_ / 25

### **Judge Comments:**

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Total Score \_\_\_\_\_ / 100

***Candidates will be given a number rather than be known by a name. He/she will receive a final score which is derived from each of the judges. Top scorers will be given a place on respective teams.***





## CHEERLEADING TRYOUT PERMISSION SLIP

DATE: October 5<sup>th</sup> – 7<sup>th</sup>

TIME: 4:00 -5:30 pm

LOCATION: Chattahoochee High School

I, being fully aware of the risk and possibility of injury involved in cheerleading, voluntarily consent to have my child participate in programs offered by Chattahoochee High Cheerleading. I agree to waive and release all rights and claims for damage that my child or I have against Chattahoochee High Cheerleading and its employees, whether paid or volunteer, now and in the future. I certify that my child is mentally and physically capable of participating in any class, performance, trip and/or event participated with Chattahoochee High Cheerleading. I grant permission for Chattahoochee High Cheerleading and its employees to seek medical treatment and give permission for medical treatment in the event of an emergency/ injury to my child. I am the legal parent/guardian of the above-named child.

I acknowledge that there are no health problems that will interfere with the try-out process of my son or daughter.

I give permission for my child, \_\_\_\_\_, to participate in cheerleading tryouts for Chattahoochee High Basketball Sideline Cheerleading Team. I understand that my child will be attending a clinic which involves physical fitness and agility that ultimately will lead to try-outs for a position on a squad. Furthermore, I recognize that my child may or may not be given a position on the squad and that the decision is at the discretion of the judges and Coaching staff and based upon the requirements outlined by the program. I have no grounds to contest any decision made and therefore, accept the process as final.

### My child will be allowed to:

- Condition
- Cheer
- Dance
- Jump, kick, and split if possible
- Communicate intent and experiences, knowledge, and strengths

I understand that a signed valid physical is necessary for tryouts and must be included in this tryout packet. I will have my son/daughter at tryouts each day of clinic by 4:00m at the Chattahoochee High Auxiliary Gym in the required attire the days of clinic and Try-outs. He/she will be ready to start clinic promptly at 4:00 pm. Failure to comply may disqualify my child from participating in tryouts and in the cheer program. I acknowledge that I can contact the Cheer Coaching Staff ahead of time if I have questions about any part of this document.

**I acknowledge that if my child makes the squad, I will attend the Virtual Mandatory Parent/Cheerleader Induction meeting on October 12, 2020 time (TBD).**

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_  
(or Legal Guardian)

Parent's Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

## ESTIMATED COST OF PARTICIPATION & INSTALLMENT SCHEDULE

ALL FINAL PAYMENTS ARE DUE BY NOVEMBER 2, 2020 at 4:00pm!

<b>New Cheerleader:</b>		
Item	Description	Price
Uniform	Includes: Shell, Skirt, Long Sleeve Shirt, Poms	\$50.00
Warm-Up	Includes: Pants & Jacket	\$90.00
Practice Shirt	Includes: (1) licensed practice t-shirt	\$20.00
Accessories	Bows, Socks & Bloomers	\$60.00
Shoes	Nfinity	\$90.00
Varsity Spirit Pack	Includes: Bag	\$40.00
Paw Program	Banquet/Recognition	\$50.00
		<b>Total: \$650.00 (INCLUDES PLAYER FEE)</b>

<b>Payment Schedule for New Cheerleaders</b>			
Installment	Due Date	Amount Due	Note
1	October 12, 2020	\$250.00	Make check payable to: Chattahoochee High School or online at <a href="https://osp.osmsinc.com/FultonGA/BVModules/CategoryTemplates/Detailed%20List%20with%20Properties/Category.aspx?categoryid=EN704C-10">https://osp.osmsinc.com/FultonGA/BVModules/CategoryTemplates/Detailed%20List%20with%20Properties/Category.aspx?categoryid=EN704C-10</a>
2	November 2, 2020	\$400.00	Make check payable to Chattahoochee Sideline Basketball Cheer

## ESTIMATED COST OF PARTICIPATION & INSTALLMENT SCHEDULE

ALL FINAL PAYMENTS ARE DUE BY NOVEMBER 2, 2020 at 4:00pm!

<b>Existing Cheerleader:</b>		
Item	Description	Price
Uniform	Includes: Shell, Skirt, Long Sleeve Shirt, Poms	\$50.00
Warm-Up	Includes: Pants	\$40.00
Practice Shirt	Includes: (1) licensed practice t-shirt	\$20.00
Accessories	Bows, Socks	\$40.00
Paw Program	Banquet/Recognition	\$50.00
		<b>Total: \$450.00 (INCLUDES PLAYER FEE)</b>

<b>Payment Schedule for Existing Cheerleaders</b>			
Installment	Due Date	Amount Due	Note
1	October 12, 2020	\$250.00	Make check payable to: Chattahoochee High School or online at <a href="https://osp.osmsinc.com/FultonGA/BVModules/CategoryTemplates/Detailed%20List%20with%20Properties/Category.aspx?categoryid=EN704C-10">https://osp.osmsinc.com/FultonGA/BVModules/CategoryTemplates/Detailed%20List%20with%20Properties/Category.aspx?categoryid=EN704C-10</a>
2	November 2, 2020	\$200.00	Make check payable to Chattahoochee Sideline Basketball Cheer



## Cheer Rules Guidelines and Informational (RGI)

*Philosophy: The Chattahoochee High Basketball Sideline Cheerleaders will serve to lead, direct, and support the spirit of our basketball teams, student body and CHS Officials at all events and games.*

*Cheerleaders shall promote excellence in education, spirit, sportsmanship, physical fitness, positive image, and leadership whether on or off the field. Cheerleaders shall strive to maintain high standards of morality and social conduct.*

**Coaching Staff:** Your coaching staff are 18 years or older, have been CPR and First Aid certified, CardiacWise and ConcussionWise certified, have completed a criminal background check with the Department of Justice, and have completed district and site training to prepare for instruction. They are volunteers who care about the success of the CHS Cheer Family. CHS Cheer is under the direction of the Fulton County School District and all coaches recognize its' governing body. Cheer coaches will always model exemplary standards as outlined in this document. Coaches agree that they will not be alone with any cheerleader but will make every attempt to always have another adult present. Coaches will be in regular attendance with their teams at all practices, games, events, and outings. Practice times are Monday and Wednesday with games on Tuesdays, Fridays and select Saturdays.

**CHS Cheer Standard:** The CHS Cheer program requires the very highest standard of RESPECT, DISCIPLINE, SPORTSMANSHIP, TRUSTWORTHINESS, RESPONSIBILITY, and GOOD CITIZENSHIP. Likewise, our appearance, including hair and attire, and conduct reflects our TRADITION OF PRIDE & EXCELLENCE.

As a player or parent, I recognize by signing and agree to the terms listed in this document and upon selection of candidacy (Any player who fails to comply with these terms WILL result in immediate disciplinary action which could include a possible suspension and/or termination:

### Requirements:

- Cheerleaders will be selected by judges at the official CHS Cheer Try-outs held yearly.
- Cheerleaders will complete a sports packet and obtain a physical examination as directed by the FCS District from a personal doctor or one suggested by the district. Likewise, he/she will adhere to the FCS Student Handbook.
- Cheerleaders must be found in good physical condition and capable of strenuous activity which may include but is not limited to running, jumping, stretching, and relays designed for strengthening and conditioning.
- All practice sessions include 15 minutes or more of warm-up stretches, cardio and strength training, and dance. Cheerleaders should have healthy eating habits which include a balanced diet and drink plenty of water to remain hydrated during long workouts.
- Cheerleaders must maintain a 2.0 GPA or higher with no more than 1 Failing grade in order to participate in our program. Report cards may be collected by the Coach throughout the season to monitor GPA.
- Cheerleaders who are caught drinking alcohol or doing drugs will be removed from the program. This may include pictures or videos of activity which is identified as in opposition of the program or FCS Student Handbook or Code of Conduct, Cheer Rules, Guidelines, and Informational.
- The cheerleader's parent must agree and sign the Parent Conduct Code and both the cheerleader and parent need to agree and sign the Cheer RGI.
- It will be the responsibility of the parent to work out transportation to and from all practices and games. No coach is expected to remain with the cheerleader before or after practices and games. Therefore, parents must be sure never to be late. Practice is from 3:45-5:30pm. Cheerleaders are expected to be in place at least 5minutes prior to the start of practice.

### Conduct:

- All cheerleaders must adhere to the FCS Student Conduct Code.
- All cheerleaders must demonstrate sportsmanship at all CHS Cheer practices, games, and events.

- All cheerleaders must follow the high standards and goals of the team and coaching staff.
- All cheerleaders must turn off their cellular devices during practice and games and put them in a safe location. No cell phones are allowed during cheer events.
- All cheerleaders must follow the rules and guidelines set forth in the CHS Cheer program.
- All cheerleaders shall demonstrate behavior that is in accordance with the CHS Philosophy.
- Failure to comply with the rules and guidelines set forth will result in disciplinary action and may include dismissal from the program.
- Every cheerleader will learn at a different pace; therefore, each cheerleader must be willing to invest time at home reviewing dances, chants, or cheers, etc.
- If asked to help create a routine, a cheerleader should be eager to accomplish the task and to lead with a positive, spirit lead attitude.

**Pre-Conditioning and Conditioning Schedule:** Gym times and schedule.

Apparel during Pre-conditioning and Conditioning Schedule: Chattahoochee spirit wear is acceptable attire so long as it is in Chattahoochee colors only. Acceptable colors include black, yellow and Chattahoochee blue. Black is only allowed for spandex shorts, leggings or sweats.

**Attendance:** Team activities and practices are at the discretion of the coach.

Cheerleaders are encouraged not to participate in any other extra-curricular activities that conflict with the CHS Cheer program. Absences and tardiness will not be excused for practices or games missed due to other sporting events or activities. Excessive absenteeism or tardiness, unless previously arranged with the cheerleader's Head Coach, will result in loss of cheering at game time or inability to cheer altogether.

- All cheerleaders are required to be present at all assigned games. Unexcused absences or tardiness will not be tolerated or accepted.
- Absences or tardiness, other than those prearranged with the Head Coach or due to an illness, may not be excused. If a cheerleader is ill up to 3 days, a doctor's note will be required before she/he is able to return.
- EXCUSED ABSENCE – This includes school functions, religious functions and absences due to illness accompanied by Doctor's notice will be considered as "excused" absences.
- UNEXCUSED ABSENCE–This is an absence that is not preapproved through the Head Coach or Junior Varsity Coach if Head Coach cannot be reached, when due to illness or family emergency. Issues regarding transportation, or other extra-curricular activities are considered unexcused. Although homework and tutoring are a priority, they cannot be a reason for absence.
- HOMEWORK – (including tutoring) is not considered as an "excused absence" therefore; all players should make every effort to complete their assignments prior to coming to practice.

**Disciplinary System:** Our disciplinary system will be enforced on all violations of the guidelines set forth by the CHS Cheer coaching staff. Regular attendance and behavioral issues, including bullying, rolling of the eyes, complaining, and improper dress on game days, etc. will not be tolerated thus it will be noted by the Head Coach and may lead to a step-in discipline and affect the eligibility to participate. All absences need to be clarified by the cheerleader verbally (or by text as in standard with your coach's protocol) at least 12 hours before practice or before the designated arrival times at the event or game.

- Step 1: If one practice/game is missed (unexcused): Verbal Warning. The cheerleader will show up at the next scheduled game in full uniform and sit out the 1st quarter with her/his coach.
- Step 2: If two practices/games are missed (unexcused): Verbal Warning. The cheerleader will show up at the next scheduled game in full uniform and will sit out the 1st half of the game.

- Step 3: If three practices/games are missed (unexcused): Verbal Warning. The cheerleader will show up at the next scheduled game, in full uniform, and will sit out the entire game with the coach.
- Step 4: If four practices/games are missed (unexcused): The cheerleader will sit out the entire next 2 games. The cheerleader will no longer be eligible for Cheer recognitions/awards during End of Year banquet.
- Step 5: If five practices/games are missed (unexcused): The cheerleader will be removed from the team.

Note: If a cheerleader at any time during practice and/or game reports to a coach that she/he is not feeling well, a parent will be called. The parent will make the determination if the cheerleader's illness warrants picking him/her up from practice or a game. If a parent decides that the cheerleader can remain at the practice or game, the cheerleader will be required to sit out and watch for the remainder of the session with the coach.

**Dress Code:** Please note that it is imperative for safety and uniformity that cheerleaders stick to the appropriate dress code. Any cheerleader who is not dressed in the proper and clean attire forfeits her/his chance to participate and will be given an unexcused absence.

- All cheerleaders must wear CHS issued uniform. This is non-negotiable!
- Uniform and practice attire must be clean. White uniform shoes should be cleaned before game day.
- White, nude, or black sports bras should be worn under all uniforms and not visible for participants. Bra straps should be secure and not dangle down the shoulder. Bras must be supportive.
- During practice, any color athletic shoes are acceptable (white preferred) but must be worn with low to no-show socks; this is a requirement. No Vans, Keds, Converse or recreational shoes permitted.
- Hair must always be pulled back into a ponytail and bangs removed from the eyes during team activities including practice, games, competitions, and camp.
- No jewelry, except medical I.D. tags can be worn to practice or at any time during cheer. This includes body piercings.
- Once cheerleaders receive pom-poms, poms are required at all games and practices. Full uniforms are required at every game. Unused pieces should be placed in a cheerleader's bag. The cheer uniform includes hair ribbon, cheer socks, briefs, skirt, shell, long sleeve top cheer shoes, warm-up suit, and poms.
- Hair accessories must be in CHS colors. Clips, pins, and hair ties may be in neutral, black, or brown. No other colors are permissible.

#### **Game Days:**

- All cheerleaders are expected to arrive at the time designated by the coaching staff before her/his scheduled game, fully dressed and ready to cheer.
- If a cheerleader arrives early to his/her game, he/she must be in full uniform. No half-uniforms allowed. Hair must be up and ready for participation as a team.
- After his/her game, a cheerleader may swap out his/her bottoms for designated warm-up bottoms. Otherwise, a cheerleader must change all items of clothing. Warm-up jackets may be worn at any time.
- We recommend that the cheer uniform be laid out the night before all games and that cheer bags are checked for pompoms, warm-ups and water. The cheer uniform includes hair style (determined by coaching staff), the team hair ribbon/bow, cheer socks, briefs, skirt, shell/long sleeve top, cheer shoes, body-liner, and warm-up suit.
- Make-up must appear natural but may include sparkle or shiny accents as approved by the Head Coach.
- All cheerleaders shall do no less than 15 minutes of warm-up before each game.
- All cheerleaders are responsible for learning game chants, cheers, side-line routines, and assigned dances.
- All cheerleaders must welcome visiting cheerleaders with hospitality and sportsmanship.
- If a cheerleader arrives 10 minutes late, he/she will sit out the first quarter of the game and may not be allowed to perform in the half-time routine if last minute changes were necessary.

- If a cheerleader arrives later than 10 minutes but not surpassing 30 minutes, she/he will sit out the first half of the game and not be allowed to perform in the half-time routine.
- If a cheerleader arrives at a game beyond 30 minutes tardy, a cheerleader will be asked to sit out the remainder of the game but remain in uniform with the cheerleaders so long as she/he is not a distraction.

**Team Photos:** Professional photos will be taken of the team and individuals sometime after the start of the season. Cheerleaders must be in full uniform with no additions or deletions of any kind. Full uniform must be clean and includes team bow and poms. Because of mass numbers and limited time, a traditional team and yearbook pose will be used for both JV and Varsity squads. The team photo will be used in the Chattahoochee yearbook. Photo packages are an affordable way to obtain professional photos of your daughter or son. More details will follow.

**Cheer Competitions:** CHS Cheer will not participate in cheer competitions this year.

**Work Detail:** All families asked to assist with fundraisers that are a collective event supporting the general fund. More information on fundraising will be provided during the induction meeting.

**Parent Participation:**

- The Chattahoochee Cheer program depends upon the financial and physical support of parents.
- Parents are expected to volunteer at the basketball concession stand during home games for their athletes' respective team.
- Parents must sign the Parent Code of Conduct and abide by the standards set forth by CHS Cheer.
- Parents are encouraged to attend games, and activities of CHS Cheer with the purpose to support cheerleaders, players, coaches, staff, students, administration, etc.
- Parents are invited to participate in leadership and volunteerism throughout the season. Please contact the Cheer Coordinator or Head Coach of your team if you have questions.
- Parents must monitor public media sites in which cheerleaders participate (i.e.: Facebook, Instagram, Twitter, Linked In, and any all sites of similar nature) to ensure that all conversations regarding the Cougars and participants of the cheer and basketball program are kept in positive regard.
- Parents are expected to avoid and dispel gossip should it arise and are asked to maintain exemplary conduct. Together, "We" can be #1.

**Grievance Protocol:** Any complaints from parents/guardians and or cheerleaders must follow the proper grievance protocol as outlined below:

1. The cheerleader must first meet with a coach or specifically a Head Coach of that girl's squad.
2. The cheerleader must meet with the Head Coach and Cheer Coordinator
3. The Parent/Guardian, and cheerleader, must meet with the Head Coach.
4. Parent/Guardian must meet with the Head Coach and the CHS Athletic Director.

**Uniform and Fees:**

- Each cheerleader and her/his parent are responsible for fundraising or paying for the uniform and expenses. Cheerleaders are given the options of fundraising, obtaining sponsors, or purchasing these items out of pocket.
- Each cheerleader is responsible for maintaining her/his uniform.
- Each cheerleader is responsible for showing up in full uniform when requested.
- A cheerleader must follow his/her coach's request regarding hair.

I have read and agreed to the terms set forth in the CHS Cheer Rules, Guidelines and Informational.

Parent Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Cheerleader's Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_



CHS Basketball Sideline Cheer Program has implemented the following Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child/children in our Cheer Program. Parents should read, understand and sign this form prior to their child/children participating.

Any parent guilty of improper conduct at any game or practice will be reprimanded according to the GHSA No Tolerance Policy.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

I, the parent/guardian of \_\_\_\_\_, agree to the following:  
(Child/Children's Name)

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the coaches' rules for her squad and the policies of CHS.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game or practice.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
7. I will teach my child to always do her/his best, follow all rules and I will praise my child for always putting forth her best effort.
8. I will require that my child treat other cheerleaders, players, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.
9. I will not be negative or ridicule my child or other participants for making a mistake.
10. I will emphasize skill development and practices and how they benefit my child.
11. I will promote the emotional and physical wellbeing of my child and other athletes ahead of any expectations I may have for them.
12. I will respect the officials, coaches and CHS employees and their authority during games/practices and will not question, discuss or confront coaches on the field or in front of others but will take the time to speak with them at an agreed upon time and place.
13. I will refrain from "coaching" my child from the bleachers during games and practices.

14. I will have my child at all games and practices on time and ready to perform unless there is an uncontrollable circumstance at which I will contact my child's coach personally and notify her of the situation. I also understand that there may be consequences if my child is late for practice or a game more than once.
15. I will never leave my child at a practice or game un-chaperoned.
16. I will be cooperative with my child's coach within all reason.
17. I understand that my child's coach oversees her team and has the authority to reprimand my child.

Please Remember: All of our coaches are volunteers. They are donating their time and energy to ensure that each participant has a fulfilling season. Please respect their time and effort by being on time, courteous and helpful whenever possible.

Removal from a team: If a child misses 3 consecutive practices or games, or 5 practices or games overall without a valid reason, or is consistently late, she/he will be removed from the roster. (A valid reason is defined as any uncontrollable circumstance that would hinder the participant from attending a practice or game).

#### Unexcused Absence/Tardy

1st – Warning from Squad Coach and cheerleader will sit out  $\frac{1}{4}$  the scheduled game.

2nd – Warning from Squad Coach and cheerleader will sit out  $\frac{1}{2}$  the scheduled game.

3rd – Cheerleader will sit out the entire next game and coach will make a report to CHS (see Removal from a team above).

4th - Cheerleader will sit out the entire next 2 games. Cheerleader will no longer be eligible for Cheer recognitions/awards during End of Year banquet.

5th - Cheerleader will be removed from the team.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# BASKETBALL SIDELINE CHEERLEADING CONTRACT

Parent's Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Dear Parent/Guardian,  
Please read the Rules Guidelines and Informational (RGI). Keep them for your records to refer to when needed. Sign the below portion and return it to the Chattahoochee High Cheerleading staff prior to participation.

I, (Cheer Candidate's Name) \_\_\_\_\_ will adhere to all informational documents I might have been given by the Cheer coaching staff which also includes the CHS Basketball Sideline Cheer Handbook, CHS Code of Conduct, Cheer Parent Code of Conduct, and the Cheer Rules, Guidelines, and Information. If selected, I will accept the position I have earned at tryouts and will accept the responsibilities of being a representative of my school.

Candidate's SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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**I acknowledge that Cheer is considered a sport according to the Fulton County School district. There are expenses for the program that must be generated. I will pay all expenses associated with Chattahoochee High School Sideline Basketball Cheer as agreed upon in the CHS Cheer Manual. I further agree that if all expenses are not paid, my son/daughter will not be allowed to participate in the program.**

\_\_\_\_\_  
PARENT'S SIGNATURE

\_\_\_\_\_  
CANDIDATE'S SIGNATURE

Permission:  
**I grant permission for my child to participate as a 2020-2021 Chattahoochee High Cheerleader. I have read and understand the rules, which will govern my child and agree to adhere to the CHS Student Handbook, CHS Code of Conduct, Cheer Parent Code of Conduct, and the Cheer Rules, Guidelines, and Information.**

Parent's SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_