

Lakeland High School

Cheerleading Rules and Regulations

Article I Purpose:

All cheerleaders shall develop a sense of good sportsmanship among students, administration, faculty, other clubs and athletes, other schools, and the community. They should strive to accomplish four main goals: 1) Promote school spirit. 2) To set a positive example among their peers. 3) To support and encourage the effort of the school athletes. 4) To function as a representative of Lakeland High School at both school sponsored activities and in the community.

Article II Eligibility:

To tryout for cheerleading you must have a cumulative GPA of 2.0 on a 4.0 unweighted scale. Eligibility requirements for tryouts for rising ninth graders will be normal progression. Eligibility will be checked at the end of each quarter/semester and must be a 2.0 or higher. Athletes chosen for these teams must also participate during competition season. Team members who quit, or are dismissed during the season from the teams for any reason will meet with the coaches and administration to determine eligibility for next year's tryouts, and will abide by the consequences that come with dismissal or withdrawing from the squad.

Each candidate must carry school insurance or present a signed waiver by parents stating they have adequate insurance and must have a physical in order to tryout.

Each candidate must turn in written parental permission forms.

Article III Captains:

A The selection of captains will be up to the individual team coaches.

B. Duties

a. To set an example for the rest of the squad by following rules and regulations for the cheerleaders. The captains should be willing to do more than his/her share.

b. To be responsible for contacting all cheerleaders and notifying them of practices,

change of plans, etc.

- c. To make a monthly calendar including games played, what to wear, and time to be there.
- d. To select cheers and chants or dances to be used at games and pep rallies.
- e. To act as a peacemaker.
- f. To keep cheerleaders in proper formation during games.
- g. To help organize pep rallies with coaches.
- h. To lead the squad in a quality warm up before the games...including all jumps.
- i. To call attention to the coach if rules and regulations are violated.

Article IV Uniforms

- A. Each member will be expected to be prepared with practice clothes/shoes on a daily basis.
- B. Performance uniforms will be provided and will be the property of the Lakeland High School Cheerleading Team.
- C. Each member will be required to maintain good condition and cleanliness of his/her uniform at all times.
- D. Each member will be required to have all uniforms professionally cleaned and in good condition before the end of the year.
- E. Footgear and accessories such as poms, bloomers, warm ups, ribbons, etc., will be purchased by the coach and paid for as part of the total cheerleading fee.

Article V Appearance

- A. Uniforms and shoes must be kept spotlessly clean at all times.
- B. Cheerleading shoes are not to be worn unless it is with the uniform. **DO NOT WEAR CHEER SHOES TO PRACTICE!**
- C. **NO JEWELRY WILL BE WORN DURING PRACTICES, GAMES, OR PEP RALLIES.**
- D. Nail polish should be clear or pale colored.

- E. Hair must be up in a ponytail with the correct ribbon as designated by the captain on the calendar...no exceptions will be made.
- F. Make-up should not be used excessively. Any cheerleader wearing too much make up while in uniform will be required to remove it. Make-up must pass the approval of the coach.

Article VI Attendance

A. All students who participate in school activities and/or practice must be in attendance for two full periods of the day the activity/practice is scheduled. This must be fully documented with the attendance secretary

B. If a member is ill and misses any activity, he/she must be at HOME or seeking medical attention.

C. If a member misses ANY unexcused practice he/she will automatically be suspended from that week's performance.

1. If a cheerleader is going to be absent from a practice, game, or other event, the advisor MUST be notified at least 12 hours ahead of time in order for the absence to be counted as excused.

D. All members must attend each activity in its entirety.

E. Work is NOT considered an excuse for missing ANY practice, performance, or ANY related activity.

F. Being involved in other competitive cheer teams is not an excuse to miss LHS cheer practice, performance, or any related activity.

G. Daily class attendance is extremely important. The teachers will be told to notify coaches of missed class periods.

Article VII Medical/Physical Fitness Form

A. Each member must have a complete physical exam by a medical doctor prior to the first scheduled tryout day.

B. A copy of the school physical form will be provided in the application packet.

C. A member must also have a completed medical emergency form on file with the

advisor.

1. The advisor must have these forms in his/her possession at all times.
2. These forms can be obtained from the Attendance Office.

Article VIII Character/Conduct/Responsibility

A. Team members should be leaders within the school and set a good example at all times.

B. Team members should be above reproach maintaining good personal appearance and habits that cannot be criticized.

1. Smoking, drinking, and/or drug use are grounds for suspension or dismissal by the advisor.

2. Inappropriate conduct via internet, text message, or myspace (or any other site) is grounds for suspension or dismissal by the advisor.

3. Each member must abide by those standards set by Lakeland High School, which are found in the Student Handbook and

Code of Conduct.

C. A member must be courteous and friendly to all other team members as well as the student body.

D. A member must be courteous and friendly to other teams and visitors.

E. A member must be respectful to the advisor, teachers, administration, and a credit to the school.

F. A cheerleader must cooperate with the captains, coach, and game officials, as well as other squad members.

G. Any cheerleader suspended from a game for any reason must attend the game in uniform and sit with the coach.

H. During the game a cheerleader should appear peppy, well groomed, and in command of any situation that should arise. No display

of anger, tears, or rage should be shown at any time.

Article IX Games

- A. Each cheerleader should be present no later than 60 minutes before the start of any home game. this time is to be used for warm-up and getting cheers and chants started.
- B. Each cheerleader must be present at school all day, all periods of the day of a game in order to cheer that night.

Article X Fundraisers

- A. All cheerleaders will participate in fundraising activities throughout the year.
- B. All money must be turned in when designated by the coach.
- C. All cheerleaders will be responsible for any lost or stolen items.

Article XI Transportation

- A. All cheerleaders must be on time when leaving for any activities.
- B. All cheerleaders must depart/return with the transportation provided. You will travel as a team to and from all activities.
- C. All cheerleaders are responsible for transportation to and from home games and practices.