

# *Shaw High School Cheerleading*

## General Practice and Game Rules

### **Practice**

1. Be on time and ready to go for all practices. *Penalty: running*
2. Get dressed in the locker room-- not restrooms.
3. Don't leave anything out in the locker room.
4. Pull hair back way from face and eyes and off the shoulders.
5. Wear appropriate practice uniform. *Penalty: running*  
Appropriate practice uniform: designated shorts, t-shirts, socks and cheer shoes
6. Bring water (no sports drinks) jug to all summer practices
7. Stretch together as a group.
8. Hustle and give practice and your team your all.
9. Cheerleaders will be picked up on time. *Penalty: suspended one game on 1<sup>st</sup> offense, 2<sup>nd</sup> offense sit out until conference with parent, 3<sup>rd</sup> offense, dismissal from squad.*

### **Games**

1. Be on time and ready for all games. *Penalty: sitting out game*
2. 6:30 PM at Kinnett/Memorial
3. Wear designated game uniform. *Penalty: sitting out game*  
Correct uniform, briefs, bodyliner socks, shoes, warm-ups, etc and poms
4. Complete all games duties on time.  
Hanging signs, run through, spirit items, Water, welcome wagon, etc.
5. Stretch as a group in designated area.
6. Do not talk to people in the stands during the game. *Penalty: running*  
Focus on the game and cheer.  
Don't talk or cut –up in the cheer line. You have a job to do.
7. Post-game meeting on sidelines with Coach Stone immediately after every game.
8. Post-game duties must be completed before being released.  
Signs, poles, water, welcome wagon, equipment, etc.  
*Penalty: sitting out next game*

### **Transportation to and from games**

1. The cheerleader and parents/guardians are responsible for transportation to all games on the school campus or at Kinnett.
2. Cheerleaders will ride busses to and from all out of town games.
3. Cheerleaders are to be picked up at Kinnett. They will not be allowed to walk up to the school after a game. *Penalty: sitting out next game*
4. Cheerleaders will be picked up on time after each game. Typically this is 9:30 for Varsity Football games and 5:30 for Junior Varsity Football games. *Parents are strongly encouraged to attend all games so that rides are not an issue.*

5. Cheerleaders will be picked up on time.

*Penalty: suspended on game on 1st offense, 2nd offense sit out until conference with parent, 3rd offense, dismissal from squad.*

### **Absences/Sickness**

1. If sick, have your **parent/guardian** call the coach. If there is no answer leave a detailed message with time and call back number. A message from a teammate or other third party will not be sufficient. *Failure to call-- penalty: running*
2. Unexcused absence: you are benched for the next game that you would cheer (benched means you will sit with the coach at the game) and will run poles or miles
3. If absent from school on a game or practice day, call the school and leave a message for the coach in the front office (706-569-3638) letting them know you will be absent from the game or practice. Admit slip must be given to the coach upon returning to school. *Unexcused absences apply here as well.*
4. Check-ins and check-outs: In order to be able to participate in practices and games you must attend to two full block periods. If you check out during the day you must speak to the coach before leaving. Do not send a message through someone else. *Failure to speak to the coach personally results in a penalty: running.*

### **Injuries**

Always notify the coach of an injury at a game or practice. If you realize an injury after leaving the games or practice, call your coach immediately. A copy of any paperwork from a doctor should be provided to the coach. If participation is restricted in any way, you must provide a written release from the doctor before participating. During an injury, the cheerleader will sit with the coach at all games and will still attend all practices even if not physically participating.

### **Academics**

1. All cheerleaders must remain academically eligible.
2. If staying for extra help you will bring a signed note from the teacher with the time you entered and left class for extra help and stating why you were staying.
3. Detentions require a signed note from the teacher with the times and description of offense. Penalty: running
4. Make up work should be made up *before school* so as not to be late for practices/games. Practices during school begin promptly at 3:15.