

WINDOW ROCK HIGH SCHOOL CHEERLEADING PROGRAM

OVERVIEW

Our goal, as a program, is to support the Window Rock High School Athletic Teams, while promoting school spirit and to provide a positive image of our school, team, and students by being positive representatives of WRHS at ALL times.

RULES AND CONDUCT

WRHS Cheer Team Members are considered athletes, therefore, must abide by all policies set forth in the WRHS Cheer Rules and Conduct, by the WRHS Athletic Department, and the WRUSD Athletic Code of Conduct.

Cheerleaders will ALWAYS conduct themselves as ladies/gentlemen.

1. GENERAL RULES

- a. The athlete will not bring negative attention to the program through participation and/or association with the following:
 - i. Use of illegal drugs
 - ii. Drinking during the competitive season and throughout the school year
 - iii. Smoking
 - iv. Ditching
 - v. Stealing
 - vi. Cheating on exams
 - vii. Bringing unwarranted attention to self (i.e. parties)
 - viii. Using inappropriate language in person or online
 - ix. Spreading malicious rumors, etc.
 - x. Posting inappropriate photos or negative comments about WRHS, its students, athletes, or staff online
 - xi. Violating the penal code of the Window Rock Athletic Handbook.
- b. If we, the coaching staff and athletic director, have reason to believe that you are involved in, or are caught participating in any of the above, the penalty could range from suspension of a game to total dismissal from the program.

2. EXPECTATION OF ATHLETES

- a. Program Rules
 - i. Attendance
 1. attend class and practice every day (unless illness or appointments)
 - a. three unexcused absences – benched one game
 - b. four unexcused absences – benched two games (consecutively)
 - c. five unexcused absences – dismissal from the program
 2. The coach should be notified if you are unable to attend practice.
 3. You cannot miss school then attend practice or games the same day.
 - ii. Grades
 1. Student-Athlete = Student first, Athlete second. School is always the priority.
 2. All athletes are to maintain a C (70%) or better in all classes to participate in school athletics.
 - a. 1 to 2 grades below a C (70%)

- i. Ineligible to cheer but allowed to practice.
 - b. 3 or more grades below a C (70%)
 - i. Ineligible to cheer, **NO PRACTICE**
- 3. Grade checks are conducted every week
 - a. Athletes must work with their teachers to bring up any failing grades
 - i. Athletes must have their grade checks signed off with a passing grade by their teachers and submitted to the Athletic Department to be cleared.
 - ii. Athletes must be cleared by the Athletic Department **the day before** Game Day to cheer.
- 4. If an athlete has **three (3)** consecutive No Practice grade checks, a meeting will be held to discuss concerns and may result in dismissal from the program.
- iii. Behavior Expectations
 - 1. No profanity or inappropriate gestures during practice, games, or team activities.
 - 2. Be prompt and on time to class, practices, games, etc.
 - 3. Be on the practice floor 10 minutes before practice begins. Practice will begin promptly as scheduled.
 - 4. Be positive towards your teammates and team goals. Don't talk negatively about fellow cheerleaders or behave in any manner that may promote conflict within the program.
 - 5. Be able to take constructive criticism from the team, captains, and/or coaches.
 - 6. Dedication to the program is through your actions.
- iv. Uniforms
 - 1. Athletes are responsible for all items issued as part of their cheer uniforms. This includes, but may not be limited to:
 - a. Uniform shell (top), skirt, body liner, briefs, poms
 - b. Other items if available: warm-ups, bags, bows, etc.
 - 2. Uniforms are to be properly cared for through washing between games and any minor repairs such as stitching a torn seam or replacement of buttons.
 - a. Any major damage should be reported to the coach/athletic department.
 - b. Please do not make any major alterations without notifying the coach/athletic department.
 - 3. Uniforms may be worn to school on Game Day (shell/liner only), for pep rallies, and for games only; unless, attending other approved school or community events as representatives of WRHS.
 - 4. Uniforms are to be returned promptly at the conclusion of the athletic season, washed and dried, so athletes may be cleared and released from the program.
 - 5. Any outstanding items will be reported to the athletic department which could result in:
 - a. Ineligible to participate in other athletic programs,
 - b. Fees charged, and/or
 - c. Reported to the WRHS as outstanding school items.
- v. Parents- It is VERY IMPORTANT that you pick up your athlete on time. Coaches cannot go home to our families until all cheerleaders have been picked up. Please arrange for rides in advance!
- b. Game Day Rules
 - i. Arrive at home games at least an hour before game time.
 - ii. No jewelry or colored nail polish may be worn while cheering.
 - iii. No eating, drinking, or gum chewing while cheering (water/electrolyte drinks only).
 - iv. No hickies.

- v. No profane language or gestures during the game.
- vi. Keep your hair out of your face; if you have bangs keep them at eyebrow length.
- vii. No conversation with the crowd while cheering.
- viii. No excessive body contact with opposite sex while in uniform.
- ix. Stand at attention "Relaxed Stance" when not cheering.
- x. Be familiar with the rules of the game.
- xi. Do not leave the group without permission from the coach, use "buddy" system.
- xii. Show spirit at all times (kick, jump, smile, rally).
- xiii. Cheer at all times when the team is on the court.
- xiv. Be respectful to visiting cheerleaders and fans.
- xv. Take care of all personal needs before and at half time of the game.
- xvi. Under no circumstances is make-up to be applied in front of a crowd.
- xvii. Look your best at all times, especially when in uniform.

c. Travel

- i. Athletes will meet at the designated area 15 minutes before departure for an away game. If you are late for departure, we will leave you. Do not show up at the game without permission from the Athletic Director and the Principal.
- ii. After the contest, you may be checked out by parents or legal guardians ONLY if proper procedure is followed.
- iii. To leave with an adult other than parents, the following procedure needs to be followed.
 - 1. Clearance with the approval from the Athletic Director and principal by signature PRIOR to departure from the high school. NOT at the game site.
- iv. Overnight trips
 - 1. Be in your own room at designated curfew time. Not on your way!
 - 2. Do not leave the premises alone or without prior permission from the coach.
 - 3. Adhere to dress code.
 - 4. You are not allowed to be in any player's room.

3. ACCOUNTABILITY

a. Rules

- i. Respect others' time. Be on time. If you are not at practice due to illness or an appointment, please notify the coach prior to being absent or by note upon your return.
- ii. You will be held accountable for ALL your actions.

b. Consequences

- i. These guidelines are in place to ensure that our team will always be the best in appearance, attitude, and performance. When one cheerleader fails to abide by the guidelines, the entire team suffers. Therefore, consequences will be administered for behavior which does not comply with our guidelines.
- ii. Failure to meet the above expectations will result in penalty ranging from extra conditioning, suspension, or dismissal as determined by the coach and athletic director.

WINDOW ROCK HIGH SCHOOL ACKNOWLEDGEMENT OF CHEERLEADING PROGRAM RULES & CONDUCT

I, _____ have read the Window Rock High School Cheerleading Program's Rules and Conduct. I fully understand the rules, expectations, and consequences presented and I agree to abide by these rules and expectations. I also understand if I do not abide by them, I will be subject to suspension or dismissal from the program.

ATHLETE'S SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

DATE