

HOPKINS ROCKET CHEERLEADING RULES, POLICIES, PROCEDURES & EXPECTATIONS

The Hopkins Rocket Cheerleading program is a member of HYSO (Hopkins Youth Sports Organization). HYSO has regular meetings, the second Wednesday of every third month they are usually held at the Hopkins High School Media Center @ 7 p.m. - please attend when you are able. Also, HYSO's annual meetings (you get to elect the board or run for the board) will be held in February of each year.

1. Coach Guidelines:

Any one wishing to become a coach must fill out an application to volunteer (you must be 18 and graduated from high school by September 1st to be a coach or an assistant coach). Completing the application does not necessarily mean you will be called upon to volunteer. Prior coaching with our program or any other program does not assure you a coaching position. All coaches are strictly volunteers and are not paid for their time. Practices will be held at the coach's convenience on school grounds. Coaches will be required to attend a coach's meeting/training prior to and during the season. Additional meetings/trainings may follow. Please see the organizer if you are interested in volunteering.

2. Eligibility:

Any child, who is between the ages of 8 to entering 8th grade on September 1st, is eligible to participate in the rocket football cheerleading program, as long as they are physically able to participate. Also any payment related to this program is also a requirement of eligibility, example uniform. There will be a \$20 bad check fee assessed if any check does not clear, and any monies are due to this organization it will jeopardize participation. Any monies or property of or due to this organization will be reported to the HYSO board and other HYSO sport coordinators and may jeopardize participation in any HYSO affiliated sport. If you need financial assistance, please see the coordinator to make special arrangements.

3. Team/Squad Assignments:

Team/squads are assigned with priority given to the cheerleaders in 7th & 8th grade being placed on the 7th & 8th grade team respectively. This gets them ready for basketball & competitive cheerleading with the school. No younger children will be moved up since we will be stunting at a skill level that younger participants will not be able to handle. The remainder of the cheerleaders may be assigned to the football squad on which their sibling plays. Second priority is to try and have even number of cheerleaders on the squads. Third priority is consideration of prior cheerleading participation. Fourth consideration is the child's age. Therefore it is possible to have different ages of cheerleaders cheering on the same squad. YOUR CHILD WILL NOT NECESSARILY BE PLACED WITH THEIR FRIENDS. The squads will be assigned as stated above.

4. Uniforms:

All cheerleaders WILL wear the same uniform, NO EXCEPTIONS! They are required to wear full clean uniform to every game, and the homecoming parade. In addition to the required uniform you must purchase plain white socks, and plain white tennis shoes. The shoes do not have to be expensive shoes – just white and clean. You may purchase the uniform yourself if you are able, if you would like to rent one for the

season that is an option too for a small rental fee. All rental uniforms MUST be returned at the end of the season in good condition and clean. Any uniform turned in late or unusable will be assessed a fee. Any other cheerleading items will be given out by the coach at the games and returned to the coach after every game (pom-poms, etc). Money judgments will be assessed and you hereby agree to the entry of a money judgment if money is due and not paid.

5. Sportsmanship:

All coaches, cheerleaders, peers, parents, etc., are expected to represent Hopkins School and the Hopkins community with sportsmanship behavior. Anyone violating this behavior will be asked to leave. Cheerleaders may be removed from the practice, game, or season. Remember you are on school grounds, so all school rules apply. No tobacco/alcohol, drugs, weapons, violence, intimidation, name calling, etc. Please be a role model for our school/community. Please watch your language, obscene and slang words will not be tolerated.

6. Game Officials:

Cheerleading does not use game officials – however, if the football game official directs a spectator, participant, etc to leave the game, the designated cheerleading coach will help assist that official if needed. Coaches also will have the authority to have a spectator, participant, etc., removed. Coaches will not have to physically remove anyone. They may call the authorities for assistance if needed.

7. Safety:

Safety is a must! High or tricky stunts will not be allowed. All MHSSA cheerleading rules will be followed! VIOLATIONS WILL NOT BE TOLERATED! Cheerleaders and or coaches violating the rules will be dismissed! The coach must approve any stunt – regardless of the difficulty level, or it will not be done. Stunts will be practiced until executed properly as determined by the coach. Obviously different squads will have different skill levels, and age considerations. If your child is allergic to any thing – that medication must be with them at all times – or they will not be allowed to participate.

8. Awards:

Awards will be given to each cheerleader and coach who ***finishes*** the season and is completely financially square with the program. Awards are handed out at the end of the year party. If you cannot attend, please make arrangements with the coordinator to receive your child's award.

9. Pictures:

Pictures are taken during the season. Purchasing is optional – ***attendance is required***. If you do not want to purchase pictures, please bring your child to the pictures in full uniform, as squad pictures, and complete program pictures are taken. Pictures will be held if there is any money due to the program. Said pictures will be held until the debt to the program is paid in full and the check has cleared the bank. Parents hereby authorize pictures of their child participating in the sport to be placed on our website. For your children's safety names will not be disclosed!

10. Fundraiser.

Fundraisers are mandatory for the survival of our program. This is the only way our program generates money. Every item sold, helps our organization. The participant and parent agree, if participating in the fundraiser, to pick up the fundraiser on the date

of delivery (or make arrangements – coaches will not pick up your items); you also agree to turn in the all of the money due at the time of the order being due. If the money is late, the participant may forfeit any prize associated with their sale or any orders that may not be able to be processed. If there is an item missing, the parent will contact the organizer within 24 hours after receipt of the fundraiser, or there will be no refunds. Parents understand that if their check bounces there will be a \$20 bad check fee assessed, and if any money is owed to this organization it will jeopardize that child's participation. Participation in the fundraiser includes taking orders, making arrangements to pick up the product on the date of delivery, collecting and turning in the money for the product on time. If you do not want to participate in the fundraising activity, there is a buy-out program available (see donations). We use the fundraising monies to purchase rental uniforms (which includes financial assistance for those families unable to pay the rental fee), end of the year party, awards, training for cheer members, coaches conferences and/or training, and operating expenses, etc.

11. Donations:

Since we are classified as a non-profit organization we can seek donations and give a tax-deductible receipt for the donation given. Please check with your place of employment, spouse's place of employment, individuals, etc., to see if they are willing to make donations.

12. Practices:

All practices will be held on school grounds. Please be prompt in the pick up and drop off of your child. The coaches are volunteers and are not paid for their time; please do not take advantage of this. Your child must be properly dressed for practices, (proper dress is shirt/sweatshirt; shorts/sweatpants; socks and tennis shoe – jeans and sandals are not allowed); every practice or they will not be allowed to participate. This also includes bring water bottles. Practices are scheduled according to the coach's schedule. You will receive a written copy of a schedule once you are assigned your coach. If you live in town, your child must leave the school grounds when practice is done so the coaches may leave as well. If your child cannot make practice, it is your responsibility to notify the coach prior to that event. If you do not receive a practice schedule please call the head coach/coordinator. If it is raining and we are not scheduled inside – practice is cancelled. If school is cancelled – practice is cancelled.

13. RULES & DEMERITS:

Any cheerleader receiving demerits will sit out a quarter to a whole game and even may be excused for the season, depending on number of demerits. However, the cheerleader WILL do team cheers, and chants in the stands in full uniform and sit next to the coach. You will receive ONE verbal warning per event, practice, or game, after that you start-earning demerits.

1. Fun.

Have fun, but stay focused and be safe! You can earn scholarships in varsity cheerleading. Lets get you ready!

1. Food.

No eating, drinking, candy, or chewing gum, during games or practices. (Water bottles/Sports Drink with a top, and a light snack are fine for half time or practices! No snacks on the field/sidelines!) There are no trips to the concession

stand allowed during half time, there is no time to wait in line and eat your snack. You may visit the concession stand after your coach dismisses you from the game. After every game and practice you do meet with your coach! DO NOT LEAVE UNTIL YOU HAVE MET!

2. Sportsmanship & Behavior.

- a. Good sportsmanship **must** be displayed at all times. (Even if the other team or spectators are not).
- b. Be respectful to ALL coaches, parents, cheerleaders, peers, etc.
- c. No talking to fans in the stands, the cheerleader next to you, the players on the sidelines, and/or goofing around while cheering. This is how accidents happen.
- d. Do all cheers/chants at all times (TRY, even if you do not know it). However, during a game if you don't know the cheer – you will take a knee (you will not be allowed to cheer that chant/cheer). Learn the cheer before the game! If you miss a practice, learn the cheer at lunch or at recess – not during a game.
- e. Obscenities, arguing, and/or complaining will not be tolerated at any cheerleading activity, including practices and games, etc. Violators will be asked to sit that activity out, leave the game, or be removed from the game, or season.
- f. We are a team and we will act like one. Any disagreements with any cheerleaders, coaches, etc. are NOT to be brought to practices/games.
- g. Violence and intimidation will not be tolerated. If you physically touch another person in anger you will be dismissed from our program. If you threaten another person you will be dismissed from our program. Name calling, etc., is not acceptable in a sport where we are one team. Remember this at all times! Cheerleaders do not have to be best friends, they may not even like each other, but they have to maintain a positive attitude and remember we work as one unit or they will not be allowed to participate in our program.

3. Dress.

- a. Games/parades - full and clean uniform
- b. Practices. Dressed appropriately for practices.
Bendable/jumpable/moveable clothing & tennis shoes – no sandals or dresses.
- c. Hair must be out of your face and off your shoulders at ALL TIMES.
- d. No JEWELRY! NONE! No earrings, rings, necklaces, watch, no body piercing of any kind. Ponytails, some small soft barrettes, and hair ribbons are allowed. No hard hairpieces allowed. So do not get piercing done just before or during our season, you will not be allowed to wear them.

4. Transportation.

- a. Parents will be responsible for all transportation. Coaches will not be transporting their squads to any games. Yes there are away games. Be prompt! If you need a map – ask.
- b. Drop off and Pick up of children must be prompt. Coaches have other schedules to attend to after practices just like you. If you are unable to pick up your child promptly – make other arrangements. Coaches will not be transporting your child to and from games, practices, or any other

- cheerleading activities. If you live in town, your child must leave the school grounds when practice is done so the coaches may leave as well.
- c. Do not drop your children off unattended, this is your responsibility!

5. School Rules.

- a. All school rules apply so no Tobacco, alcohol, drugs, weapons, etc., are permitted.

6. Attendance.

- a. Please be on time (you may lose game time or extend into extra practice time if you are late or the squad is not cooperating with coaches).
- b. It is your responsibility to notify the coach prior to the event when your child will not be attending games, practices or scheduled events.
- c. If you have a blended family situation please stress the importance of your child's position on our squad to each parent involved. Every one is important and has a specific place in formations. We only have 6 games in a normal season – if they miss every other one – they will not get the full enjoyment out of the program.

14. GRIEVANCE SYSTEM:

1. If there is any thing that offends you or something you think the coach should know, please talk to your coach about the concern, problem/situation. The coach cannot hear/see everything. The coach's focus is on the cheerleaders. There are grievance forms available, please ask for one if you do not have one. Written grievances are the easiest to track.
2. Your coach will make the organizer aware of the situation/disagreement. Your coach will resolve the issue.
3. If you feel your coach has not resolved the issue to your satisfaction, or are uncomfortable addressing the situation to the coach, please call or write the head coach/organizer/coordinator. Obviously if confidentiality is an issue, your identity will remain confidential. The coordinator is unable to resolve any issues if unaware of the situation. Your coach must be given the opportunity to correct the issue first.
4. If you were dissatisfied with the outcome from the coordinator, your next step would be to take the issue/situation to the cheerleading committee. The organizer will advise the committee of any issues.
5. If you are still dissatisfied please take your issue to the HYSO (Hopkins Youth Sports Organization) committee. The board normally meets the 2nd Wednesday of every month at the Hopkins High School Media Center at 7 p.m.

15. Cheerleading Committee.

According to the HYSO policies cheerleading is required to have a committee. If you are interested please see the coordinator. Every year a committee list needs to be presented to HYSO. HYSO would like to see this committee consist of: (1) Coordinator/President – oversees entire program; (2) Vice-President – assistant to president – acts

in their absence; (3) Secretary – keeps all records; reports; and minutes and reports information to coordinator and HYSO secretary; (4) Treasurer – keeps all financial records including bills, deposits, registration fees, sales tax information and communicate this information to coordinator and HYSO treasurer accordingly; (5) Trustee – assists as needed and has a voice in decisions made to the program.

16. Additional Information:

Parents are responsible for getting the children to and from games and practices and on time, this is **NOT** the responsibility of the Coaches. Coaches have been instructed not to transport their team around.

Do not drop off your child/children unless you see your coach. Coaches may run late from time to time, or have emergencies – just like you. Please be prompt and the coaches will do their best to stay on schedule as well.

Squads will be assigned as quickly as possible. You will be provided with the name and telephone number of your assigned coach. The coaches will also provide you with a written practice schedule. The game schedule is a bit more challenging. The football organizer has to wait to hear from the other teams. Once a game schedule is received from the football organizer, it will be passed along to you. If you receive one first, please give one to your coach or the organizer.

Thank you for participating and for your support in our organization.

Cheers!

Cheerleaders/Rules

Last Revised/Reviewed: 2008