

# 2023 PRINCE AVENUE

## Football Cheerleading Contract

**Purpose:** The purpose of a Prince Avenue Christian School Cheerleader is to glorify the Lord through her conduct and behavior. She is to promote and uphold school spirit, to develop a sense of good sportsmanship among the students, and to better relationships between schools during athletic events. The organization's goal is to work in harmony with the administration, faculty, athletic teams, and all other school organizations.

The School Administration and/or Athletic Director will approve additional decisions and activities pertaining to cheerleading.

**Philosophy:** Our basic philosophy is to build Christ-like characteristics into the lives of each cheerleader. God can operate through the cheerleading organization to produce desired character qualities of leadership, loyalty, love, faithfulness, etc. They will learn to be under authority as well as in authority. They will be aware of their individual responsibility to each other and to the Lord. We are all one in body; when one hurts, we all hurt and when one rejoices, we all rejoice. Each girl will learn what it means to make a commitment to the Lord and to her squad.

### I. Qualification/Eligibility

- A. The size of the cheerleading squad will be determined by the Coaches, the Athletic Director, and the Administration. It will be based on need and response of qualified applicants.
- B. Rising 9<sup>th</sup> through 12<sup>th</sup> graders who are born again Christians, with an excellent discipline record and who meet all academic requirements as set forth in the PACS Athletic Handbook are eligible to tryout for the Varsity (or JV if needed) cheerleading squads. Rising 6<sup>th</sup> through 8<sup>th</sup> graders who are born again Christians, with an excellent discipline record and who meet all academic requirements as set forth in the PACS Athletic Handbook are eligible to tryout for the Middle School cheerleading squad.
- C. All candidates must be officially enrolled in PRINCE for the upcoming school year.
- D. Each cheerleader must *maintain* all academic requirements as set forth in the PACS Athletic Handbook as well as meet the spiritual and behavioral standards.
- E. Candidates must turn in a GHSA physical examination form and have a current medical release form on file at the school through PRIVIT.

### II. Leadership

- A. Each cheerleader should be cognizant of the responsibilities required and the commitment she is making to the school and the student body. This is a position of responsibility and representation that should not be taken lightly.
- B. Each cheerleader should be willing to cooperate with and be helpful to her Captain(s) and Coaches at all times. She is elected and assigned for a purpose, and her actions should reflect the squad's best interests.
- C. Each squad member must realize that the manner in which she conducts herself while representing the school directly reflects on the entire school itself.
- D. All cheerleaders should be willing to help serve in school or community projects, which the Coaches deem noteworthy. This is a way to spread good will for our school's name.

### III. Captain/Co-Captain (Varsity Only)

- A. The Coaches shall select the Captain(s) and/or the Co-Captain(s).
- B. The Captain(s) sets the example for the squad, and cheerleading should be a priority.
- C. *Duties for the Captain(s):*
  1. The Captain(s) will be responsible for the actions of the squad during a game.
  2. She will be responsible for beginning practice on time and the continuation of practice.

3. She selects approved cheers to be used at practice sessions and games. Other cheerleaders may suggest cheers and chants.
4. In case of disagreement within the squad on any matter, the Captain(s) should immediately notify the Coaches. The Coaches will always have the final authority.
5. The Captain(s) is required to make sure prayer is held at the end of every practice as well as before each game.
6. She is responsible for keeping a notebook with cheers, chants, etc.
7. Be responsible for bringing the visiting squad's "Welcome Basket" to each home game.
8. Organizing and conducting special events such as devotions, pep-rallies, ribbon sales, etc.
9. Assisting the middle school squad with material when necessary.

*All squad leaders are expected to be spiritual and academic mentors to the other squad members.*

#### IV. Tryouts

- A. Tryouts will be held annually during the spring.
- B. A cheerleader will go through tryouts for the next year regardless of past participation.
- C. Selection for participants will be based on a collection of requirements, which **MAY** include:
  1. Actual cheerleading performance at tryouts
  2. Confidential teacher evaluation which includes conduct and grade average
  3. Personal testimony
  4. Interview
  5. Coach's evaluation

#### V. Conduct

- A. Any cheerleader who fails to maintain proper conduct at all times in school or out (including social media) will be dropped from the squad. It will be the responsibility of the Administration, Athletic Director, and Coaches to determine whether the conduct is proper or improper.
- B. The moral conduct of a cheerleader must be above reproach at all times (including social media), or she will be dropped from the squad, regardless of demerits or other consequences previously issued.
- C. Cheerleaders must be a credit to the school at *ALL TIMES*.  
*This includes:*
  1. Being courteous and friendly to other teams.
  2. Being obedient and respectful to all teachers and other authority.
  3. Being pleasant, courteous, and considerate to other members of their own squad.
  4. Being neat in appearance at all times.
  5. Being a walking testimony of their faith in God.

#### VI. Games and Practice Attendance Requirements

- A. **Cheerleaders will be required to attend all games and practices.**
  - a. Only in EMERGENCY SITUATIONS should a cheerleader ever miss a game, which includes regular season and playoff games! Playoff games are part of the season and very important...this is what we are working towards!! Keep this in mind when planning family trips, scheduling non-emergency events, etc. in November and December.
  - b. Each cheerleader will be given one "**free absence**" from **PRACTICE** without being given an unexcused or excused absence. This "free absence" must be prearranged with the Coaches at least 48 hours prior to the day that will be missed. Failure to prearrange the absence will result in a demerit, unless the absence is used for sickness. (**A Free absence is not to be used for games and will not be granted in the two weeks leading up to the Wolverine Growl**).

c. Each cheerleader will be allowed to use ONE 'excused' absence for a conflicting PACS function the cheerleader is an ACTIVE participant in. This absence must be arranged at least 48 hours in advance.

B. 3 Excused Absences = 1 Demerit  
1 Unexcused Absence = 1 Demerit

C. Excused absences will be granted **only** in the following situations:

1. Death or Funeral
2. Family Emergency
3. Illness

\*Please note that involvement in other extra-curricular activities (even Prince Avenue activities) does not excuse a cheerleader from practice or games (with the exception of the ONE prearranged absence).

\*\*Detention is not an excused absence from any cheerleading related activities or responsibilities.

D. If a cheerleader is absent from practice 3 times because of the above-mentioned excused absences, a demerit will be given.

E. If a cheerleader must be absent from a practice due to one of the above listed reasons, the cheerleader or parents must personally contact the Coaches **prior** to the absence. Failure to do so will result in an unexcused absence, which warrants a demerit.

F. If absent from school on the day of the game (other than for a school trip or a doctor's appointment with a written excuse from the doctor), a cheerleader will not be allowed to cheer that night and it will count as a demerit.

G. A cheerleader who plans to miss a game will not be permitted to participate in a pep rally that falls on the same day.

H. In order for a student to participate in co-curricular activities, **he/she must be in school by 9:30 am and may not check out before 2:00 pm.** Exceptions may be granted by the administration for doctor's appointments, pre-arranged absences, or justifiable emergencies. If a student is late and arrives after 9:30 am or checks out before 2:00 pm, he/she will generally be ineligible to participate in any co-curricular activities that day. If a student is too ill to be in school by 9:30 am, then a student is too ill to participate in any co-curricular activity that day, unless a doctor authorizes in writing that the student is able to participate. A student must be in attendance at school on the day after any co-curricular activity by 8:30 am, unless an excused notice, signed by a parent, is given to the office. The excuse "I was too tired" is NOT valid. If a student is tardy or absent for the above reason, he/she will be ineligible for the next similar activity. (Taken from the PACS handbook)

I. Cheerleaders must be on time to all games and practices. A demerit will be given if late for a game or when after accumulating THREE tardies. Scenarios in which a cheerleader can earn a tardy are found below:

- a. Arriving after the scheduled starting practice time
- b. Arriving after the announced time for the second half
- c. Arriving after the announced time gameday mornings
- d. Arriving after the announced arrival time for a game
- e. Leaving practice early

J. Varsity practice attire: varsity cheerleaders will be required to adhere to a practice dress code. This includes a Prince Cheerleading shirt, approved shorts, and cheer shoes with **hair in a ponytail** and **no jewelry**. A demerit will be given on the 3<sup>rd</sup> violation of this policy. (See Negligence)

K. Practices will be held in the summer as needed and three or four days a week during football season. A practice calendar is emailed monthly.

## VII. Negligence

If a cheerleader has 3 negligence filled out, she will receive a demerit. Forgetting cheerleading equipment (poms, shoes, clothes), wearing clothing not part of the designated uniform (ribbons, socks,

etc.), failure to meet deadlines, not attending meetings, failure to bring required items, wearing jewelry to practice, etc. will result in a negligence.

### VIII. Uniforms

- A. All uniforms are approved by the Coaches and Athletic Director. The color of the uniform will be keeping with the school colors.
- B. It is the responsibility of the cheerleader to care for her uniform, keeping it neat and clean at all times.
- C. The cheerleader will be responsible for paying an annual rental fee for the uniform, and purchase of certain items. Once the order has been placed, you are responsible for payment even if you leave the team.
- D. Only approved uniforms will be worn on spirit and game days. Failure to wear the complete uniform will result in a demerit. If any damage is done or parts of the uniform are lost, the cheerleader is responsible for repairing or replacing it.
- E. Once the style of uniform is selected, a cheerleader may not alter the uniform in any way.
- F. \*Wearing any jewelry is prohibited except religious or medical medals that will be taped to the body under the apparel. **Do not plan to have a new piercing that you will be unable to remove during season.**
- G. \*Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length for all members of the squad means that the nails are not visible beyond the end of the fingers when viewed from the palm side of the nails. A negligence will be given if the nails are not appropriate length.
- H. \*Hair devices will be safe and secure. The hair will be worn away from the face and off the shoulders. It is considered unsafe for any member of a stunting squad to have her hair in her eyes or lying on her shoulders. The intent of this rule is not to dictate hairstyle, but to ensure that participants wear their hair in a manner as to not interfere with safe performance of a stunt.
- I. \*Participants will not wear glitter on their face, body, hair, or uniform; doing so will result in a negligence.

*\*Taken from Georgia High School Association Cheerleading Manual*

### IX. Lettering (Varsity Only)

- A. A cheerleader will “Letter” when she has participated successfully in *one full season*.
- B. A cheerleader will be allowed to order a letter jacket when she has “Lettered.”
- C. The cheerleader pays for the jacket, and the school pays for the letter.

### X. Transportation

All squad members must ride with the rest of the squad to away games. No squad member will be allowed to ride home from an away game with anyone unless the Coaches are notified before the bus leaves to come home. Parents may either send a written note giving permission for their cheerleader to ride home with someone else or may sign their cheerleader out on the “cheerleader clipboard” at the away ball games.

### XI. General

- A. For out-of-town games, transportation to and from the game will be provided by the school.
- B. Practices and sidelines are closed to visitors, as it adds distractions.
- C. The cheerleaders are to remain together throughout the game and may not leave the playing area, except in case of an emergency, while the game is in progress.
- D. Physical conditions are important. Keep the Coaches notified if there are any problems. **(A doctor’s note will be required for an injury/condition that would keep an athlete from participating in any aspect of her sport; this includes moving/carrying equipment.** Failure to submit the proper documentation could result in dismissal from the squad.)

- E. Any cheerleader who is dismissed from the squad or quits during the cheerleading season will not be eligible to play the next sport and will not be eligible to try out for the squad the next year.
- F. Cheerleaders will not chew gum during practice or games; doing so will result in negligence.
- G. Cheerleaders represent our school and should *never* talk back to an adult, faculty member, or official; doing so may result in immediate dismissal from the squad.
- H. Cheerleading is not a social event. Each cheerleader is responsible for knowing all cheers, chants, and routines and should pay close attention to the game. If it is apparent that the cheerleader does not know the cheers, she will need to sit out during the game.
- I. **Parents need to be on time when picking up their cheerleader after practices and games, as the Coaches may not leave until all squad members have been picked up.** Parents need to notify Coaches and inform them in the event they will be late. If a parent is repeatedly late, a negligence may result and cheerleader may be sent to afterschool and a fee will be charged.
- J. The Administration, Athletic Director, and Coaches will have the final authority in all cheerleading matters.
- K. **Cell phones are not to be used DURING practices or games – this includes water breaks.**

## XII. **Suspension/Dismissal from the Squad**

- A. The Coaches, Athletic Director, and Administration will have the authority to suspend or drop **PERMANENTLY** any participant from the squad (regardless of demerits or other consequences previously issued). Reasons for permanent dismissal include, but are not limited to, the following:
  - 1. Undesirable or inappropriate behavior (including in the classroom, at a school event, during practice, during a game, etc.)
  - 2. failure to perform duties
  - 3. unsportsmanlike behavior
  - 4. uncooperative attitude
  - 5. failure to attend scheduled events
  - 6. any act that harms the reputation of the school or goes against the philosophy (on or off the field)
  - 7. suspension from school
  - 8. discussing cheerleading matters outside of the squad
  - 9. failure to follow the Cheer Contract
- B. Failure to meet academic requirements will result in dismissal from the squad.
- C. If you are dismissed from the squad (or quit) you will be required to pay all fees incurred including items special ordered for you such as a uniform.

## XIII. **Demerits**

- A. Cheerleaders will be given demerits for various reasons. Only the Coaches will give demerits. They are not cumulative from one year to the next. They will be given for the following reasons:
  - 1. Missing practice/game unexcused (1 unexcused absence)
  - 2. 3 excused absences
  - 3. Accumulating three tardies
  - 4. Failure to notify the Coaches when missing practice
  - 5. Having three negligence forms filled out
  - 6. Demonstrating disrespect to any faculty member, adult, coach, official, or teammate
  - 7. Talking or not paying attention during practice or games
  - 8. Not knowing cheers or routines
  - 9. Not following directions
  - 10. Talking negatively about another cheerleader, Coach, or the squad as a whole
  - 11. Inappropriate social media content
- B. Consequences of Receiving Demerits:

- 1 demerit: Sit out ½ game. Coach will let you know if you must be present at the game, dressed in uniform, and sitting with the Coaches or if you are not allowed at the game.
- 2 demerits: Sit out an entire game. Coach will let you know if you must be present at the game, dressed in uniform, and sitting with the Coaches or if you are not allowed at the game.
- 3 demerits: Removal from the squad.

#### XIV Cheerleading Fees

##### **Approximate Middle School Fees:**

- \$150.00 Athletic Fee
- \$75.00 Uniform Rental Fee
- \$150.00 Shoes, briefs, hair bow, T-shirt, bag

##### **Approximate Varsity Fees:**

- \$180.00 Athletic Fee
- \$75.00 Uniform Rental Fee
- \$170.00 Camp
- \$400.00 Shoes, briefs, hair bow, t-shirt or tank, shorts, Friday Jersey, warm-up jacket, etc. (These are *approximate* amounts since the uniform order has not been finalized yet. This is the approximate cost for a first year cheerleader. We try to keep the same items for multiple years to keep cost down for returning cheerleaders).

#### XV Guidelines for Competition Cheer conflicts with PACS Cheer tryouts & cheer season:

##### **Conflicts with clinic/tryouts:**

Tryout material (cheer, chant, and dance) will be taught through Wednesday. Wednesday is mock tryouts, with official tryouts on Thursday. Material will not be taught early. If you cannot be at tryouts on Thursday and have a serious conflict that you let us know about BEFORE the first day of clinic. We may give you permission to tryout via video. You will be videoed the last day of clinic by one of the cheer coaches and then that video will be shown to judges the day of tryouts. You will receive a number just as everyone else does. If you miss some of the material that is your responsibility, and you take that risk.

##### **Conflicts with cheer season:**

PACS Cheer takes much time and commitment. Having many other commitments on your time that may cause you to miss PACS cheer practices and games is not fair to your team. Our sport requires everyone in the stunt group to be at practice in order to perfect potentially dangerous stunts. If you are on a competition/all-star cheer team or have any other major commitments of your time that will conflict with the PACS cheer season that goes until December potentially with playoff games, the same attendance rules will apply to you as to everyone else. You have one free absence for a PRACTICE and 3 excused absences = 1 Demerit, 1 unexcused absence = 1 Demerit. Missing a game is an automatic unexcused absence which = 1 Demerit. 1 Demerit-sit out ½ game, 2 Demerits-sit out 1 game, 3 Demerits-dismissed from team

##### **Upcoming Dates after Tryouts that are MANDATORY for you to attend:**

- Uniform fitting Monday May 8<sup>th</sup> at 3:30
- Team Camp for **Varsity** Squad in the Wolverine Gym: Keep the last week of July open until a date is finalized
  - Varsity Practices to follow August 1-4
- Team Camp for **MS** Squad: ( please keep the 1<sup>st</sup> week of August open until a date is finalized)
- Cheer practices/weekend events for both teams will begin after team camp...therefore girls need to be available. Please check with cheer coach before making out of town plans during the week or weekends etc.

**PACS Football Cheerleading  
Contract/Commitment Form**

***\*\*This page must be turned in before tryouts either electronically or via hard copy\*\****

To The Parents:

By signing this permission slip, you and your potential cheerleader are agreeing to abide by the regulations set forth in this contract. A parent who supports our organization and its philosophy is very valuable to us. We appreciate any kind of constructive criticism you can give us as we pray for insight in the operation of this squad. As you sign this permission slip, you are agreeing to meet all the financial responsibilities, and conduct responsibilities as are written in this contract. Please always keep in mind that your cheerleader will be a part of a **team**, and when one is missing, the whole squad hurts. She is making a commitment to be a part of a team and so are you. I understand that participating in this activity is physically stressful and injuries may occur due to the nature of the activity itself. I release PACS of any liability of injury while participating in the sport of cheerleading or riding to any events associated with cheerleading at Prince Avenue Christian School.

I have read the Cheerleading Contract and fully understand that its guidelines will be adhered to, and I understand the expectations and consequences.

Cheerleader Name \_\_\_\_\_ Next year's Grade (2023-24) \_\_\_\_\_

Circle One:      Middle School Cheerleading              JV/Varsity Cheerleading

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Cheerleader Signature \_\_\_\_\_ Date \_\_\_\_\_