

## **Hillsborough High School Cheerleading Practice / Game Policy**

✓ You will be expected to follow the rules and guidelines of the Hillsborough High School Athletic Contract as they are stated. ✓

You are expected to attend ALL games and practices.

- ❖ If you are going to be absent/late you MUST notify your coach accordingly (based on the guidelines stated in the Athletic Contract) before the start of practice or the game.
- ❖ You will be required to bring a detailed note explaining your absence to the next practice/game to be kept in your file.
- ❖ Excused absences should be notified at least 48 hours in advance.
- ❖ For extended absences, such as family vacations, you must notify the coach in writing no later than one week from the first absent date in order to be excused.
- ❖ Emergencies/illnesses must be verified by e-mail that day before practice/game with a follow up note to be handed in on the day you return.
- ❖ Failure to let a coach know about an absence before the event/game will result in an "Unexcused Absence" on your record and you will be benched from the next game/competition. Please refer to the Hillsborough High School Athletic Contract for additional policies.
- ❖ Doctor's appointments should be scheduled around practices, however if an appointment during practice cannot be avoided, a doctor's note is required.

✓ Attendance at 85% of games and 90% of all practices (including excused absences) is required to earn your Varsity Letter or Junior Varsity Award.

✓ Unexcused absences will not be tolerated as outlined in the Hillsborough High School Athletic Contract. (The first unexcused absence will result in suspension from the next event/competition/game. The second unexcused absence will result in expulsion from the team.)

✓ Detentions will not be tolerated as outlined in the Hillsborough High School Athletic Contract. (First offense will be taken under review. Second offense may result in suspension from the team.)

✓ You are expected to be on time to games, practices and team events. Lateness will not be tolerated and may result in being benched from the day's events/competitions/games.

✓ This team is a commitment. Work and/or other outside activities will not excuse you from practices or games. These will be considered a part of unexcused absences. You must be at all practices and games as scheduled.

✓ If you are planning on attending extra help, mentoring, leadership etc. you will be required to let your coach know before the start of practice on that day. You must also bring a note from the teacher you were with to be kept in your file.

✓ If you are sitting out of practice for medical reasons you MUST dress for the entire practice and watch the entire practice. New piercings or tattoos are not considered valid reasons to sit out of practices/games or limit your participation in practices/games.

✓ A cheerleader must be able to perform all aspects of cheering. If injury or absences limit your ability in any way, the coaches reserve the right to restrict participation at games until the cheerleader is healthy and able to contribute 100% to the team.

✓ The coaches will be relaying important information through the HHS Cheerleading website e-mail system. You must be registered on the website, so you can stay up to date with important information.

- ✓ Cell phones and Smart watches are not permitted at practice and/or games. Emergency situations must be cleared with the coach on duty before hand and the cell phone left in their possession.
- ✓ If you need to see or speak to an athletic trainer for any reason (including taping), it MUST be done before and/or after practice. You will not be permitted to leave practice to do so. If an injury occurs at practice, you will be sent to the trainer by a coach to have the injury assessed.
- ✓ You must be prepared to execute all JV required and VARSITY required skills as outlined on the tryout evaluation sheet, both tumbling and stunting skills. Failure to complete those skills throughout the season will lead to immediate expulsion from the team. NO EXCEPTIONS!
- ✓ All cheerleaders MUST ride to and from all athletic events on the bus with the team. There is no exception to this rule. The only reason for a cheerleader to ride off the bus is in the case of an extreme family emergency in which advanced notice must be given and it needs to be cleared by the head coach and the school's athletic director in advance.
- ✓ The HHS Cheerleading Program is not opposed to the cheerleaders cheering/dancing on other teams outside of school. However, if you choose to do so, the HHS Schedule MUST come first. Our schedule is not flexible and is dictated by the HHS Athletic Department and the NJSCIAA. Missing practices and/or games for other team practices, games or competitions will result in an UNEXCUSED ABSENCE. There will be a one game penalty for the first UNEXCUSED ABSENCE. You will be removed from the program for the second UNEXCUSED ABSENCE. NO EXCEPTIONS!
- ✓ Uniforms are to be worn with pride. Full uniform includes a shell, liner, skirt, briefs, white cheer sneakers, low cut white socks, hair pulled back with a ribbon and poms. Neatness is mandatory. There is to be no gum chewing while in uniform. Hair should be off the face at all times. Bangs must be tied back and neatly arranged. No jewelry at all. No long nails – it can be dangerous during stunting. If you violate any of the above uniform rules, you will be benched immediately.
- ✓ As a member of this team you have responsibilities. Participation in all team related activities, meeting deadlines and assisting with equipment and mats, etc. is all part of being on the team. Neglecting these responsibilities will not be tolerated and result in a game suspension.
- ✓ Practice time is valuable. You will not be permitted to leave the gym during practice for any reason without speaking to a coach first. Bringing a water bottle is strongly recommended.
- ✓ Any concerns regarding team placements, positions, conduct of practices/games must be communicated by the cheerleader. Parent emails regarding these topics, without the cheerleader doing so first, will not be tolerated. Cheerleaders must ask to arrange a meeting, outside of practice/game times, to discuss any concerns they have. Other cheerleaders' placements and positions will not be discussed with any other cheerleader.
- ✓ All cheerleaders must abide by and sign the Anti-Bullying/Hazing Contract. There will be ZERO tolerance for bullying. Any violation of this contract will result in immediate expulsion.
- ✓ 100% participation, effort and enthusiasm is expected AT ALL TIMES.
- ✓ Inability to follow the above guidelines will be tracked. Accumulating two violations in a given week, or four infractions over the course of the season, will result in being benched for the next game.

**\*Please sign and return this copy. These policies are posted on the cheer website\***

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Cheerleader

Signature: \_\_\_\_\_ Parent Signature: \_\_\_\_\_