

## **Peninsula High School Cheerleading Code of Conduct**

As a member of the Peninsula High School Cheerleading program, I understand that my role is to support programs at our school while promoting positivity in the school environment and in the community.

In my role I will be supporting all programs at Peninsula High School including but not limited to: football, soccer, swim, cross country, baseball, fastpitch, track, volleyball, basketball and band. I will work alongside the PHS ASB as ambassadors for the school.

As a representative of the school, I will be held to a high standard of conduct at all times. I agree to read and sign the terms below.

## **Section 1: Uniform Policies**

1. I will not loan out any items of my uniform including but not limited to:
  - a. Poms, bows, shoes, jackets, fleeces, sweatshirts, practice/camp gear, leggings, skirt, shell, liner, etc.
2. I will arrive to games/performances in 2018-2019 uniforms only
  - a. Previous year cheer jackets are not permitted unless the standard
  - b. Skirts and shells and/or warm ups must be worn at all times
  - c. Cheer shoes must be worn when asked to be in full uniform
3. I will change only in designated locations
  - a. I will remain in full uniform/warm ups in front of a crowd
  - b. I will change in bathrooms/locker rooms ONLY
4. I will arrive to performances/games/events Game Ready
  - a. Hair must be up as designated by coaching staff with the designated bow
  - b. The full designated uniform must be worn (warm ups are okay for pre-game)
  - c. I will have all required uniform items present, failure to have an item being used results in sitting for the remainder of the game/performance
5. I will maintain proper care of my uniform at all times
  - a. If damage is caused to my uniform I will inform my coach immediately
    - i. Ex: hole in shoes, shell, liner, etc.
    - ii. I understand that damage to my uniform may result in purchasing additional uniform items for replacement
  - b. I understand that uniform items "in the wash" is NOT an excused reason for them to be missing
6. Practice Uniforms
  - a. Crop tops are not permitted
  - b. Shirts/tank tops must be worn at all times
  - c. Shorts/workout pant must be worn at all times
  - d. Appropriate footwear must be worn at all times
    - i. Running shoes can be used for conditioning/cheer shoes for all other activities
  - e. Hair must be up and out of face/off shoulders at all times
7. Jewelry of any kind is not permitted during any and all cheer events
  - a. All piercings must be removed (bandages over/tape is not permitted)
  - b. Necklaces/bracelets/anklets/rings/etc. may not be worn
8. Hair must be kept in natural colors (ex: pink hair, blue hair is not permitted)
9. Artificial nails are not permitted (around dances are okay per conversation with coach, nails must be kept short for safety (Shelac gel is okay - natural or school colors only - no chipped nail polish)
10. Tattoos must be easily covered and not visible while in uniform

## **Section 2: Performance Etiquette**

1. I will arrive to Performances on time and game ready

- a. Times will be designated weekly
- b. Failure to arrive on time will result in consequences
  - i. -10 minutes late=fight song for every minute
  - ii. 10-15 minutes late=first quarter out
  - iii. 15-20 minutes late= first half out
  - iv. 20+ minutes out=out the whole game/performance
  - v. An unexcused absence from practice results in sitting out the next game or event
2. I will cheer positively for my team, not negatively towards the opposing team
  - a. Cheers will be performed every 1-2 minutes
  - b. In between cheers, cheerleaders will be expected to spirit rally/yell encourage phrases towards the plays (ie. "let's go defense, get that ball, way to go Peninsula, keep it up Seahawks, etc.)
  - c. After the performance of each cheer, cheerleaders will be expected to perform at least one kick, jump, and/or tumbling skill
3. I will not interact with the crowd other than during crowd-leading cheers
  - a. Ex: turning to talk to boyfriend, parent, friend, etc. during the game
4. I will perform all material as requested by the coaching staff
  - a. A material check will be conducted prior to the first performance, failure to demonstrate knowledge of material will be means to sit out of performances until appropriate game-ready demonstration has been shown (each cheerleader will complete a material demonstration prior to the start of fall sports)
  - b. Refusal to perform a skill/material will result in immediate removal from the performance and will result in sitting out from the next game/performance
5. I will refrain from fixing my appearance on the sideline
  - a. Ex: fixing hair other than for safety(i.e a pony tail fell out after a stunt)
  - b. Adjusting spandex/changing
  - c. Lip gloss/chapstick/makeup/etc.
6. I will show respect to coaches and teammates at all times
  - a. If asked to perform a skill or material that has been demonstrated as mastered (per progression checklists), I will oblige
  - b. I will stand in my assigned location at all times
  - c. I will not back talk, roll eyes, walk/storm away, scream, yell/cry or demonstrate excessive emotion
7. I will demonstrate game appropriate cheer etiquette
  - a. Performing all skills and material as designated by coaches
  - b. Facing the game/crowd at appropriate times
  - c. Maintaining positive enthusiasm/energy

- d. Performing to the best of my ability at all times
- e. Participation in all performances as designated by coaching staff
- f. I will not partake in conversation on the sideline
- g. I will perform all cheers/spirit rally

### **Section 3: School and Academics**

1. Weekly grade checks will be performed
  - a. I must be passing all classes and maintain a 2.0+ GPA for eligibility
2. I will attend all classes regularly
3. If I need academic assistance, I will speak with my coaches and teachers BEFORE I am failing
4. I will turn assignments in regularly and on time
5. During required Cheer study hall I will:
  - a. Bring homework for at least one class
  - b. Bring a book for at least one class
  - c. Bring my Chromebook if necessary
  - d. Utilize work time to the best of my ability
  - e. Inform my coaches if I need to meet with a teacher
6. I will be on time to school daily
7. I will not leave school early unless excused by a parent/guardian
8. I will demonstrate respect to all members of staff at all times
  - a. I will not back talk/roll my eyes, storm/walk away from a member of staff
9. I will respect my peers, teachers and staff members of the school
10. I will refrain from gossip/bullying of those around me
  - a. If I am aware of bullying at school, I will report it to the nearest staff member immediately
  - b. If I am being bullied by a member of my team or by a peer at school, I will speak to a teacher/staff member/coach immediately
11. If I have an academic conflict with cheer I will inform my coaches a minimum of 24 hours in advance (or sooner) to problem solve
  - a. Ex: Choir concert, ASB commitment, test make up (all excused if discussed in advance)
  - b. Detention/getting pawed is not an excused conflict
12. I understand that homework is not an excused reason to miss practice
  - a. If I am struggling to balance school/cheer responsibilities I will meet with my coaches immediately to problem solve

#### **Section 4: Athletic Code**

1. I will abide by all rules as designated in the Peninsula School District Activities Code at all times as well as rules sanctioned by the WIAA, Cheer Coaching Staff, Peninsula High School and other governing bodies
  - a. Copy attached
  - b. Summer months included
2. I will report any violations of the athletic code to a staff member/teacher/coach or administrator immediately
3. I understand that if I violate a rule of the activities code, there will be consequences including removal from the PHS Cheer Program
4. Violation of the activities code such as affiliation with drugs or alcohol will result in immediate dismissal from the team
5. If I am removed from the team I will be held responsible for paying my cheer account in full
6. I understand that all activities code violations will be reported to Ross Filkins (School Athletic Director) and may result in ineligibility to participate in cheerleading or other sports
7. I understand that as a PHS cheerleader, I represent not only myself and my program, but my whole school and community

#### **Section 4: Other**

1. I will participate in all community events as designated by coaching staff
  - a. EX: Race for a Cure, Race for a Soldier, etc.
2. I will participate in competitions as designated by coaching staff
3. I will participate in all fundraisers as designated by coaching staff
  - a. EX: mini cheer clinic, box ads, etc.
4. I will positively promote my school, program, teammates, coaches, etc.
  - a. I will talk positively about cheer in my school and community
  - b. I will talk positively about my teammates/peers and coaches
5. I will work to problem solve in a timely fashion
  - a. I will report problems to coaches immediately
  - b. I will work to resolve conflict with teammates
6. I will be in attendance at all cheer events/performances as designated by coaching staff
  - a. Ex: major life events (death, wedding), illness (if kept home from school), doctor visits (with note), etc. may be excused with permission of a coach
7. I will perform in all performances as directed by coaching staff
8. I will help to keep our stands/stadium clean by picking up after games

9. I understand that practices/games/events are not over until I am dismissed by a coach
  - a. Cleaning the stands/bleachers with the team is required
  - b. At football all boxes must be put away by cheerleaders
  - c. I will not stop to take pictures with anyone until I have been dismissed from cheer for the evening
10. I will provide a note from a parent/guardian or have parent/guardian sign out with the coach if I am not riding the bus home from an event with the names/contact information for the adult I am riding with
11. During an emergency I will follow the emergency action plan as designated by the coaching staff
12. I will not display excessive emotion while in uniform or at school (yelling, crying, swearing, etc.)
13. I will not demonstrate PDA while at school or representing my team (holding hands, kissing, extended hugs)
14. If injured, I will attend all games and practices and sit with coaching staff/participate with limited participation as designated by a doctor.
  - a. Note from medical professional required for limitations and return to play
  - b. Return to play protocol will be followed per SSD guidelines
  - c. Check-ins with PHS Trainer, Webb Sommers, are required for return to play

## **Section 5: Discipline**

1. Attendance
  - a. Failure to arrive on time will result in consequences
    - i. 10 minutes late=fight song for every minute
    - ii. 10-15 minutes late=first quarter out
    - iii. 15-20 minutes late= first half out
    - iv. 20+ minutes out=out the whole game/performance
  - b. 3+ unexcused offenses per sports season (fall, winter, spring)= 30 day probation
    - i. During probation period cheerleader must be on time to all events with no unexcused absences. Failure to comply will result in dismissal from the squad.
    - ii. 2 unexcused tardies exceeding 10 minutes=1 unexcused absence
2. Disrespect Demonstrated (i.e. refusal to perform, back-talking, gossiping, etc.)
  - a. First offense: verbal warning
  - b. Second offense: Written warning, out 1 quarter of game or next performance (attendance required, must sit with coaching staff)
  - c. Third offense: parent meeting

- d. Fourth offense: dismissal from the squad
- 3. Activities Code Violation
  - a. Consequences as outlined in Peninsula School District Policy
  - b. Alcohol/drug violation
    - i. Dismissal from the squad
- 4. Academic Ineligibility
  - a. First offense: warnings, grade checks performed weekly
  - b. Second offense: 30 day probation, grade checks performed weekly, meeting with coaches for academic plan
  - c. Failure to return to eligibility after second offense: dismissal from the squad

### **Section 6: Varsity Letters**

- 1. In order to be eligible to earn a Varsity Letter, I must meet the requirements as listed below
  - a. Act as a member of the Varsity Squad for a full cheer season
  - b. Attend 85% of practices, games, events, etc.
  - c. Attend a minimum of 2 community events
  - d. Attend and participate in competitions as designated by coaching staff

I \_\_\_\_\_ understand that by signing this form I am agreeing to the rules set forth in the code of conduct above. I understand that my primary role as a Peninsula High School Cheerleader is to promote positivity and school spirit in the school and community. I will do my best to abide by the rules and be the best representative of the PHS Cheer program that I can be. I understand that cheerleading is a full year commitment, and dedicate myself to being the best teammate and cheerleader as possible during that year.

Printed Name: \_\_\_\_\_ Grade: \_\_\_\_\_

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

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Parent email: \_\_\_\_\_

Parent Phone Number: \_\_\_\_\_