

CYPRESS FALLS HIGH SCHOOL CHEER PROGRAM GUIDE 2023-2024

Come With a Dream, Train Like an Athlete, Leave Like a Role Model

- C – Consistency
- H – Honor
- E – Encouragement
- E – Effort
- R – Respect



I. EXPENSES

- A. Cheerleaders will have uniform accessories (ie: socks, shoes, bows, a warm-up suit, camp wear, practice clothes, and game day outfits) which the individual cheerleaders are responsible for payment.
- B. All members must pay for a cheer/tumbling trainer/choreographer. Every member of the team(s) is expected to attend and participate in these classes.
- C. **Failure to be current on expenses will result in being benched at events/practices.**

II. CELL PHONES

- A. Cell phones are to be stored in the designated area assigned by the coaches during all practices/events.

III. GRADE/CONDUCT REQUIREMENTS

- A. An EA on a report card will be treated as an F.
- B. Eligibility Requirements follow UIL guidelines. (no pass/ no play)

IV. SELECTION OF THE CAPTAINS

- A. The Varsity captains must have cheered at Cy Falls for one full term and be an upperclassman.
- B. The captain candidates will have to meet with the coach, sign a contract, and participate in multiple tryout activities.
- C. The tryout spreadsheet will be explained to the captain candidates.
- D. Final decisions will be made by the coaches.
- E. JV captains are handled differently each year, depending on the makeup of the team. Coaches will make all final decisions in regards to JV captains/co-captains.
- F. Freshman captains/squad leaders are handled differently each year, depending on the makeup of the team. Coaches will make all final decisions in regards to freshman captains/squad leaders

V. ABSENCES

A. **Examples** of excused/unexcused absences are given in the following chart:

Personal illness (with proper documentation)	Excused
Attending funeral	Excused
Attending wedding (immediate family)	Excused
Academic recognition ie: honor society induction/board meeting recognition	Excused
Dr./Dentist visits	Unexcused
Attending club meeting	Unexcused
Outside job	Unexcused
Attending other extracurricular practices/performances	Unexcused
Vacations Outside of the Predetermined Summer Break	Unexcused

All absences (excused and unexcused) require prior notification:

- B. If a cheerleader is absent for a cheerleading activity, the coach must be notified before the event. Notification should be done **at least 15 minutes prior to report time:** (1) through a SportsYou message and/or email to **ALL** coaches. Absences may be handled through the cheerleader and the coaches; parents do not have to directly contact the coach. This is the only way the absence will count as prior notification.
- C. An illness requiring an absence from a game or the homecoming dance requires a doctor's/medical note to be considered excused.
- D. **All coaches must be notified. The captain is not an option for receiving messages. Cheerleaders should discuss all absences with the coaches.**
- E. If a cheerleader will be absent all day, the coaches must be notified no later than 1:30pm. **Cheer class during 7th period is considered practice.**

VI. CHEERLEADING CLASS (JV and Varsity Cheerleaders ONLY)

- A. Cheerleaders may receive a PE credit for this class; (see counselor for clarification) therefore, they will be working out every day.
- B. They should dress according to practice guidelines. Cheerleaders must be dressed and ready at the time set by the coach.
- C. The grade for this class will be based on participation/dressing out during 7th and any before or after school practices and knowledge of cheer material and homework assignments ie: signs, paperwork.
- D. Homecoming homework may count as a major grade.
- E. Absence from this class will be treated as an absence from any cheerleading event or practice.
- F. The coach must be notified by the cheerleader when missing class.

VII. PRACTICE

- A. A cheerleader missing practices before a game, pep rally or other performance may be benched for that game/performance at the coach's discretion.
- B. Practice attire will be determined by the coaches and worn for the duration of the cheer year.
- C. Hair up and no jewelry or gum during any form of practice.
- D. We follow the NFHS rules and safety guidelines at all times.

VIII. GAMES/PERFORMANCES

- A. On game days, cheerleaders are expected to wear the same attire/participate in dress-up days (ie: uniform, or designated shirt and bow). Each cheerleader is responsible for checking in with the captains **prior** to school starting.
- B. Cheerleaders **must** ride the bus to and from games/events. This includes out of town events.
- C. All cheerleaders are required to hang signs upon immediate arrival to the field and remove signs at the end of the game before leaving the field for the bus.
- D. While cheering, there will be **no** socializing with spectators or excessive socializing with fellow cheerleaders. In between chants, cheerleaders will stand in proper position with hands behind their backs and watch the game until the next chant is called.
- E. Half-time is primarily a food, drink, and a bathroom break. Any food should be consumed and/or stored away until the end of the game after halftime concludes.
- F. In the event a game is rescheduled due to weather, the cheerleaders **will** attend the rescheduled game. Additionally, if there is a weather delay during a game, the cheerleaders will remain at the game and continue to cheer once the game has resumed.
- G. Each cheerleader is expected to bring at minimum, their water bottle and Cy Falls cheer backpack (packed correctly) to each game. You may only bring what will fit in the backpack.
- H. No jewelry or gum during any game/performance.

IX. PLAYOFFS

- A. All cheerleaders are required to participate in the playoff games.
- B. Both Varsity, Junior Varsity and Freshman squads will be required to cheer at the playoff game as instructed by their coach.
- C. Varsity will be allowed to wear their hair half up half down at playoff activities.
- D. **NOTE: Playoff games may and often occur during holiday breaks. If a Cy-Falls team is in a playoff game the cheerleaders will attend the game.**

X. UNIFORMS

- A. **ISSUED UNIFORMS** – Each cheerleader will be issued game uniforms, a raincoat, and special occasion bows. No alterations may be done to issue items. The uniforms/bow/raincoat must be returned in the same condition as they were received. Cheerleaders must clean all uniforms before returning them to the coaches. The cheerleader will pay for any repairs/replacements/cleaning necessary.
- B. The cheerleader must replace any part of the uniform that is damaged.
- C. All issued uniforms must be turned in before the cheerleader can receive a tryout number for the next year. If a cheerleader is not returning the next year he/she will be placed on the fees and fines list until all checked out items are returned.
- D. At no time is jewelry to be worn while in a game day uniform.
- E. Fingernails should be **short**, and only clear or french tips are permissible. Absolutely no colors, sparkle, glitter, etc. Neutral colors are NOT allowed.
- F. Hair should be in a ponytail anytime a uniform is worn. A ponytail is above the nape of the neck and must be tight enough so that it does not fall down during a performance. For those with short hair: hair still needs to be in a ponytail (to wear bows/accessories), and hair needs to be pulled back enough so that the ears are showing.
- G. Headbands may only be worn with a uniform if it is the same color as the cheerleader's hair and if it is soft and thin (no plastic headbands are allowed).
- H. Cheerleader game uniforms should be worn only at cheerleading events and during the school day.

XI. **HOMECOMING**

- A. Varsity will be allowed to wear their hair half up half down at homecoming.
- B. Junior Varsity and Freshman cheer at the Varsity homecoming game.
- C. Work days will be scheduled with the parent volunteers to make the decorations.
- D. Cheerleaders will be assigned specific duties.
- E. All three squads participate in the school decorating activities.
- F. Everyone must assist in the setup of the dance on the morning of the dance.
- G. Each cheerleader is responsible for having two volunteers to help on the day of the dance.

XII. **COMPETITION**

- A. The competitions for the 2023-24 competition season will be evaluated after the teams are announced and the coaching staff is given time to evaluate the best type of competition experience for this team.
- B. All members will be considered for UIL State and/or Green Team (Competitive team). The coaches will determine the competition team with input from the choreographer based on observations by the coaches/choreographer of the cheerleaders' skills, attitude, and work ethic over a period of time. Members may be named as alternates if deemed necessary by the coach.
- C. Alternates for any competition team are required to attend all practices and competitions for that team.
- D. Attendance at competitions for participants and alternates will be mandatory. Any conflicts must be communicated as soon as they arise.

XIII. **LETTER JACKETS**

- A. All cheerleaders named to the Varsity squad and in good standing at the fitting date during the fall semester will be eligible.

XIV. **RESIGNATION FROM THE SQUAD**

- A. When a cheerleader resigns from the squad, he/she may be prohibited from trying out the next year.
- B. All materials will need to be returned to the coaches by the date determined, otherwise the athlete will be placed on fees and fines.
- C. Removal from cheer for discipline or resignation will result in the cheerleader being transferred to a PE class for the remainder of the semester.

XV. **BENCHING/SUSPENSION/DISMISSAL**

- A. Benching requires the cheerleader to arrive on time, attend the game in uniform, and sit with the coach for the duration of all game activities. They are expected to say all cheers/chants with the cheerleaders.
- B. Suspension means non participation in all practices/games/appearances for a set amount of time.
- C. Dismissal means the student is no longer a Cypress Falls cheerleader, and he/she will be removed from the cheerleading class and placed in PE.