

Hartselle Junior High School
Cheerleading Handbook
2020-2021



As a Hartselle Junior High School cheerleader you will work harder than ever before. You no longer represent just yourself and your family; you now represent your school. You will support your school, pursue academic excellence, and serve your community. Not only will you be a good cheerleader, you will be an outstanding individual.

This cheerleading handbook has been prepared to provide you with information that will be helpful to you while serving as a Hartselle High School cheerleader. Cheerleaders and their parents must have a clear understanding of policies and expectations contained within this manual.

Hartselle Junior High School Cheerleading

Cheerleader Tryout Information:

1. Sign-ups February 10-February 28
2. Parent/Participant Meeting Monday, March 2, 4:00 p.m.
HHS Lecture Hall
3. Forms Due: Monday, March 2 at parent meeting
4. Tryout Clinic March 3 & 4, HHS Auxiliary Gym
3:30-5:00
5. Tryouts Thursday, March 5
7th/8th grade @5:00
(Times are approximate)
6. Uniform Fittings March 12 @ 6:00pm

7. **Payment Date** March 12- \$50 due (camp and cost ***Camp cost is separate from the Varsity Fashion bill.
8. **Payment Date** Monthly payments can be paid in **April, May, June, and July**
9. **Payment Date** Varsity bill must be paid in full by the last day of summer practices in July.
10. Camp 7th/8th: June 1-3, 8:30am-12:00pm.
*There will be a pre-camp meeting to pick up camp clothes. This date is TBD.

***Balances of those who cheered last year will be less than those of new cheerleaders.

Hartselle Junior High School Cheerleader Constitution

Effective March 1, 2020

I. Requirements for Tryouts/Participation

To be eligible to participate in the pre-tryout clinic and tryouts for HJHS Cheerleader, you must meet the following requirements:

- A. At time of tryouts, you **MUST** have passing grade after 2nd 9-weeks in every class.
- B. To cheer you must meet Alabama High School Athletic Association (AHSAA) guidelines.
- C. Be free of any Class II or Class III conduct violations, as well as have no suspensions for the current academic year.
- D. Have not been removed or quit a cheer squad during the previous year.
- E. May not be or become pregnant.
- F. Have all required forms signed and returned to coach by Monday, March 11th. The required forms are as listed:

- 1. Physical Examination Form (due by the end of May)
- 2. Proof of Insurance (copy of card—front and back)
- 3. Handbook Agreement Form
- 4. Cheerleader Information Form
- 5. Medical Treatment Permission Form

II. Expenses

To cover the costs associated with tryouts, a \$20 tryout fee will be charged, and is due on the first day of the clinic. Please make checks payable to Hartselle Junior High School.

Attached you will find the estimated costs for 2020-2021. Camp costs will be due to Hartselle High School (the high school will be

helping us with camp) and should not exceed \$50.00 , **excluding** spending money, and/or camp attire.

All money for cheer camp will be due on March 27, 2020. The representative from Varsity, Inc. will conduct fittings on March 28, 2019. (Our time slot is tentatively 6:00. THIS CAN CHANGE!!!). Please see the estimation of costs.

*Parents will receive a detailed bill of their child's expenses after the Varsity, Inc. uniform/camp clothing order. Parents **MUST** sign the bill to approve for order. Uniforms/cheer items will not be given out until bill is **PAID IN FULL**.*

III. General Rules and Regulations

- A. Cheerleaders must display qualities of good citizenship, sportsmanship, and loyalty to Hartselle Junior High School at all times.
- B. Cheerleading **MUST** come before all other extracurricular activities, including jobs during football/basketball seasons.
- C. Each cheerleader is required to have family insurance and provide a copy of insurance card prior to tryouts.
- D. Cheerleaders must attend and be on time for every event, practice and game. Each cheerleader is responsible for arranging transportation to and from activities, practices, and games unless otherwise specified by the coach or school principal.
- E. Cheerleaders will meet and ride with parents to most games. They may not ride with the coach. **We only attend home games for both football and basketball seasons.** We may attend a few close games at the coach's discretion.
- F. A cheerleader will be dropped from the squad when his/her conduct brings embarrassment to himself/herself, the squad or school. The dismissal will occur upon the recommendation of the coach and/or principal. Any cheerleader who is removed or quits will still be responsible for any bills incurred and will have their picture and name removed from the cheerleader section of the yearbook.

- G. Cheerleaders must pay all expenses by due date and fulfill all duties connected with pep rallies, fundraising, ball games, and any other project the squad takes on as a group.
- H. Attendance at practice is required, including cheerleading athletics period. **Attendance at summer camp is also required or will be dismissed from the squad.** Attendance at all games is required.
- J. Any absence **MUST be approved by coach in advance.** Failure to do so will result in the cheerleader being benched and/or suspension. Excused absences will be determined by the coach and/or principal.
- K. All appointments such as doctor, dental, etc. should be made around the cheer schedule and cheer athletics time if at all possible.
- L. Cheerleaders MUST have knowledge of the sports for which he/she will cheer and be able to keep up with games.
- M. Cheerleaders must wear hair in full ponytails at practice and games.
- N. Fingernails must be kept at reasonable length for safety reasons. Also, polish should be clear—no exceptions.
- O. Parents/guardians must understand that the coaches and principal have full authority to make decisions regarding the cheerleading program at Hartselle Junior High School. **These decisions must be respected and supported 100%.**
- P. Cheerleaders must be in town and able to practice beginning August 1. Family vacations must be made after summer camp and before this date.
- Q.** Cheerleaders who do not drive must have rides to pick them up immediately after practices, games, and other activities. We cannot leave until your child is picked up, which can cause us to be late picking up our own children. Please be respectful of our time.
- R. If a cheerleader is not physically able to participate in an event, a physician's note/athletic trainer's note MUST be presented to coach. A note from the physician and/or athletic trainer must also be presented in order to return to full participation.
- S. Cheerleaders who have recurring injuries may not be able to cheer due to the possibility of a more serious injury occurring. In the best interest

of the physical health of the cheerleader, recurring injuries may result in removal from the team.

Any situation not listed in this constitution will be handled on an individual basis. Any situation that arises will be handled by the coach and/or principal on an individual basis.

IV. Appearance (failure to comply will result in benching and/or suspension.)

- A. Cheerleaders must be aware of their appearance at all times including games, practices, community involvement, and the regular school day.
- B. School clothes should be modest and meet dress code.
- C. Uniforms **MUST** be clean and pressed at all times.
- D. Shoes **MUST** be cleaned after each game as needed. **DO NOT** wear dirty shoes to a game.
- E. **NO** jewelry may be worn at practice or at games. (no exceptions)
- F. Cheerleaders may not wear fingernail polish while in uniform unless it is clear polish.
- G. A cheerleader may not have a visible tattoo.
- H. The coach reserves the right to require cheerleaders to conform their appearance within reason if it becomes distracting or inappropriate.
 - I. If a cheerleader receives in-school-suspension on a game day, he/she will not be permitted to cheer at all for that particular event.
- J. If a cheerleader is suspended, he or she will miss all practices/games/cheer events for the duration of their suspension.
- K. A cheerleader may not participate in games if not at school that day.

Coaches expect your daughter to be responsible. It is their responsibility to keep parents informed throughout the year.

Academics MUST come first. No cheerleader will be permitted to cheer if his/her grade falls below a 60 in any class at any time. A written note, email or phone call from his/her teacher stating their grade has improved will be necessary for them to return. A cheerleader will be benched 3 weeks if he/she has an "F" on their report card in any class. Also a cheerleader is not allowed to cheer if on the ICU list and will not be permitted to cheer until they are removed from ICU.

**ESTIMATION of Hartselle Junior High School Cheer Expenses for
2020-2021**

- Shoes: \$85
- Uniforms (2): \$325
- Warm-up Suit: \$142
- Bag: \$45 (plus embroidery costs: approximately \$10)
- Midriffs: \$44
- Bloomers: \$14
- PomPoms: \$22
- Ribbons: \$16
- Sports Bra: \$20
- Clear Rain Poncho: \$20
- Camp/Practice Attire: \$150
- Estimated shipping/handling: around \$50
- Camp: \$50

Cost for uniforms will be greatly reduced if you purchase USED uniforms from former cheerleaders. THIS MUST BE DONE PRIOR TO THE DATE OF CHEER FITTINGS! We will not be trying on used uniforms at cheer fittings. The coaches will not be responsible for any used uniform purchases. This must be done on your own.

Hartselle Junior High School Cheerleading Agreement

I have read and completely understand the Hartselle Junior High School Cheerleading Handbook. I will abide by the rules, policies, and safety regulations while I represent Hartselle Junior High School as a cheerleader. I also understand that any infraction of the Handbook will be grounds for disciplinary action and may result in grade reduction and/or removal from the team.

By signing this agreement, I fully understand that I am responsible for following the contents herein and the direction of the coaches. I agree to all rules and regulations and will be held liable for my actions while serving as a Hartselle Junior High School cheerleader.

Signature of Cheerleader

Date

Signature of Parent/guardian

Date

Cheerleader Information

(Please complete this form on the HJHS Cheer website using the link provided. If unable to do so, please print this handout, fill out, and return on March 2.)

Full Name: _____
(First) (Middle) (Last)

Name I prefer: _____
Cell Phone: _____
Email: _____

Grade for 2020-2021: _____

I live with: Mom Dad Both

Address: _____

Mother's Name: _____
Cell Phone: _____
Home Phone: _____
Work Phone: _____
Email: _____

Father's Name: _____
Cell Phone: _____
Home Phone: _____
Work Phone: _____
Email: _____

Medical Treatment Permission Form

Cheerleader Name: _____

I grant permission to the school and its employees to take whatever action necessary in the event of an emergency while my son/daughter is involved with a school-sponsored practice, performance, or trip. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter to receive medical treatment.

Parent/guardian: _____

Parent/guardian: _____

Date: _____

Contact Information:

Home Phone: _____

Mom's Cell: _____

Dad's Cell: _____

Mom's Work: _____

Dad's Work: _____

Other Emergency Contacts:

Name

Contact Number

Name

Contact Number

Family Doctor: _____

Contact Number: _____

Allergies: _____

REQUIREMENTS FOR PARENT MEETING:

Please bring the following items on Monday, March 2:

1. Tryout fee (\$20 check or cash)
2. Copy of your birth certificate
3. Copy of your insurance card
4. HJHS Cheer Agreement Page (completed and signed)
5. Medical Treatment Form (completed and signed)
6. Cheerleader Information Sheet (completed)