



Cathedral High School Cheerleading Team *aka: Lady Phantoms Cheer*

OFFICIAL CONTRACT RULES, REGULATIONS & EXPECTATIONS

CATHEDRAL/Lady Phantoms CHEERLEADING EXISTS:

- To encourage school spirit and pride in Cathedral High School.
- To promote physical and mental development.
- To develop lifelong values and skills.

CATHEDRAL/Lady Phantoms CHEER PROGRAM MISSION IS TO:

- Promote and uphold school spirit, unity and pride, through its students, alumni's, fans in the community.
- Represent Cathedral and one's own school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
- Promote friendship with each other and all others.
- Promote the development of lifelong values and skills.

EDUCATIONAL VALUE TO CATHEDRAL HIGH SCHOOL and/or Lady Phantom CHEERLEADERS

I understand being a member on Cathedral/Lady Phantoms cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. Lady Phantoms are expected to be excellent examples of, dedication, and enthusiasm of the squad members are just as important as the skills involved in **spirit leading**. Members of the cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride, Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

Initials_____

GOALS:

- Varsity will cheer for all varsity football, basketball games. Possibility may cheer at, soccer, volleyball and baseball games if time permits.
- Varsity cheers also are required to cheer at several CIF playoff and other games as assigned.
- Participate in & support Homecoming Week.
- Support and perform at pep and recognition assemblies.
- Perform community service under the umbrella of Cathedral High School cheerleaders.
- Perform at various locations. Example: Lincoln Heights Christmas Parade.
- Attend Mass
- Other activities as they are assigned.

Initials_____

CATHEDRAL CHEER/ Lady Phantom Cheer PROGRAM CODE OF ETHICS:

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school rules.
- Show courtesy to all visiting teams, host and officials.
- Coaches, Advisor(s), Cheer Staff, Parents, all persons and all squad members must be treated with dignity and respect.

Initials_____

CATHEDRAL CHEER PROGRAM STANDARDS AND REGULATIONS:

Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual **spirit leader**. Participation in **cheerleading, spirit leader, yell leader** is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the school and advisor/coach when a cheerleader, spirit leader or yell leader and/or parent/guardian violates the rules and regulations.

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ELIGIBILITY:

- For each grading period, members must be passing in all classes. Cheerleaders must achieve a 2.3 GPA and no U's in conduct in order to participate.
- **There are quarter and semester grade checks. A cheerleader who does not make the 2.3 requirement and/or receives a "U" will be on probation and the following actions will be taken: Suspension from games, rallies, performances, and removal from the cheer team may result. This is at the discretion of the cheer advisor, in consultation with the administration.**
- Members must maintain good citizenship marks & attendance for try-outs and during the time on the squad.
- All members must have a physical and signed contract on file.
- All members must sign and abide by the athletic code of CHS and Lady Phantom Cheer.
- Cheerleading is a priority over all other extra-curricular activities (including jobs, sports, cheer squads, etc.) for the entire time of commitment.
- Practices, Games, Camps and Cathedral High School events will take place after school and weekends.
- All practices and games are mandatory.
- All members are expected to take part in team fundraisers, individual fundraisers are voluntary.
- If you were a member of the squad during the previous season and you chose to drop out, and/or removed from the team during the current season you will be ineligible to come out and try out and/or participate during the next season.

Initials_____

ACADEMIC RECOGNITION

- In order to receive Academic Recognition, you must maintain a 3.5 at all grading periods.

Initials_____

CONDUCT:

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, any Cathedral High School event.
- Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school.
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- By being part of Cathedral Cheer, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community at all school functions where you are recognized as a representative of Cathedral High School.
- Members having a My Space, Facebook, etc., must maintain their website according to the cheer guidelines. No explicit or demeaning pictures of any sort, this will result in immediate dismissal of the squad.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration if deemed necessary, has the final decision in any discipline situation.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offences may dictate harsher action.

Initials_____

ABSENCES/ATTENDANCE:

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible. Poor attendance will not be permitted.
- If you are sick or injured for two days or more a doctors note is needed to be excused.
- If you are going to be absent a parent of the cheerleader must contact a staff member to inform them of cheerleader's absence.
- Missing a scheduled practice the day before a game will result in the individual not performing at the game.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.
- If any cheerleader is injured (unless otherwise noted by Physician) they must try to attend practice as to not miss any new routines or information.
- Two unexcused absences will result in sitting out the next scheduled game and possible dismissal.

Initials_____

PRACTICES:

- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Cheerleaders need to workout in stretch clothing such as shorts, stretch pants, t-shirts and other athletic wear. NO JEANS!! NO EXEPTIONS!! No midriff (crop) tops (any shirt that shows midriff when hands are up is not permitted). SPORTS BRAS are required during practices & games. Bike shorts or cheer bloomers are to be worn underneath when wearing shorts. Proper athletic shoes are required for jumping, stunting & tumbling.
- Hair needs to be out of the eyes and in a secured ponytail.
- There is no chewing gum or eating during practices
- No jewelry, nails, or cell phones
- Safety is our first priority. NO excessive horse-playing. Never stunt without the coach present.
- Time will be provided for stretching, it is expected everyone take this serious to avoid muscle strain and injury. Some injuries may accrue: however, proper stretching can often eliminate injury. (Practices & Games)
- Absolutely no usage of cell phones during practice, game or organized event.
- All electronic devices including cell phones are to be turned off during practice, and not to be taken out or talked on during break. If there is a family emergency parents and family members must contact the coaches on their cell phones during practices. (Staff contact numbers will be given out to cheerleaders and parents the first day of practice)

Initials_____

GAMES:

- All games are mandatory
- All away games, cheerleaders will travel together and return together, no exceptions.
- Members are required to arrive at least 90 minutes before the game time.
- Members must be ready to go unless otherwise specified by the Coach.
- The squads must be on the side lines or in the gym prior to the start of a game.
- All spirit squad members must know all the cheers and routines for the game. Sitting out will result in a written warning; followed by a dismissal.
- Members are required to dress in full uniform.
- Members while on Cathedral school campus must only wear CHS gear only. (No other shirts, shoes, pants or jackets)
- Hair must be worn per coaches' instruction. Bangs must not cover the eyes.
- Hair ties need to be in uniform (black or brown only).
- Make-up should be worn as shown or directed
- No jewelry to be worn, this is for the safety of the one who is wearing the jewelry and for the other members.
- No body or tongue piercing of any sort, during the season.
- Nails need to be athletic length, no nail color. No Acrylics! (Formals: acrylics must be taken off after event)
- There is no chewing gum or eating during games.
- Socializing with friends and/or family members while the game is in progress is not allowed.
- Restroom must are to be used before the game only! (Not during the quarter or half time)

Initials_____

UNIFORMS:

- Uniforms must be cleaned and pressed.
- Team athletic shoes must be clean
- All Spirit Squad members must have the same uniform look.
- No jewelry is allowed during practices, performances or games
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you.

Initials_____

PERFORMANCES AND CHEER LINES:

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

Initials_____

TRANSPORTATION:

Cheerleaders are not allowed to drive to away games or competitions. **Cheerleaders will travel together to and from the games.** They must ride in either school transportation or authorized transportation. Transportation will be provided at the cost of the individual cheerleader.

Initials_____

DISCIPLINE POLICY:

The following violations will be grounds for immediate dismissal from the **cheerleading** squad.

- Under age alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances.
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member.
- Missing practices that have valid excuses can still lead to being removed from a routine position or stunt, due to not physically being available to practice.
- During game suspensions, that squad member will sit in uniform with the coach/advisor for the entire game.
- Rude or Inappropriate behavior (swearing, fighting, etc...) from the cheerleader or parent at any time while wearing the team uniforms/clothing or while in attendance at any team practice, game or event.
- No explicit or demeaning pictures of any sort.

Initials_____

CHEER PROGRAM FINANCES:

- Cost of uniform is the responsibility of the Cheerleader (Parents, Guardian, etc)
- Cost of transportation to and from the games is the sole responsibility of the cheerleader.
- Uniforms are to be kept in good condition and clean at all times.
- Cost of the cleaning of the uniforms is sole responsibility of the cheerleader/individual.
- If the uniform is ruined, lost or stolen, a replacement uniform is sole responsibility of the cheerleader.
- Camp attendance is mandatory in order to participate on the cheer squad. Camp fees are the responsibility of the member.
- If a member is removed from or chooses to quit the squad, they are still 100% responsible for payment in full for items on order.
- Upon receipt of deposit for camp or items order (ex: cheer clothes, shoes, and fundraising items) cheerleader/individual is 100% responsible for payment in full.
- Additional expenses such as make-up, hair ties, camp clothes, and team sweats are the responsibility of the cheerleader/individual.
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.
- Return checks (1) one time only, and you will no longer have the check writing privilege.
- Return check fee \$30.00

Initials_____

PARENT PARTICIPATION

- **Please refer to “Parent Participation sheet”**

ACKNOWLEDGEMENT

I have read and understand the Cathedral High School/Lady Phantoms Cheer Squad Contract. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the advisors, coaches and staff.

Cheerleader’s signature

Date

I have read and understand the Cathedral High School Cheer Squad Contract. I agree to support these standards and policies.

Parent’s/Guardian’s Signature

Date

www.cathedralcheerteam.org

Revised 9/9/2009