

2017 – 2018

Byron Nelson High School



CHEERLEADING HANDBOOK

WHAT IS EXPECTED FROM BYRON NELSON HIGH SCHOOL CHEERLEADERS

Cheering for BNHS is a commitment. Realize this now before you begin and understand that being committed to this program means being at every practice, performance, and game. When you have to decide on cheering you have given yourself to your teammates for the whole year. This program will not tolerate any individual who will not put out 100% for this team. Strive for a winning attitude and look to see how much you can contribute, not how little.

PRACTICE & GAMES

- Report to practice on time and never leave until your coach excuses you.
- Report to practice every day with your school practice attire.
- No jewelry will be worn at practice or games.
- Personal items are the responsibility of each cheerleader.
- Cheerleaders will ride the bus to and from events with the team unless there is an emergency, or the coaches release you to your parents in certain situations that might come up during the year.
- **No cell phones allowed at practice or games.**
- If you require an inhaler or support braces have the item(s) with you at all times.
- **All cheerleaders are responsible for setting up and putting away equipment.** Do not rank yourselves, on this team each person is a valuable asset to our success.
- Unexcused absences will be documented and we will strictly follow the NISD Constitution

INJURY EXPECTATIONS

- All injuries and illnesses will be reported immediately to the coach and trainer so that treatment can be initiated as promptly as possible.
- You must be at all practices, performances, and games dressed out and doing as much as possible.
- Give the coaches all the information the doctor gives you.
- Do not use an injury as an excuse to get out of workout.

ATTITUDE & RESPECT

- It is very important to BNHS how our program is portrayed in the public eye. We will look like a “class act” organization at all times.
- Hustle and be self-motivated! Show your school, your community, and other organizations you are motivated to do your job.
- Have respect for all participants (managers, captains, cheerleaders, & mascot) – they are a vital part of our program.
- Keep your composure. Don't sulk, complain to other cheerleaders, teachers, parents – see the coach if you have a complaint or problem.
- Be respectful to teachers, coaches, and fellow students.
- All instructions given by the coaching staff will be followed.
- NO illegal activity will be tolerated or disciplinary actions will be taken – refer to extracurricular code of conduct.

ACADEMICS

- If you are absent from school or practice, you must contact your coach.
- If you are too sick to be at school, go to the doctor so you can return as soon as possible – be sure to provide a doctor's note.
- Unexcused absences can result in probation from the team.
- If you miss school on a game day you will not be able to cheer that night.
- We will send grade checks out throughout the year to check progress of conduct and grades.
- If you are required to go to tutoring, you must report on time.

EQUIPMENT

- Cheerleaders are responsible for caring for their equipment. There will be no cutting, altering, or writing on equipment issued by BNHS.
- Damage due to neglect or purposeful damage will result in a monetary charge to you.

TEAM LOYALTY & ATTITUDE

The team comes first. We will make decisions based on what is best for our team and not necessarily based on what is best for you. If you or your parents have a concern, please call and set up a conference. If we cannot work out a solution and there is a continuation of resentment, poor attitude, lack of work ethic, mouthing off, etc. then you will be benched and may be asked to leave the squad.

RESPECT

You will show respect and not act in a manner that will cause embarrassment to you, the squad, your coaches, or your family. People will be watching BYRON NELSON High School cheerleaders – be a model of excellence and be someone you would want to look up to.

BYRON NELSON HIGH SCHOOL CHEER

PROGRAM GUIDELINES, RULES, AND PROCEDURES

- Be on time
- Be dressed properly – no jewelry, hair up, cell phones away
- Take care of all equipment
- Treat others with respect
- No speaking when a coach is providing instruction
- Work hard to develop your skill so the team as a whole will be better
- No disparaging remarks to any one – take care of your team family!
- Address concerns to the coach
- Attend practices, they are mandatory
- Notify the coach if you are going to miss for any reason
- Missed practices, performances, and/or games will be documented and we will strictly follow the NISD Constitution
 - **Three unexcused absences of any kind may result in dismissal from the team**

EXCUSED vs. UNEXCUSED

***Please note that any type of absence within 2 school days of a performance will result in cheerleader being pulled from performance(s).**

Excused

- Medical – Doctor's note + phone call and absent from school (no make-up required)
- Death in family – Phone call (no make-up required)
- STAAR Related (no make-up required)
- Family Emergencies – Phone call (make-up required)

Unexcused

- Absences due to vacation, work, and/or other events held outside of BNHS
- Illness – no contact made with coach
- Absent from practice
- 20+ minutes late to practice

REASONS FOR DISCIPLINE/DISMISSAL

- Disrespectful or inappropriate behavior towards coaches, teammates, teachers, school personnel, other students, etc.
- Unable to comply with school or program rules
- ISS, AEP, detention, and other teacher referrals
- Unacceptable grades
- Lack of effort, hustle, or improvement
- Excessive absences
- Illegal Activity, including but not limited to drugs, tobacco, alcohol use
- Inappropriate Electronic Communication(s), including but not limited to social media

VIOLATION POLICY

This policy has been designed to implement the importance of your dedication to make the right choices for the betterment of your team not only in uniform, but in the classroom and everyday life. The behavior improvement plan given will have to be completed before returning to performances and/or games.

- Illegal Activity – refer to extra-curricular code of conduct
- Grades, Insubordination, Disciplinary Actions, Skipping Class, ISS, Teacher Referrals, etc.
 - **Violation 1:** Benched from next performance/game
 - **Violation 2:** Placed on a three week probation
 - **Violation 3:** Placed on a six week probation
 - **Violation 4:** Dismissed

GAME TIME EXPECTATIONS

- **HAVE FUN!**
- Respect will be given to your captains, teammates, and coaches at *all* times
- Before team dinner pull your assigned cheer gear from the closet (Fill ice chest, get poms, etc.)
- Report to the cheer gym **completely ready** at designated time
- Cell phones and sunglasses put away upon arriving at destination
- Unload bus and walk in together as a squad
- **5 minute** bathroom break
- Stretch as a squad (approx. 5 minutes)
- Work tumbling (approx. 5 minutes)
- Work stunts (approx. 5 minutes)
- Assemble run-through
- In line on the field at 20 minutes. Squad is to stand clean, stunt, jump, smile, and/or do something unified as a squad up until the players run through. **Do not goof off during this time.**
- Report to stunt groups for kick-off
- **Stand clean in squad lines** – smile and be spirited, but **do not** lose focus
- 2 minutes of downtime without chanting, stunting, or cheering will result in 2 laps
- Absolutely no banter or unsportsmanlike conduct
- After the game gather for the Alma Mater and immediately start gathering cheer gear to leave (Varsity) – *Other squads will huddle up with coach and gather belongings before being dismissed*

PEP RALLY EXPECTATIONS

- **HAVE FUN!**
- Respect will be given to your captains, teammates, and coaches at *all* times
- Arrive to the gym *completely* ready on pep rally days
- Stretch and run through pep rally agenda together
- Roll mats
- Run-through routine
- When music starts, all squads must be either in squad lines doing something unified OR stunting and tumbling. There will be **no visiting** during this time – **all smiles and school spirit**.
- When another group has the floor all squads will smile, clap, and cheer them on
- Once pep rally is over, immediately roll mats
- From the time squads are dismissed, there will be 10 minutes allowed for cheerleaders to get ready
- If anyone arrives to class after that 10 minute mark they will be considered tardy or absent

PRACTICE EXPECTATIONS

- **HAVE FUN!**
- Be *completely* ready for practice before entering the gym
- Water is the *only* thing allowed in the gym
- Must be in designated practice attire
- No horseplay during stretching or practice
- Shoes are required at all times unless coach instructs otherwise
- Collect all personal items prior to leaving
- Respect will be given to your captains, teammates, and coaches at **all** times