

Cheer Handbook

This handbook is intended to outline the guidelines and expectations of the Badger Springs Middle School Cheerleading Program. Our program's sole purpose is to promote positive relationships, build character, encourage leadership, foster a safe and exciting athletic environment, build athleticism within our cheerleaders, and support our school district and peers. All of the guidelines outlined below have been put together to avoid any instances or experiences that will limit the growth or development of these young adults. Please be conscious of the guidelines below and read them carefully. The purpose of these guidelines is to create a positive experience for all of our cheerleaders, parents, and coaches.

Cheerleader Statement

Cheerleaders are representatives of Badger Springs Middle School and the Moreno Valley Unified School District at all times. You are expected to conduct yourself in a manner that would be considered respectful by all. Representing BSMS is a privilege and will be held as the primary responsibility of being a cheerleader. BSMS Cheerleaders are expected to uphold, reflect, and project the goals and ideals of the School District.

Commitments

- Cheerleaders must be at all scheduled cheerleading events and on time.
 - "On time" is defined as fully dressed (shoes on and hair done), and prepared to begin practices or performances by the designated start time. If an athlete does not arrive on time properly dressed she is considered tardy.
 - Cheerleaders are expected to be properly dressed with all necessary *competition, or community event* equipment: Shell, skirt, bloomers, shoes and poms.
 - Cheerleaders are also expected to wear the uniform or apparel designated by the COACH.
 - Cheerleaders are expected to be properly dressed with all necessary *practice* equipment: top (t-shirt or tank top- NO SPAGHETTI STRAPS), socks, shoes, and shorts /skorts.
 - Yoga pants and long sleeve shirts are permitted during the cold season (Leggings are not allowed)
 - No sweatpants or hoodies are permitted while practicing.
 - No jewelry is to be present, hair will be pulled up and secured (also as designated by the coach or team), cheer shoes or gym shoes will be worn at all times, fingernails cut, and no gum or candy.
- A safe practice environment will be maintained at all times. There will be no horsing around, talking, laughing, or joking during stunting.
 - **Absolutely no stunting or tumbling unless a coach is present!**
- NO scheduled events will be excused without 48 hours prior approval.
 - Unless an emergency situation makes late notification necessary.
 - The coach has the right to enforce consequences for late arrival to event and the nature of the consequence will be held to the discretion of BSMS coaching staff (i.e. conditioning, running, etc.).
 - If the appropriate coach is not notified of your absence prior to the scheduled cheer event, your absence will be considered unexcused.

Practices

- We have weekly scheduled practices. We may need to add additional practices and it is the responsibility of the cheerleader to accommodate their schedule with proper notice.

Community Events

- BSMS cheerleaders will be actively involved in the community and expected to fully and voluntarily participate in the designated events.

Finances

- Fundraising will occur throughout the school year for uniforms, activities, end of the year cheer trip.

Uniforms

- Each cheerleader will be issued a uniform at the beginning of the season. It is the responsibility of the cheerleader to return all items at the end of the season in good condition.
- If a uniform is not returned, or is returned in poor condition, the cheerleader must pay to have the uniform replaced. Each uniform piece is \$50. The uniform balance must be paid by the individual.
- No alterations are to be made to any uniform. If any alterations are made then the cheerleader must purchase that uniform.

Behavioral Issues/Consequences

- THREE unexcused absences will prompt a meeting to be set between coach, cheerleader and parent(s).
- FIVE recorded unexcused absences you may be actively dismissed from the team. This means you will be expected to attend all functions, but will not participate in any of them until you earn your privileges back.
 - Earning your privileges back will be held to the discretion of the coach.
- Unexcused absences include work, unannounced appointments (emergency situations disclosed), and/or failing to show up for scheduled functions without reporting to your coach **PRIOR** to the start of the event.
- Remember, you need prior approval to miss a practice for appointments.
 - To obtain advanced approval a hand written parent signed note must be turned in to coach 48 hours prior to absence.
 - Please schedule all appointments and extracurricular activities (work included) around your announced cheerleading schedule.
- Your attendance will be recorded daily for all cheerleading events and will be outlined on a monthly calendar. Your coach will be happy to remind you when you are nearing absence or tardiness consequences.
- Tardiness will result in similar consequences as unexcused absences and conditioning.
- Coaches need to be notified in the event any cheerleader will be tardy, by the tardy cheerleader themselves.
 - Consequences for tardiness will be assigned by the coach and will depend on the circumstance and degree of tardiness.
- Swearing, disrespectful conduct, failure to follow instructions or safety expectations, mistreatment of team members, other cheerleaders or coaching staff at any level, etc. will result in appropriate discipline such as making the cheerleader do various conditioning, not allowing to perform on spirit days and stunting for a certain period of time.
- Cell phones are not permitted to be used during games or practices unless permission has been granted by your coach.
 - They should be in your bag at all times.
 - They are not to be used during breaks.
- Cheerleaders are to represent themselves positively at all times. **THIS INCLUDES FACEBOOK AND TWITTER USAGE** or any other social media.
 - Please be conscious of what you put on social media.
 - Please avoid using BSMS cheer materials, pictures, etc. on your internet accounts. Any usage should be positive and proactive.
 - Consequences for inappropriate use of these internet outlets will be held to the discretion of the BSMS coaching staff.

Cheer Handbook

- CHEERLEADING IS A PRIVILEGE, NOT A RIGHT!
 - Cheerleading may be revoked if there is excessive tardiness or absences, or other inappropriate behavior.

Expectations

- Cell Phones are to be turned off during all events and practices. This includes during breaks.
- No jewelry is to be worn at practices or performances.
- All hair must be pulled up all the way. If a cheerleader has long bangs, they will need to be clipped back.
- No gum at practices or performances.
- Wear the proper attire to practices and performances.
 - Practice: Shorts, tank top or t-shirt (no spaghetti straps), cheerleading shoes or gym shoes.
 - Performances: Uniform, gym shoes, white ankle socks, hair pulled up, and pom-poms.
- Uniforms are only to be worn to performances. They should never be worn in public or worn by anyone not on the team. They may not be worn as Halloween Costumes.
- Cheerleaders are to be on time to all performances.
- Gossip or being disrespectful will not be tolerated. If a girl or parent has a concern about anything or anyone on the team it is the cheerleader or parent's responsibility to communicate directly with the coach without involving any third-parties.
- In the event that a cheerleader needs to sit out of a performance for any reason, they are required to sit with their coach in front of their team. They are not allowed to sit with their friends.
- If at any time the coach feels that their team is being too talkative or not concentrating it is up to the coaches' discretion to use appropriate discipline such as making the girls do various conditioning, not allowing to perform on spirit days, stunting for a period of time, etc.

Grades/School Attendance

- Grades of ALL cheerleaders will be monitored weekly/bi-weekly. Cheerleaders must maintain a 2.0 GPA in order to participate in performances.
- Cheerleader must attend school in order to attend practice/ performances.

Ability/Performance

- All cheerleaders are expected to regularly perform the skills demonstrated during practices.
- Cheerleading season is not over until the banquet/ award ceremony.
 - You must be totally committed to this activity until the end of your season.
 - Lack of commitment may result in early dismissal from the team.

Fundraising

- Our Cheer Club sponsors a number of fundraisers each year to provide the opportunity to earn funds for cheer expenses such as apparel, activities, trips/awards.
 - All cheerleaders are expected to participate in our group fundraisers.
- All funds will be put into the general cheer account. All funds will roll over to the next season.
- Any donations are made on the understanding that funds are used for team expenses, not individual, or private use.

Chain of Command

- The coach makes decisions on what is best for the entire team, not what is best for a particular individual.
 - Any and all issues need to be addressed with the coach at your level initially.
 - In all instances, please follow the chain of command listed below. Issues should not be taken to an unnecessary level without previous attention from the respective coaches. Please contact the cheer club with questions or concerns they may be able to answer due to similar experiences or questions that may have already been answered.
 - Cheer Club
 - Head Coaches
 - ASB Director
 - School Administrator

Coaches Communication

- The best way to contact the coaching staff is via e-mail.
 - Coach Leal: cleal@mvusd.net
 - Coach Small: hsmall@mvusd.net
- Please do not call or text the coaching staff. There are minimal exceptions to this. If you absolutely MUST contact a coach via phone, please leave a voice message at (951) 571-4200, ext. 20163(Coach Leal) or ext. 20150(Coach Small) and we will return your call via email if appropriate or via phone when time permits.
- We understand there may be some situations in which phone communication is necessary. We expect these situations are urgent or an emergency. You may reach Coach Small in an emergency on her cell phone at (909) 477-9335.
- Please allow two business days to receive a response at any time. We will make our best effort to respond as soon as possible. Coaches may not be available during the work day or on weekends. Please respect our personal lives outside of cheerleading.

Parents

It is important that parents are involved in the cheerleading club through attending events and helping with fundraisers. We encourage all parents to be actively involved in the Cheer Club.

It is expected that parents maintain proper conduct at all events. Please maintain a positive representation of Badger Springs Middle School and the cheer program at all times.

No alcoholic beverages are permitted at any cheer related function. Please be courteous of your circumstance when socializing with other parents and the manner in which this is occurring.

Parents' sole purpose of being involved is to encourage and support the entire cheerleading club.

Coaches Note

Coaching cheerleading is a major priority of the coaching staff and we are willing to give you 100% of our knowledge, desire, leadership, and guidance. In turn, we expect dedication, commitment, RESPECT, and maturity. We spend a substantial amount of our personal time communicating between coaches, parents and cheerleaders. We have all the same responsibilities in terms of attendance you all have, as well as documentation requirements, scheduling expectations, issue resolution, material development and planning, and numerous other miscellaneous responsibilities. Please understand that we will dedicate ourselves to you, but need to be respected personally (both as an individual and in terms of time).

Badger Springs Handbook

You must follow ALL regulations outlined in the student handbook by the Moreno Valley Unified School District in addition to those outlined by the cheerleading program in this handbook. This includes, grades, attendance, abstinence from drugs and alcohol, appropriate and respectful behavior, etc. If these regulations are violated this *may result in suspension or termination from the cheerleading club.*