

Cooley Cheer

Becoming a member of the cheer squad at Cooley Middle School will provide you with many opportunities for leadership, athletic excellence and community service. We take our role seriously and expect our athletes to as well. All cheerleaders are expected to conduct themselves in a positive and respectful manner and must promote good sportsmanship by way of example at all times. Due to the visibility of our program, cheerleaders will be held to a higher standard than the average student and even the average athlete. This contract will outline those expectations. Those wanting to join our Cobra family must acknowledge and agree to all of the following set forth in this contract.

Cooley Middle School Code Of Conduct

In addition to the guidelines outlined here, all CMS athletes are also subject to the standards and consequences put forth by the CMS Athletic Department and CMS Student Handbook. You may obtain copies from the school front office.

Transportation:

CMS Cheer does not provide transportation to and from games or events. Cheerleaders and their parents are responsible for securing rides.

Please make reliable arrangements for prompt drop off and pick up from games and practices in advance.

Guidelines for ATTENDANCE

ALL practices, games, rallies and scheduled events are mandatory

- **EXCUSED Absences:** Only illnesses/family funeral/court appearances are excused absences. The absence will only be excused IF the coach is contacted by phone BEFORE practice is scheduled to begin. ***A parent must follow up to confirm the absence.**

All other activities/appointments should be scheduled around cheer commitments.

- **Unexcused Absences:** All other absences are unexcused. If a squad member is unable to attend a practice/event, he/she must contact the coach **ONE week in advance.** Failure to do so can result in suspension.
- **Missed Practices and Games:** Missing a practice for any reason (excused or unexcused) will result in the cheerleader being removed from that week's performance. Missing a game/rally/event will result in suspension from future performance.

In order to receive an award or be considered for the team the following year, you must fulfill ALL requirements. All squad members are expected to finish the entire season. If you are dismissed or quit the squad you will not be allowed to tryout the following year.

Guidelines for Practice:

Cheerleaders should be dressed and ready for practice to start ON TIME.

- Solid black cheer shorts and plain white shirts until practice attire arrives. Cheer shoes and socks (cheer shoes only worn to cheer). After uniform arrives, only practice wear for 2017-18 is permitted at practice.
- Hair up in a ponytail.
- ALL jewelry removed, NO exceptions! *Do NOT get a new piercing during the season, you WILL have to remove it.
- Nails must be kept short for safety purposes
- Practices are closed to everyone except current squad members
- No gum at practice and cell phones must be turned OFF during practices

Guidelines for Games:

- Be on time and dressed in full uniform, no jewelry and nails cut short, phones off
- Check in with coach and remain with the team
- Demonstrate positive sportsmanship at ALL TIMES
- At games, cheerleaders will cheer two full games AND perform at both halftimes.
- Cheerleaders are expected to know all cheers in order to participate in a game

There will be no snack bar breaks during games so plan accordingly.

Guidelines for School:

ALWAYS bring everything to each game (liners, warm ups, bows, poms, etc)

Cheerleaders are student athletes; being a student comes first. Cheerleaders must maintain a 70 in 5 out of 6 classes. When an athlete is declared ineligible; there is a 2 week grace period to regain eligibility. Failure to maintain academic eligibility will result in dismissal from the squad.

CMS attendance policy requires student athletes to attend school for at least 4 out of 6 classes during the school day to be eligible to participate for the day in a practice, game, rally, etc.

- Leaving early/arriving late: MUST check in with the office
- You are only eligible to participate if cleared by the athletic director.

Cheerleaders are expected to represent themselves, their school, and their families with respect and dignity at all times. Failure to do so will result in disciplinary action including possible suspension and dismissal.

All conduct, including that which is not mentioned on this form, will be evaluated and consequences will be determined by the coach .

Contact Information:

Email: cooleycheer@gmail.com

Head Coach: Elizabeth Lewis

Cell: 402-637-1568

Website: www.cooleycheer.webs.com

Guidelines for Uniforms:

Cheerleaders are responsible for keeping their uniforms clean and in good repair. Inappropriate or incomplete attire will result in disciplinary action (ie. Benched for a half or until attire is appropriate or complete).

When in uniform:

- Wear appropriate bra- no straps should show (cheerleaders will not be allowed to cheer with visible straps)
- Appropriate hair and makeup (simple/clean, ponytail and bow)
- No color nail polish
- Clean cheer shoes and white no-show socks
- Cheerleaders may not loan cheer uniform/equipment out to others.
- Uniforms are NOT to be worn with any other “street/regular” clothing. This includes cheer shoes.
- No Gum permitted while in uniforms or practice wear.
- Approved cold weather attire: Cooley Cheer hoodie, Cooley Cheer Jacket, Liner, and white Varsity Leggings. Alternatively, Cooley-issued hoodies or solid color hoodies in Dark Green, White, or Yellow Gold are permitted.

Jewelry can be worn to school but MUST be removed for games and all performances.

Guidelines for Behavior

You are a role model on our campus and in our community. You are expected to conduct yourself in a positive manner in and out of uniform, on and off campus. You must be aware that your actions have consequences and we want those to be positive. Failure to adhere to these guidelines can result in suspension or dismissal from the cheer program.

- Be respectful of yourself, your coach, your team and those around you
- Show positive support for ALL CMS organizations
- Foul language, rude comments or inappropriate gestures will not be tolerated
- Do not kiss/hug/hang on/sit on your boyfriend/girlfriend while in uniform
- Any other inappropriate behavior not listed that reflects on the reputation of the squad or school, including gossiping or bullying, will lead to suspension or dismissal from the squad at the coach's discretion.

The CMS code of conduct outlined in the CMS Student Handbook will be upheld at all times. Please remember that even when squad members are not in uniform you are still representatives of CMS and the cheer program. The Coach reserves the right to make any judgments concerning the behavior of any squad member which may result in disciplinary action. **Squad members may be suspended or dismissed from the squad for**

non-compliance with the rules outlines in the CMS Student Handbook AND the Cooley Cheer Team Guidelines.

Suspensions:

Cheerleaders who cannot follow the guidelines will be suspended from participation.

- Second unexcused absence/offense in one season = 1 game/parent conference
- Third unexcused absence/offense in one season = dismissal
- During a suspension cheerleaders must continue to attend all practices and games and must sit with the coach during games.
- Tardies and leaving early: Cheerleaders must be on time to all cheer events and stay the entire time. This includes practices, games, performances, community events, etc. Discipline for tardiness will be at the discretion of the coach.

Parent Involvement:

In order for our teams to carry on throughout the year, receive extra benefits and participate in special events it is imperative that we raise money in addition to the contributions received.

Parents are the backbone of our fundraising. There will be a sign up sheet for shifts to work the snack shack at home football games. Parents will be able to choose 2-3 shifts to work at home games.

All other fundraising events can be found on the fundraising schedule and will have separate sign-ups for them as well.

Guidelines for Grievances:

The coaching staff is always open to discuss any issues that arise; however, there is an appropriate time and place to do so. Please contact the coach BEFORE or AFTER practice to arrange a time (outside of practices, games etc) to discuss any problems. Email is also an easy way to reach the coach with any concerns. Everyone must work as a team in order to be successful, and this is a main goal of your coach.

Step 1: Coach and Athlete

Step 2: Coach, Athlete and Parent

Step 3: Coach, Athlete, Parent and
Administrator

Go Cobras!



I have read and understand this contract. I also understand the commitment required to be a part of cheer at Cooley Middle School and that I am expected to attend all practices, clinics, games, performances, fundraisers, events etc. I understand that my actions reflect the team as a whole and that as a member of the Cooley Middle School cheer squad, I am representing not only myself but my squad and my school as well and I agree to conduct myself in a positive manner at all times both in and out of uniform, on and off campus. I further understand that there will be consequences for violations to this contract which include but are not limited to being benched from games/performances and even dismissal from the Cooley Middle School cheer squad at coach's discretion.

Student Signature

Date

As a parent of above named student, I have read and understand the requirements outlined in this contract. I also understand the commitment required to be a part of cheer at Cooley Middle School and that my student is expected to attend all practices, clinics, games, performances, fundraisers, events etc. I further understand that there will be consequences for violations to this contract which include but are not limited to being benched from games/performances and even dismissal from the Cooley Middle school cheer squad at coach's discretion.

Parent Signature

Date