

SANDERSON CHEERLEADING PROGRAM RULES AND REGULATIONS

The Sanderson cheerleading program strives to promote school spirit and high academic standards. Each athlete is challenged to reach team and individual excellence. Cheerleading helps develop self-discipline, respect for authority, and the ability to work well with others. Cheerleading requires hard work, dedication, and sacrifice.

The following rules and guidelines have been established to ensure the success of the program. All athletes wishing to participate in the program must agree to abide by these rules.

- Students, regardless of sex or race, are eligible if they meet the grade and attendance qualifications required by the N.C.H.S.A.A. and Wake County.
- Cheerleaders are required to use transportation provided by the school. If they are to ride home with someone else, the coaches must have a **WRITTEN** note from the parent.
- The JV and Varsity co-captains will be chosen by the coaches.
- Only sickness or death in the immediate family will be an excused absence from a game or practice. Team members will **not be allowed to miss games or practices for trips, concerts, dances, work, etc.** Absences will be deemed excused or unexcused by the coach. An unexcused absence will result in suspension from the event following an absence and a parental conference. The second unexcused absence will result in suspension from the team.
- All-star squads are allowed, but they **DO NOT** come before the Sanderson squads. **Absences due to All-star events will NOT be deemed excused.**
- In order to letter, Varsity cheerleaders must attend 87% of the games and 86% of the practices for the combined fall and winter seasons in an academic year and be in good standing throughout both seasons.
- Cardiovascular fitness and light weight training will be expected of all cheerleaders. Also, athletes require a proper diet and cheerleaders are reminded to satisfy their nutritional demands.
- A cheerleader who is not in uniform or not riding in transportation provided by the school will not be allowed to cheer at the game.
- No jewelry (**this includes ALL body piercing**), long fingernails, nail polish, or heavy make-up will be allowed during practice or games. Hair must be pulled up in soft clips or pony tails.
- Cheerleaders are to be on time to practices and games. The coach will inform the cheerleaders of the times for each.
- Socializing during athletic events and practices is prohibited. No one is allowed to go into the stands or lobby during the game.

For safety reasons, **all practices are considered CLOSED** unless an exception is made by the coach.

- Smoking, drinking, and drugs **WILL NOT** be tolerated. Cheerleaders caught breaking this rule will be disciplined according to the Sanderson Athletic Participation Policy. You are expected to be a positive role model for the school and community.

- Cutting class, suspension, or other actions resulting in school disciplinary procedures will result in possible dismissal from the squad.
- A fair amount of risk is involved in building pyramids and partner stunts. Therefore, cheerleaders are expected to know and follow all safety regulations set up by Wake County and the N.C.H.S.A.A. Cheerleaders should not stunt or practice unsupervised.

Remember: The COACHES are in charge of the team. Failure to comply with the demands of the coach will result in dismissal. Although we have tried to include those rules important to the program, we are sure some may have been forgotten. It will be the responsibility of the coach to make other decisions when the situation merits it.

Cheerleaders: You are expected to have the same dedication and commitment to cheerleading that is required of football, basketball, or any other sport.

Please sign and return the bottom portion only.

We have read and understood the rules and guidelines for the Sanderson cheerleading program.

Parent/guardian signature _____ date _____

cheerleader signature _____ date _____

Team Commitment Pledge Sanderson Cheerleading

I, _____, and my parents/family have read all the rules and policies regarding Sanderson cheerleading. We have agreed as a family to support all the policies and realize that the practice/game/competition calendar is very important. We commit to being at all practices, games, and competitions and realize that we cannot schedule family trips during these times. We realize this policy is in effect for both the JV and Varsity teams.

Cheerleader signature _____ date _____

Cheerleader name (please print) _____

Parent signature _____ date _____

Parent name (please print) _____