**Rules and Regulations for NDHS Cheerleaders**

**2024-2025**

Cheerleading is a sport. It is a team effort to put forth and encourage spirit within the school in which you participate. Co-operation and patience help to form a better team and adds to the development of our own character. We must always keep most forward in our mind that we represent our school. Our attitude and performance will reflect back on those who had taken the time to instruct us through the years. Let us not only take part in a sport, but be a good sport as well.

The following rules and regulations must be reviewed by every cheerleader and their parent(s). After reading, please sign and date the section of this form that is attached. This form must be handed in to Mrs. Fenton on the first day of practice, August 12, 2024. Any cheerleader, who does not hand in her signed rules and regulation slip by the end of the first week of practice, will not be afforded the opportunity to participate in cheerleading this year.

**Rules & Regulations**

1. You must maintain your academic standing. If any cheerleader is failing two or more subjects and her name appears on the PIAA checklist for the week, she will not be allowed to practice the following week or participate in any scheduled games for that week. She will however attend scheduled games to support her team. This is not a punishment by any means, rather a concern by a coach for her cheerleaders and their academic progress. Cheerleaders are students first and any sport should be second on the list. Grades are important. If there is a problem with a particular course, I will do my best to help the cheerleader.
2. **NEW: ANY CHEERLEADER WHO IS TARDY MORE THAN 5 TIMES IN A QUARTER WILL BE SUSPENDED FOR A GAME. IF TARDIES EXCEED 10 TIMES THE CHEERLEADER WILL BE SUSPENDED INDEFINELTY.**
3. Notre Dame has a very strict, zero tolerance policy regarding the use of drugs, alcohol, and or vaping. Be sure you have read the school’s policies on this matter. Any cheerleader involved with these banned substances (on or off school property) will be dismissed from the squad.
4. Any serious violation of school policy may be just cause for dismissal from the squad.
5. All cheerleaders are expected to be punctual for all practices and games. The essence of cheerleading is participation. If a member is not regularly in attendance at all the required games and practices, she cannot hope to be an effective leader of school spirit. Work will not be an excusable reason for missing practices or games or for leaving early from practice or games. Dental and doctor appointments should be arranged (when not an emergency) around the cheerleading schedule. **That is why you are being provided with the majority of your practice dates and games/matches for the fall**.
6. All cheerleaders must take provided transportation. A parent can only take their daughter home, if they have provided the coach with a note one day prior to the football game (basketball and wrestling – cheerleading is only home until playoffs).
7. No cheerleader is excused from a practice or event unless she (this is not mom or dad’s responsibility) personally sees the coach. If a cheerleader fails to comply with this rule, she will receive a game suspension.
8. As a member of the cheerleading squad, you may occasionally be asked to do some non-related service for the school. These extras are to be done cheerfully.
9. You are responsible for maintaining all of your equipment. Your uniform is your responsibility not your mother’s. Students will be charged for any damage to the cheering uniform.
10. All cheerleaders are expected to travel in either their uniform or warmup.
11. All cheerleaders must attend postponed games. Work and dancing lessons will not excuse someone from a game/match.
12. There is to be no mounting of any kind without one of the coaches present. There is also to be no practice held without the head coach or assistant coach being present.
13. If a girl is injured during a practice or game, she is to notify the coach immediately so that she can get the proper medical attention. All parents will be contacted regarding any cheerleader involved in a cheerleading accident.
14. Your attitude is to reflect the high standards of the squad. Put downs of other team members either at practice, in school or on social media (snapchat, Instagram, Twitter, texting, etc.) **WILL NOT BE TOLERATED.** When given deadlines or responsibilities, you will be expected to meet the deadlines and live up to your responsibilities.
15. As a coach, I reserve the right to deal with any individual who continuously demonstrates unwillingness to conform to the rules.



**Signature form must be returned to Mrs. Fenton on the first day of practice,**

**August 12, 2024**

**PARENT / STUDENT SIGNATURE PAGE**

**CHEERLEADING RULES AND REGULATIONS**

**2024-2025**

**Parents,**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have read the rules and regulations that will govern my daughter during the 2024-2025 school year. I understand that my daughter must abide by these rules at all times. I am also aware that there will be consequences for those individuals who do not abide by the rules and regulations.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_**

 **Parent (s) Signature Date**

**Cheerleader,**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have read the rules and regulations that will govern me during the 2024-2025 school year. I am aware that I am responsible for abiding by the cheerleading rules. I am also aware that if I do not abide by the rules set forth for me by the coach, that I may face serious consequences. I will try to the best of my ability to obey the rules and regulations.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_**

 **Cheerleader Signature Date**