

Welcome Cheerleaders and Cheer Parents to the 2022-2023 CPMS Cheer Season!

Coaches:

Coach Hollenbaugh-Head Coach **TBA**-Assistant Coach
ahollenbaugh@cpsc.k12.in.us
317-205-4510 → emergencies ONLY!

Communication:

- Email is the preferred contact platform when reaching out to a coach. Please use this method first when contacting a coach. Calls or texts to the coach's personal cell phone should **ONLY** be used in the case of an emergency. All contact regarding absences to a practice or game **MUST be in the form of an email for documentation purposes!** (Potential issues may still be discussed in person with the coach, however if an email to the appropriate coach for the grade level squad is not also sent, the coach does not guarantee that an absence will be excused.)
 - In order to manage the communication from the MANY cheerleaders and parents we have this year, please contact the appropriate coach for your daughter's squad:
 - Coach Hollenbaugh- 8th Grade & Competition Squads
 - TBA- 7th & 6th Grade Squads
- Email is also the method that will be most commonly used to get information out to parents. Please check the email account you gave us frequently through the week to stay up-to-date.
 - For urgent matters (ie: a last-minute game cancellation due to weather), the coach will use Remind.com texts that will go directly to your phone to ensure the information gets out to all parents and cheerleaders in a timely manner.
 - **ALL parents and cheerleaders should please text @cpms-cheer to 81010 to sign up for the Remind.com texts.**
- Google Classroom will be the method used to communicate with cheerleaders. Cheerleaders should check Classroom frequently to see what needs to be completed, what should be practiced at home and/or to see other important information.
- If any concerns should arise throughout the season, please contact the coaches first and then Mr. Treesh, the Athletic Director. (Please see Parent Code of Conduct)
 - Likewise, if any concerns should arise with a cheerleader, the coaches will talk to the athlete first and then notify the parents if necessary.

WARRIOR CHEERLEADING

2022-2023 Season Rules

PHYSICAL APPEARANCE

▶ Nails: All cheerleaders will have nails filed and cut down. Nails should not be seen over the finger. **ABSOLUTELY NO FAKE NAILS DURING SEASON!!!** Nail polish (clear included) is never allowed on game days or competitions!!! If a cheerleader comes to a game unprepared we will first try to find a file or remover. If nails cannot be fixed before game time, the cheerleader will sit the bench during the game.

** NFHS Spirit Rule 2, Section 3, Article 2 **

▶ Hair: Hair is required to be up off the neck and shoulders for all practices, games, and competitions. Bangs must be neatly trimmed and kept out of the eyes with bobby pins or clips.

ALL HAIR FOR COMPETITION WILL BE THE SAME AS STATED BY COACHES.

** NFHS Spirit Rule 2, Section 3, Article 3 **

▶ Jewelry: Absolutely no jewelry (*this includes hair ties around wrist*) is allowed at practice, games, or competitions. Coaches are not responsible for lost jewelry. Please make sure to take it off and put it somewhere safe before practices, games, or competitions.

** NFHS Spirit Rule 2, Section 3, Article 1 **

▶ Uniform: Cheerleaders must wear the designated outfit to school (as stated by coach). Cheerleaders must wear the complete designated game uniform (as stated by coach), which includes bows, socks, poms, etc. to all games. Failure to do so will result in the cheerleader being benched for the game.

ATTENDANCE

▶ Practices: Cheerleaders must be in attendance for **all practices** unless ill or a family emergency occurs.

* In the case of an injury, the cheerleader is still required to come to practice in order to keep current on changes and new material taught at practice.

* Doctors, Dentists, etc. appointments are **NOT** excuses to miss practice. Please schedule all appointments around practices. You are given the practice schedule far enough in advance in order to accommodate appointments/extracurricular activities.

* If, for any reason, your child has to miss practice or leave early, a parent must contact the coach as soon as possible in order to plan accordingly for that practice's activities. Please do not email the day of practice (**unless ill**).

* **Coaches are not notified of illnesses by CPMS.** If your child is ill and not attending school please make sure to contact the school AND email Coach.

* We are aware that situations may occur that will cause an athlete to miss practice or leave early. We will take these as they come. The most important part of this is that **both** the parents and cheerleaders are communicating to Coach about these situations.

* If a cheerleader receives an after school detention, the athlete must immediately come to practice after the detention is served. Coach must be notified of this detention before practice of the day it is to be served.

* If a cheerleader receives a Thursday School, this will count as an unexcused practice. Thursday Schools will not allow the athlete the ability to come to practice.

* In case of an ISS/OSS the cheerleader will not be allowed to cheer at the game following the ISS/OSS.

Consequences for Unexcused Practices

1st unexcused practice: benched for 1st half of the next game

2nd unexcused practice: benched for entire next game

3rd unexcused practice: benched for next two games

4th unexcused practice: removal from squad

** Unexcused practices are those in which an athlete fails to come to practice without being excused from the coach. Coach will inform the cheerleader whether the practice is excused or not.

* Arriving late to practice is unacceptable. For practices after school, cheerleaders must stay in their last period class until athletes are dismissed. They are then expected to report to the designated practice space and must be dressed and ready to begin practice by 3:00 PM. In the event that a cheerleader does arrive late to practice and does not have an excuse from a teacher or had previously discussed tardiness with coaches, a consequence will be assigned at the coach's discretion (ie: running laps, 8-count push-ups). These will be completed during the breaks under a coach's supervision.

* Cheerleaders will be dismissed from practice at the time stated on the calendar. ALL cheerleaders are then expected to help roll up the mats and put them away properly. **Parents, please ensure that you are prompt in picking up your daughter, as the coaches cannot leave until the last athlete has been picked up.** Late pick-ups may result in removal from squad.

GAMES

- ▶ If a cheerleader misses a game without notifying the coach, athlete will be benched for the next game.
- ▶ If a cheerleader misses more than one game (excused or unexcused), athlete will be immediately removed from the squad.
- ▶ In order to cheer on game day, the cheerleader must be in attendance at school for at least four periods.
- ▶ Coming unprepared for a game (i.e. missing bow or poms) will result in the cheerleader being benched for the game. Please make sure to pack your cheer bag the night before a game and double check it before arriving to the game!

ACADEMICS

- ▶ Athletes are required to keep their grades up in order to be eligible to cheer.
- * Cheerleaders are STUDENT-Athletes at CPMS. As such, SCHOOL COMES FIRST!!! If a cheerleader needs to makeup a test/quiz after school, the athlete must let the coach know first, then they can makeup the test/quiz and come late to practice. Same goes for extra help in certain classes. Please just let the coach know first.
- ▶ Cheerleaders should always do their personal best, follow the Warrior Way, and give 100% effort in school and on school work. Missing homework is not tolerated. If coaches are contacted by a teacher regarding missing work or behavior, a conference will be held between the coaches and the cheerleader. If the behavior continues, the cheerleader may be removed from the squad.
- ▶ Coach/Athletic Director will check grades at midterm and again at the end of the 9 weeks/Semester. Any girl receiving a D/F on their midterm will have a conference with the coaches to determine a plan to bring those grades up by the end of the 1st 9 weeks. If a cheerleader has one F she will not be allowed to compete at any competitions or cheer at games after this date!!!!

CPMS Squad Expectations

2022-2023

All Squad Members are required to follow the **Warrior Way**. The Warrior Way is the CPMS school-wide guideline for Expectations. The 3 BE's apply to our Squad Expectations as follows:

Be Responsible

- Be on time and prepared for all practices, games, and competitions.
- Knowledge and execution of material is a must for a cheerleader to cheer at games or compete. As such, it is an absolute necessity to practice at home!
- Bring all required materials to all practices, games, and competitions.
- Ask for help when necessary.
- Understand your strengths and weaknesses and work on areas that need improvement at home.

Be Respectful

- 100% effort is required at all practices, games, and competitions.
- Flexibility is a must!!! There are times when a change might have to occur in order to best fit the squad/routine. Please be open and willing to comply with these changes. Remember, there is no **"I" in TEAM**...so you need to be ready to do whatever is needed for the **TEAM**.
- Girls are required to be on their best behavior both in and out of school. Please remember that it is a privilege to be a member of the Cheer Squad and that you are a representative of CPMS. What you do reflects on you, **OUR SQUAD**, and your school!!!
- Please remember that there is always someone watching and looking up to you. Be an example! ☺
- Inappropriate or disrespectful language is not allowed/tolerated at any time.
- **Respect yourself, the coaches, fellow squad members, as well as athletes and staff members from opposing schools at all times! Practice good sportsmanship!** Criticizing, blaming, or disputing with teammates, coaches, opponents, referees, judges, etc. will not be tolerated.
- Be respectful of the areas we use for practices/games. Clean up after yourself!
- Take care of your uniform! It is CPMS property...it should be returned at the end of the season in the same condition that you received it.
- **CELL PHONES ARE NOT ALLOWED AT PRACTICE OR DURING A GAME!!! THEY WILL BE CONFISCATED IF NOTICED BY THE COACH AND GIVEN BACK AT THE END OF PRACTICE.**

Be Safe

- Practices and games are to be taken **SERIOUSLY!** Goofing around and talking **WILL NOT BE TOLERATED!** This, over anything, is a safety concern. If you are fooling around/talking/laughing, you may injure yourself or someone else.
- If current mandates require, wear a mask and adhere to social distancing rules.

Consequences

Athletes will receive consequences for: not meeting expectations, not abiding by school rules, teacher contacts to coach, etc. Consequences may include, but are not limited to, the following as determined by the coaches:

- Conference with coaches, reflection on behavior
- Parent Contact
- Removal from squad

CPMS Cheer Parent Code of Conduct

Interscholastic sports programs promote the physical, social, and emotional development of student-athletes and Clark-Pleasant Middle School strives to meet goals in this development. Because of this, parents should encourage student-athletes to embrace the values of good sportsmanship, and should model good sportsmanship by demonstrating fairness, respect, and self-control.

For a student to participate in Cheer at CPMS, the student's parents must obey this Code of Conduct. Parents must be responsible for their words and actions while attending a CPMS athletic event, home or away, and obey this Code of Conduct.

Parents must not engage in or encourage their child or anyone else to engage in:

- Unsportsmanlike conduct with any coach, parent, participant, official, or other attendee
- Any behavior that would endanger the health, safety, or well-being of any coach, parent, participant, official, or other attendee
- The use of profanity
- Treating any coach, parent, participant, official, or other attendee with disrespect based on race, creed, color, national origin, sex, sexual orientation, or ability
- Verbal or physical threats or abuse of any coach, parent, participant, official, or other attendee
- Initiating a fight or scuffle with any coach, parent, participant, official, or other attendee
- Coaching any player from the sidelines or stands during practice or competition, as this may be distracting to the individual and the team, and may directly conflict with the coach's strategy
- Approaching a coach to discuss the coach's strategy during or after a practice/game/competition. Please wait until the next day to contact the coach. Parents must address any concerns with the coach's approach directly with the coach, in a respectful manner, at an appropriate time (never on the same day as a game or competition). If the concerns are not then addressed to the parents' satisfaction, they may then contact the athletic director to schedule an appointment to discuss any concerns with the coach and athletic director

Parents who violate this Code of Conduct while attending a CPMS athletic event, home or away, will be subject to disciplinary action by authorized meet or school officials, including but not limited to the following in any order or combination (depending on the violation):

- Verbal or written warning
- Suspension or immediate ejection from an athletic event; and/or
- Season suspension or multiple season suspension

Risk of Injury Acknowledgment

By allowing your child to participate in CPMS Cheer, you acknowledge, appreciate, and agree that:

- The risk of injury to your child from the activities involved in Cheer is significant, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.
- You and your child knowingly and freely assume all such risks, both known and unknown and assume full responsibility for your child's participation.