

John Milledge Academy 2019-2020 Cheerleading Covenant

I. Purpose

- To promote and uphold school spirit, develop a sense of good sportsmanship among the students, and to build better relationships between schools during athletic events.
- To represent JMA in invitational, regional, and state competitions.

II. Participation

Cheerleaders are expected to be at **all** cheerleading activities. Excused absences are school related activities, death in the family, or major illness. Unexcused absences are non-school related activities, work, mild sickness (including headaches, cramps, etc.) Doctor/dentist appointments are **not** excused. These need to be planned around cheerleading practices and events.

After 3 unexcused absences, the cheerleader may be considered for dismissal from the squad.


*Extra practices may be called on late notice.

*Practices **will** be held on teacher work days and other days that students may have off throughout the season, such as holidays, etc.

III. Tardies/Early Leave

Tardies to or early leave from a practice or activity will result in extra conditioning (or other consequence set by the coach). If the requirements are not satisfied before a game, competition, or activity, the cheerleader will not be able to participate.

If this is a frequent problem or if late notice is given – the amount of time being late to/leaving from practice can add up to an unexcused day of practice.

Per the Handbook  Cheerleaders must be in attendance for all periods on the day of a competition/game/practice in order to participate. Should school be canceled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified.

IV. Work - It is almost impossible for cheerleaders to have jobs. There are often situations in which we have to change our practice times daily. Work is **never** an excused absence from cheerleading.

V. Cheerleading Protocol

- **Cheerleaders must wear red lipstick for all games and competitions. No Exception!**
- Cheerleaders **will NOT** have on earrings (or any other jewelry) any time the team is together. This includes practice, games, pep rallies, etc. (this is also covered in Section VI Appearance, Uniforms and Equipment)
- If cheerleaders are told to wear jewelry (for a picture or personal appearance) they will need to have medium pearl earrings. (never wear with uniform unless told to)
- **Phones will be placed in phone bucket at the start of practice, games and competitions. NO excuses.** Parents may contact me if they need to get in touch with their daughter(s).
- **Hair will be in a straight back High Pony tail for all games. (NO half up-half down).**
- Cheerleaders are expected to be at all conditioning and practices. If they are not, someone else will be put in their spot.
- Cheerleader **MUST** wear appropriate apparel while at practice. Outfits will be designated for certain practice days.
- Cheerleaders are expected to keep up their skills. If they do not continue to perform the skills thrown at tryouts, they may be demoted. Placement on Varsity is never final.

The following are *not* acceptable and will not be tolerated:

- Talking excessively during games to other cheerleaders
 - Talking during a game to spectators
 - *Chewing gum at games or practice
 - Romancing with boyfriend/girlfriend while in uniform (no physical contact)
 - Cursing or vulgar language
 - Talking during the National Anthem/Silent time or while a player is injured
 - Talking during instruction time during practice or game
 - Complaining*****
 - Gossip/disrespect to other squad members
 - **Inappropriate use of social media**
 - **Vaping, smoking, or drinking alcohol**
- Any of the above in excess may be grounds for dismissal from squad, benching of game and/or immediate consequence of extra conditioning.
- Benching of game and/or immediate consequence of extra conditioning, etc. can be imposed for not following the previous bulleted section.

**If a cheerleader is benched, he/she will sit with the coach the entire length of the activity with no socializing or cell phone.

☞ Disrespect to **administration, faculty, staff** or disrespect to **cheer coaches** may result in dismissal from team. Talking back in any form to any of the above will not be tolerated (disrespect)! Talking back (and eye rolling) is DISRESPECT and will be handled in the form of extra conditioning, benching, probation and/or removal from the team. (EX. Do not try to argue that you do not like lipstick and don't want to wear it... If the coach states something to be done or worn, there will be no discussion.)

-It is a privilege to be a part of the JMA Cheer Squads and each member will act in a respectable manner.

-No member is irreplaceable and will not be treated as such. Always remember: for every member chosen, there are many that would love to take their place.

Other grounds for dismissal

- Breaking school rules – (pertaining to the John Milledge Handbook)
- Repeated emails from teachers about classroom behavior, etc
- Smoking, drinking, or using drugs
- Failing more than one subject per semester-**this is different than the JMA handbook; I WILL hold you to a higher standard.**
- Getting in trouble with law enforcement
- Inability to work as a team
- Benched more than 3 times
- Inappropriate material on social media that represents yourself and/or JMA negatively (note – actions/info on the internet should still follow JMA cheer standards and covenant)
 - First offense – benching of one game/competition
 - Second offense – considered for dismissal
- Any other behavior deemed inappropriate or detrimental to the team by the coach.
- Repeated write-ups at school
- Coach's discretion/overall good of the squad

☞ You start representing John Milledge Academy the minute you become a part of any JMA Cheer Squad. Your actions reflect back on to your teammates and school.

VI. Appearance, Uniforms and Equipment

- *Hair must be pulled back for all games/practices/competitions
- *Jewelry of any kind may not be worn to any game/practice/competition. This includes tongue rings, belly rings, earrings, rings, necklaces or bracelets. (Medical alert charms and religious medals are exceptions but must be taped to the body) This is for safety reasons and **IS** a National Cheerleading Rule!
- *Cheerleaders may not have nails that can be seen over the fingertips. (NO ACRYLIC NAILS)
- All uniforms are property of JMA.
- No one squad member may change out of the uniform during an event. (Example: At a competition, everyone must remain in full uniform from the time we put it on, until the time we return to the bus.)
- Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of replacing the uniform. (\$300)

VII. Transportation

Varsity Cheerleaders are to ride the bus to and from all games and competitions. **Cheerleaders will not be allowed to ride home with parents.** This is a new rule and it WILL be upheld.

VIII. Financial Commitment

Unfortunately, Cheerleading is not a cost effective sport. There is a pricing guide attached. Cheerleaders will be responsible for the entire financial commitment. Some people may have to pay more than others depending on what you have/don't already have. If you cannot commit to the payments, please consider this before trying out.

By signing below, I am stating that I have read the John Milledge Academy Cheer Covenant and I agree to follow the stated rules and regulations.

Cheerleader: _____
Signature and Date

Parent: _____
Signature and Date

Please read and initial each of the following: **(Cheerleader and Parent)**

_____ I understand that I will be expected to bear the expense of uniforms, camp, clothing, clinics and other costs that may arise during the season.

_____ I understand that I must respect my/my child's coaches, teammates, administration and faculty at all times. I understand that I must be a team player at all times.

_____ I understand I/my child must attend all practice sessions, activities and games scheduled throughout the season.

_____ I understand that I/my child must attend summer camp and other activities/practices planned during the summer and other holidays throughout the season.

_____ I understand that I/my child represent John Milledge Academy and will act in a way that will reflect on the school/team in a positive manner.

_____ I understand that once I/my child makes a team, my/her participation/behavior throughout the season will be taken into consideration during the following tryout.

_____ Parent/Guardian - I understand that if my child quits or is removed from the team for any reason – no refunds will be issued.

I am PROUD to be a JMA Trojan! You, me, us, together!!