

Pretzel Cheerleading Rules

HS Competitive Cheer

HS Football Cheer

JH Competitive Cheer

Duties

1. The New Berlin Cheerleading squads will cheer at their respective sporting events. (Football squad- All Varsity Football Games; HS Competitive- All JV and Varsity Basketball Games; JH Competitive- All 7th & 8th grade Basketball Games.)
2. The competitive squads will compete in the IESA (JH), IHSA (HS) and ICCA (JH & HS) State Series.
3. To perform cheers & chants that are sportsmanlike in nature.
4. Regardless of the outcome of the game, a Pretzel cheerleader should try to keep school spirit high.
5. A Pretzel cheerleader is expected to be enthusiastic about cheerleading.
6. A Pretzel cheerleader should do his/her best to discourage any undesirable behavior from the crowd.

Membership

1. Membership will be open to all New Berlin students, boys and girls.
2. Members will be chosen at an open tryout held in the spring with another high school competitive tryout in the fall.
3. The number of members chosen will fluctuate.
4. Alternates may be chosen and his/her duties will be decided by the coach.
5. Students will be able to participate in both cheerleading and volleyball, but must be willing to commit to both schedules.
6. Cheerleaders must be willing to commit to the financial obligation of cheerleading including summer camp, uniform pieces, and shoes. An estimate of the financial obligations will be provided prior to the tryouts.

Eligibility

1. Cheerleaders must maintain passing grades according to the New Berlin Athletic Standards.
2. Ineligibility lasts from Sunday through Saturday. Any cheerleader(s) found ineligible Friday must cheer at events that weekend; ineligibility begins on Sunday.
3. Ineligible cheerleaders will be required to attend all practices.
4. Ineligible cheerleaders will be required to attend all games, dressed in street clothes and will sit with the coach. An unexcused absence will be issued for a missed game while the cheerleader is ineligible.
5. The third week a cheerleader is ineligible; she risks dismissal from the squad. This will be determined by the coach.

Conduct

1. Cheerleaders will conduct themselves in a professional manner.
2. Cheerleaders will promote good sportsmanship.
3. Cheerleaders will be mindful of the image they project in the community and will be positive representatives of New Berlin CUSD #16. Inappropriate behavior will not be tolerated.
4. Behavior referrals at school will not only result in the discipline assigned by administration, but also consequences at cheer. One behavior referral will result in a one on one discussion between the cheerleader and coach. Two behavior referrals will result in a discussion between the cheerleader, parents, and coach. A third behavior referral will result in dismissal from the squad. This refers to the school year, not only the cheer season. Major offenses are at the coach's discretion.
5. Possession of alcohol, drugs, or tobacco will follow the penalties of the Pretzel Athletic Handbook.

Practice

1. Attendance at all practices is extremely important on a competitive cheerleading squad. When practices are missed, the team must review and teach material a second time. This wastes valuable time. Practice schedules will be set as much in advance as possible. However, there will be times during competition season when additional practices will be needed.
2. Excused absences will be limited to illness (you must notify the coach on the day you are ill), family emergency, doctor's appointments, and other school sponsored sports and activities. The coach has the final decision if an absence is excused.
3. Work will only be an excused absence if an originally scheduled practice is changed by the coach.
4. After three unexcused absences the coach may dismiss the cheerleader from the team.
5. Cheerleaders will be dressed in appropriate attire for practice; shorts, t-shirts or tank tops, and tennis shoes.
6. Cell phones will be turned off or on silent during practice.
7. Cheerleaders should be dressed and on time for practice.
8. Practices are closed to athletes and coaches only.

Communication

1. The coach and cheerleaders will communicate using the following methods:
 - a. Handouts-practice, game and competition schedules will be determined as much in advance as possible and calendars will be given out.
 - b. School announcements-it is the cheerleader's responsibility to listen to the announcements.
 - c. Text messages
 - d. The cheerleader is responsible for communicating any other school commitments to the coach with at least one week notice. There will be no penalty given to the cheerleader but changes to a performance may be made by the coach if necessary.

Games

1. Attendance at all games is extremely important on a cheerleading squad. When games are missed, the team must redo gameday material. This wastes valuable time. Our game schedule will be given with as much advance notice as possible.
2. All cheerleaders will ride the bus to away games unless arrangements are made ahead of time. Special circumstances need to be approved by the coach and the athletic director.
3. Cheerleaders will be permitted to ride home from games with his/her own parent or another responsible adult (over the age of 18) if a note is provided.
4. Games are mandatory and excused absences will be limited to illness (you must notify the coach on the day you are ill), family emergency, doctor's appointments, and other school sponsored sports and activities (with proper notice to the coach). The coach has the final decision if an absence is excused.
5. An unexcused absence from a game will result in sitting the bench at the next game.

Uniforms

1. Cheerleaders will be expected to take proper care of the school-owned uniforms. Uniforms must be returned in good condition, or a bill for replacement will be issued.
2. Cheerleaders will be expected to purchase parts of their uniform (briefs, midriff, etc.)
3. Cheerleaders will be in complete uniform (including socks, hair bows, briefs) when they are representing the team as a group. If not, that cheerleader will sit on the bench and support the team.

4. When a cheerleader arrives for a game/event, home or away, she/he is expected to be in complete uniform and ready to cheer.
5. Acrylic nails are not allowed during football or basketball/competitive cheer season as they are a safety risk when stunting and tumbling. Natural nails must be kept at "sport length".

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School Year: _____

We have read the Pretzel Cheerleading Rules and understand the rules will be enforced.

Parent Signature

Date

Cheerleader Signature

Date