A Message from the Fox Lane Coaching Staff:

It is our pledge to the students, parents, and community to continue to organize, support, conduct, and maintain a high quality of cheerleading at Fox Lane High School. To support that goal, this contract has been created in order to clarify the cheerleading program guidelines.

When you become a member of the Fox Lane Athletic Program, we hope this experience will prove to be a deep and meaningful commitment. The benefits of participating in this program will remain with you for the rest of your life. You will automatically assume a leadership role when you become a cheerleader. The school, student body and home communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you contribute greatly to school spirit and community pride.

You assume many responsibilities when you put on the Red, Black and White uniform of Fox Lane High School. We sincerely hope that you enjoy your experience and live up to these responsibilities. The kind of athletes we are today may very well determine the type of adults we will become tomorrow.

Sincerely,

The Fox Lane Cheerleading Staff

Nicole Ryan- Coach

Nicole Domizio - Coach

# MCj03056690000%5b1%5d**Our Team Philosophy**

It is the purpose of our cheerleading squad to promote and uphold school spirit by representing Fox Lane High School to the highest degree. As an organization, our coaches and athletes work together to illustrate good sportsmanship/citizenship—both on and off the playing fields. Involvement in community service, fundraising, and supporting other teams/squads is also a part of the citizenship that Fox Lane Cheerleading seeks to develop.

The coaches are dedicated to assisting the cheerleaders in their development of athletic and leadership skills. In addition, coaches promote the development of effective time management skills and ensure equal opportunity to all students: without regard to gender, race, color, creed, religion, national origin, or economic status.

Showing courtesy to all teammates, peers, school staff, and community members is essential to demonstrating the expected social and athletic standards of Fox Lane.

Coaches and athletes also strive to work in harmony. Aside from sportsmanship, Fox Lane Cheerleading seeks to develop the social skills of its athletes by instilling cooperation, methods of teamwork, and appropriate behavior. This calls for all coaches and athletes to set an example of good behavior, *always*: at practice, games, in class, at all school functions, and outside of school.

**Tryout Process**

* Separate tryouts will be held for football and basketball/competition seasons.
* A candidate must be in the grades, 9-12 for the following fall and winter. Candidates in grades 9-11 may be selected for JV, grades 9-12 for Varsity.
* A candidate must be dressed appropriately, medically fit, and provide parental permission.
* A candidate will be required to participate every day after school during the week of tryouts. The cheerleading coaches will judge tryouts and acceptance of a candidate shall be on the basis of ability, the coach’s agreement, and acceptance of the squad rules.
* Candidates are accepted solely on the basis of ability as determined by performance at tryouts, the coaches’ agreement, compliance of the squad rules, and without prejudice.
* All members must have a current physical submitted to the nurse and the appropriate paperwork must be completed and handed in by **before tryouts**,
* **Note: Cheerleading must take priority over all other extra-curricular activities and work schedules for the entire time of commitment. All members are expected to take part in all fund-raisers and community service activities.**

**Attendance and Participation Requirements**

* All cheerleaders will attend and participate in ALL practices, games, competitions, promotions, and fundraising events. **These events (including camps, clinics and competitions) are mandatory.**
* Practice will be held **Monday through Friday, 3:30 – 5:30 at FLHS**

**Excused vs. Unexcused absence(s) from practices/games/competitions :** Coach must receive written or a verbal message from an athlete/guardian that the athlete will be absent from practice ***24 hours before the missed practice***. The reason for absence must also be provided. In emergencies, the member may notify the coach of the circumstances behind the absence after the practice.

* + **Excused absences**:
		- **Doctor’s appointment:** a medical note must be provided when the athlete returns.
		- **Family obligations:** weddings or grievances must be communicated by a parent through written and verbal communication.

**Consequences for unexcused tardiness/absence:**

* Unexcused **TARDINESS/ABSENCE** to practice/game/competition
	+ First Offense: Verbal warning.
	+ Second Offense: Suspension from ½ a game and parent notification.
	+ Third Offense: Suspension from an entire game/competition and a meeting with parents and coaching staff to discuss status of athlete.

\*If an athlete is tardy due to an after-school commitment, the tardy is excused **as long as** **the student presents a pass/note to the coaches.**\*

**Financial Responsibilities and Fundraising**

* Athletes are responsible for independently purchasing bodysuit, briefs, socks, sneakers, and practice clothing. **If there are any financial concerns, please contact the coach immediately.**
* Athletes are responsible for paying for Home Cheerleading Camp Dates (August 24 – 26)
* All cheerleaders will be responsible for participating in fundraising throughout the season. The money raised will be used to fund materials for the squad, camps/clinics, competitions, team activities, and uniform expenses.
* If an athlete chooses not to fundraise, she/he will be held financially responsible.

**Safety Regulations**

* School/County, Section and NFHSA rules and sanctions will be followed by the Fox Lane Cheerleading program at all times. Safety is our primary concern.
* NO jewelry can be worn – earrings, bracelets, necklaces, ankle bracelets, navel piercings – or any additional piercings, including “spacers.”
* A visible tattoo must be covered.
* Appropriate practice attire will be required at all practices—including cheerleading sneakers! Without the appropriate attire, stunting and some cheerleading techniques will not be practiced/executed.
* No stunting/cheering can take place without a coach present. **This is a serious safety concern!**
* **NOTE: If any athlete is not eligible to practice due to injury, suspension, etc., this athlete may be taken out of routines/stunt sequences in order to ensure the safety of the entire team when performing. The decision to incorporate the athlete (when ready to participate) in routines and stunting is left up to the discretion of the coach. Again, safety is the number one priority of all athletes and coaches.**

**Transportation**

* Cheerleaders will have to find their own transportation to and from practice/games.
* Cheerleaders will be provided with transportation from Fox Lane High School to away events/competitions and back to the high school.
* Cheerleaders may be taken home directly from an away game (Varsity only) or a competition with a note from a parent given one day (24 hours) in advance.

**Discipline: Probation, Suspension and Dismissal Policy**

* A cheerleader absent from practices or games because of illness more than 5 times in a single season will need to provide a doctor’s note and a conference with parents may be necessary.
* All cell phones must be on silent/vibrate mode at practice, games or events. In cases of emergency, parents PLEASE call the coach’s cell phone so that we may alert your child.
* Fighting, name-calling, cyber/texting bullying, threatening other cheerleaders or student body will not be tolerated. All members will respect each other and their privacy.

A cheerleader may be suspended from games/competitions for the following reasons:

1. Unexcused tardiness and absences
2. Failure to cooperate with coach
3. Cutting classes
4. Grade point average below a 65% (F).
5. Suspension from school will result in suspension from the squad.
6. The use of such substances at anytime during the Cheerleading season will not be tolerated and if such instances occur, parents and school officials will be notified and appropriate action will be taken.
7. Representing the team/school in a negative and/or offensive manner.
8. Absence of forms needed for eligibility
9. Unsafe/improper stunting methods
10. Loss of focus (excessive talking, distracting others.)

\*Academic decline: Coaches will require athletes to bring in their interim reports/report cards per marking period. Student progress/decline will be monitored and treated accordingly.

* The following violations will be grounds for immediate suspension from the team if it occurs **ANYTIME** during the season (this includes **weekends**):
* Underage alcoholic consumption
* Drug use
* Use of tobacco products
* Use of steroids or any other controlled substance
* Failure to leave a party, social event or location where the items mentioned above are evident
* Fighting/Cyber Bullying or Text Bullying.

## Uniform Responsibilities

**Uniforms:** Cheerleaders are responsible for, and must return, any equipment/uniform issued by the Fox Lane Athletic Department. The cleaning of uniforms is not necessary, but maintenance is to ensure its longevity. All cheerleaders must return their assigned equipment/uniform to their coach two days after the last game/event. Fox Lane Cheerleaders are responsible for the total replacement cost of any lost or damaged article. Additional rules governing cheerleaders and their uniforms are:

* Uniforms must be maintained throughout season(s). Team athletic uniforms, socks and shoes must be clean for every performance.
* All cheerleaders will have the same uniformed look when performing – including hair styles.
* Fingernails must be short; appropriate sports length. Nail polish, if worn, must be clear/natural color, red or black.
* Cheerleading uniforms are not to be worn off of school grounds (i.e. malls, restaurants, etc.) or loaned out to anyone for any reason.

***We look forward to a productive, safe, spirited Cheer Season and school year. We also thank you for your cooperation in helping to build a strong and accomplished Fox Lane Cheerleading Program! Let’s Go Foxes!!!***

**Fox Lane Cheerleading**

**Constitution**

**Team Member and Parent Contract**

I have read, fully understood and agree to all the terms addressed in the Rules, Regulations & Responsibility Program. I understand what my team members and coaches expect of me. I understand that failure to comply with these terms could result in not participating or dismissal from the squad without refund. By signing the contract, we agree to abide by all written rules and policies of the Fox Lane Cheerleading Program.

**Cheerleading Uniform Rental Agreement**

I realize that I am responsible for the care of the cheerleading uniform I have received from my coach for the 2015 - 2016 season. I understand that I am also responsible for the total replacement cost of any lost or damaged articles. All uniforms must be returned (labeled in a bag) when the season is over.

**Medical Treatment Authorization and Liability Release**

I, the undersigned parent or guardian, do hereby grant permission for my child to participate in the activity of cheerleading at Fox Lane High School. In the event that my child may sustain an injury or illness during participation of cheerleading, I hereby authorize the cheerleading coach or other supervising adult to obtain medical treatment for my child; therefore holding Fox Lane High School and its representatives harmless in the exercise of authority.

I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversions and rotation of the body, there is a possibility that my child may sustain physical illness or injury in connection with his/her participation.

I further understand that Fox Lane High School has established rules and regulations pertaining to conduct, behavior, and activities of all students and cheerleading participants, by which my child must abide during participation in this activity, and that my child and I will be responsible for their failure to abide by the rules and regulations.

**Fox Lane Cheerleading**

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**Fall 2015**

**Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Birth / Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City and Zip Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CHEERLEADER: Please provide the following information as the best means to contact you.**

**Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian: Please provide the following information. Please indicated primary contact**

**Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Day #**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Day #**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Physician: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Other Emergency (Name and Number): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Previous Injuries: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Submitted to Coach Ryan or Coach Domizio prior to tryouts on Thursday, November 12th***

**Fox Lane Cheerleading Tryouts**

Cheerleading tryouts for the Fall 2015 season will be held on August 17th and 18th. Cheerleading candidates will be assessed on jumps, cheer, dance, stunts and gymnastics.. The candidates are expected to work together to promote the success of all athletes. All material for tryouts will be made available, online, prior to the first day of tryouts

|  |  |  |
| --- | --- | --- |
| **Monday 11/9**3:30 – 5:30 FLMS GYM | **Tuesday 11/10**3:30 – 5:30 FLMS GYM | **Thursday 11/12** 3:30 – 5:30  |
| -Review/practice cheer- Review/practice dance-Practice jumps- Practice Stunts -Practice gymnastics-Run 1-mile for time | - Practice Stunts - Judged on Stunts - Review/practice Cheer-Review/practice Dance | - Judged on Jumps-Judged on Cheer-Judged on Dance-Judged on GymnasticsTryouts will be performed in groups of 3-4 athletes |

 **Tryout Timeline**

**Cheer**

Candidates will learn a short cheer with motions. Candidates will be judged on the clarity and power of voice, clean and stiff arm motions, overall spirit and energy, and effort in learning and executing the cheer.

**Dance**

Candidates will learn a short dance choreographed to music. Candidates will be judged on clean motions, overall spirit and energy, and effort in learning the dance and performing the dance.

**Gymnastics**

Candidates will be judged on their standing and/or running tumbling ability. Examples of standing and running tumbling are provided on the attached rubric.

**Jumps**

The candidates will be judged on one double-connected jump (front hurdler, side hurdler, or pike). The jump will be toe touch, right hurdler. The candidates will be judged on form (straight legs, toes pointed, arms straight) and height.

**Stunts**

Candidates will be judged on the difficulty and execution of stunts during an open stunt session. Athletes will have the opportunity to show their most difficult skill.

**Selection**

The candidates will be selected based on the attached rubric. The roster will be posted outside the athletic office and on our website, by candidate number, prior to first practice.

**FOX LANE CHEERLEADING Tryout Rubric Fall 2015 Candidate # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **CATEGORY** | **POINTS** | **COMMENTS** |
| **DANCE(score each)** *(1 – satisfactory; 2 – good; 3 – excellent)*Skill & Rhythm: 1 2 3 Motion Placement & Sharpness: 1 2 3Crowd Appeal/Enthusiasm: 1 2 3Sync with Group: 0 1 |  |  |
| **CHEER (score each)** *(1 – satisfactory; 2 – good; 3 – excellent)*Motion Placement & Sharpness: 1 2 3Voice Projection: 1 2 3 Crowd Appeal/Enthusiasm: 1 2 3Sync with Group: 0 1 |  |  |
| **TUMBLING (total)****Standing** Cartwheel/Forward Roll: 1 2BHS with spot: 3 4 5Standing Back Handspring: 6 7 8 Standing Tuck: 9 10 **Running**Round off with rebound: 1 2 RO back handspring: 3 4 5RO multiple back handspring: 6 7Ending in a Tuck: 8 9 Ending in a Layout or Full: 10  |  |  |
| **DOUBLE CONNECTED JUMP***(1 – Needs Improvement; 2 – Fair; 3 – Average; 4- Excellent; 5- All-American)*Toe Touch, Right Hurdler1 2 3 4 5 |  |  |
| **Stunt**

|  |  |
| --- | --- |
| **1** | *Displays accurate and appropriate body placement for stunting; can accurately describe “stunting safe”*  |
| **2** | *Prep or Extension – Sponge Down*  | *Struggle to hit* |
| **3** | *Extension – Cradle Down*  | *Bobble- Recover* |
| **4** | *One-legged Stunt – Sponge/Cradle* | *Slight Bobble* |
| **5** | *Stunt Sequence (3 or more stunts)*  | *Clean and Sharp* |

 |  |  |
| **1-Mile Run**8:30 and below (5 pts); 8:30 – 9:15 (4pts);9:16 – 10:00 (3pts);10:01 – 10:45 (2pt); 10:46 – 12:00 (1pt); Over 12 (0pts)  |  |  |

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**Fox Lane Cheerleading**

**Constitution**

I have **read, reviewed and understand:**

* + - * Cheerleading Guidelines, Rules and Policies
			* Tryout rubric
			* Calendar
			* Financial responsibilities.

I accept these guidelines as a requirement for being part of the Fox Lane Cheerleading organization.

**Cheerleader**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Print Name Signature Date

**Parent(s)/Guardian(s)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Print Name Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Print Name Signature Date

***Signed and Submitted to Coach Ryan or Coach Domizio prior to tryouts on Thursday November 12th***