

York Cheerleading 2018 Winter Contract



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Program Overview:

1. Winter season runs from October - March, with two main responsibilities: supporting York's Winter sports (primarily Boys and Girls Basketball) and competing in our IHSA competitive season.
2. Season includes: overall fitness conditioning, camps/clinics, skills training, team bonding, York Athletic game days, competitions, fundraisers, charitable events, and various performances / events.

Program Vision:

To be one of the most highly regarded and respected High School cheerleading programs in Illinois in all aspects, including: demonstrating leadership in school spirit and pride for all of York's Athletics as well as the entire school community, serving as positive role models within the local community, a consistently successful competitive program, and exceeding the standards for what it means to be a well-rounded student-athlete.

Communication

1. Email and app communications will be sent out frequently - athletes & parents must stay up to date.
2. Coaches will use the app "BAND" to supplement email communications. There will be 3 groups:
 - a. York Cheer Program (for all parents and all athletes), JV Group & Varsity Group.
3. Parents and Athletes should utilize email to communicate back to coaches in most instances.
4. Allow up to 1 business day for all email responses from coaching staff.
5. Phone calls to coaches are **not permitted** unless there is an emergency or the call was previously scheduled with coach(es). Discussing parent concerns without a meeting or phone call scheduled is inappropriate and the parent will be asked to adhere to York Athletic's Conflict Resolution Procedure (see below).

York Athletic's Conflict Resolution Procedure

1. First, the athlete should request a meeting 1-on-1 with coach(es) to be held before or after practice.
2. If there is no resolution from the first meeting, parents may then reach out to coach(es) to request a meeting.
3. Parents may not contact coaches regarding issues with their athlete unless there has been a coach-athlete meeting 1st.
4. If there is still no resolution from the first two meetings, parents may then reach out to the Athletic Director to escalate the issue. This meeting must include: coach(es), parent, athlete, and Athletic Director.
 - a. Athletic Director and Coach(es) will determine whether the specific issue requires a meeting.
 - b. Topics that will not require a meeting: athlete's position, alternate status, coaching choices, coaching style.
5. Parents may not request or hold a meeting regarding their athlete without the athlete present at the meeting.
6. Parents should not contact the Athletic Director without the prior steps completed first.
7. It is deemed inappropriate to discuss other athletes during most instances in order to respect other students.

Attendance

York HS Athletics Attendance Policy:

1. In order to participate in cheer on a school day, athletes **MUST** be in attendance for at least 4 academic periods that day. Lunch and study halls and study hall in place of gym do not count as academic periods.
2. To participate in cheer on a Sat or Sun, athletes **MUST** be in attendance for at least 4 academic periods on Friday.

York Cheerleading Attendance Policy:

1. Every scheduled cheerleading event on the provided calendars are mandatory and attendance will be tracked.
2. In case of an absence: **the parent must contact the coach by email BEFORE the scheduled event.**
3. There will be 3 unexcused absences max throughout the entire duration of Winter season. **Exceeding 3 unexcused will be grounds for removal from the program for the remainder of the season.**
4. Absences from any scheduled event will only be excused be for the following reasons:
 - a. Mandatory school event (academic) that requires attendance for a grade (must provide teacher's note).
 - b. Immediate family death
 - c. Severe contagious illness causing to miss a full day of school (must provide doctor's note for more than 1 day).
5. If a cheerleader is benched, "coded", out due to injury, or participating with an alternate status, the cheerleader will still be required to attend all scheduled events and any absences will be tracked.
6. **Tardies:** every 3 tardies to any scheduled event will be considered 1 unexcused absence, counting towards the 3 total unexcused policy. The only exception to tardies are for academic reasons (must provide signed teacher's note).
7. Missing a practice for ANY reason the week of a game will result in sitting out of the first half of the game, and may not be choreographed in game material for that game (quarters, time outs, half times, etc)
8. Missing practices for ANY reason will be grounds to have an alternate replace an athlete for competitions.

Health

Injuries:

1. If you are injured (in or out of practice) you **MUST** notify coaches and the York Athletic Trainers. A note must be provided if you need modifications or to be completely out. Coaches must see the note AND a copy given to Athletic Trainers.
2. To participate again, there must be another note clearing you to do so.
3. Unless there is a note documenting you cannot participate in a certain aspect, you are expected to participate.

4. If athletes need to be taped or see the trainers for any reason, it must be done before or after practice time.
5. If tardies for going to the trainer becomes excessive, or, it's noted that you show up late and/or should have reported to our practice sooner than you did...tardies will be then marked.
6. An athlete must take proper responsibility of the rehabilitation of any injuries and communicate any updates.

Illness:

1. Any health condition that requires specific medication or attention (allergies, asthma, etc) **MUST** be communicated to the coaching staff, school nurses, and York trainers. Any treatment needed **MUST** be on the athlete at **ALL** times (inhaler, epi pen, etc) and the location must be made known to coaching staff.
2. Athletes are expected to be present at all scheduled events unless they have a contagious illness or high fever.
3. Athletes must maintain their health. This includes: proper sleep, well-balanced diet, hydration, overall fitness, and making smart choices towards a healthy lifestyle. This also includes not sharing personal items (drinks, chapstick, makeup, etc).

York Cheerleading Athlete Expectations

Strike Policy:

1. There will be a 3 strike policy in place for the entire duration of the Winter season and will be tracked. Athletes will be notified when a strike is given. A meeting between athlete / coach(es) will be held if an athlete receives 2 strikes. A meeting between athlete, coach(es) & parent will be held if an athlete receives 3 strikes.
2. **Exceeding 3 strikes will be grounds for removal from the program for the remainder of the season.**
3. Strikes are given at the discretion of the coaching staff. This contract is an exhaustive list of all expectations of the athletes, however, there may be other instances not listed that a strike is given as necessary.
4. Gross misconduct (extreme circumstances of poor behavior and/or breaching of this contract) may place an athlete with a "final warning" status and given up to 3 strikes as deemed appropriate.
5. Receiving strikes will factor into: receiving an alternate status, routine position, participation in routines, game material, etc. Athletes may be benched from games and/or competitions due to strikes as well.
6. Strikes and benching consequences are at the discretion of the coaching staff as deemed appropriately.

Practice Expectations:

1. In order to be marked on time, cheerleaders are expected to be dressed in assigned practice attire, shoes on and hair all up **PROMPTLY** at the start time of practice and begin rolling mats.
2. Cheerleaders will store **ALL** personal items in their assigned athletic locker prior to practice.
3. Cheerleaders must bring a water bottle to practice (refillable preferred!) to maintain practice efficiency.
4. Cheerleaders must visit the athletic trainer for any pre-existing reasons prior to practice starting.

Game Expectations:

1. Cleared To Cheer / "CTC": Athletes must demonstrate a strong knowledge of all game material, including: sideline cheers, band dances, school song and any routines to receive a uniform and be Cleared To Cheer.
2. We will spend practice time teaching material; however, videos of all material will be available online so that athletes can practice on their own. It is the athlete's responsibility to know all material for games each week.
3. Cheerleaders must maintain knowledge of all game material throughout the season to cheer at games. Failure to be prepared for a game will cause for the cheerleader to be benched and/or strikes recorded.

Competition Expectations:

1. Cheerleaders must follow expectations as listed above in competition scenarios as well - with the same consequences.
2. Alternates must maintain knowledge of choreography and skills, as well as always be fully dressed at all times.
3. No spots are guaranteed and must be earned every day. Alternates and those in the routine must maintain their skills as well as **PROGRESS** their skills. Changes of athletes utilized in the routine, what skills utilized, formations, etc. can and will be modified throughout the entire season for the success of the teams.
4. Movement between JV and Varsity for athletes (either direction) may be necessary per coaches discretion.

Appearance Expectations:

1. Uniform/Warm ups/Cheer Apparel must be kept clean. Loss or damage of any pieces will be charged for replacement.

- Coaches will determine what athletes will wear to school on game days, and to any games, competitions or events. This must be followed exactly as a team. Failure to follow accordingly will result in a strike recorded.
- The only shoes that cheerleaders are allowed to wear while in full uniform at ANY TIME are cheer shoes.
- Hair: All long bangs must be sprayed or pinned back. (As per IHSA rules) if hair is not to standards, you will be asked to redo hair. Additionally, per IHSA rules, hair needs to be safely away from shoulders.
- Hair: Males are to maintain hair that does not fall in front of eyes or will need a headband/spray/pins to have off of eyes. Males must also maintain neat facial hair grooming.
- Fingernails must be kept neatly filed a short length. No long nails, acrylic nails, or polish is allowed per IHSA by-laws.
- Gum chewing is NOT permitted while at practices, games, or competitions.
- NO jewelry is permitted to be worn during practices, games, or performances. This includes ANY AND ALL piercings, cloth bracelets, hair ties, etc. The ONLY exception is a medical bracelet which must be taped down.
- Failure to meet any appearance expectations will cause for the cheerleader to be benched and/or strikes recorded.

Travel Expectations:

- All athletes are expected to take the bus for all events. If an athlete is not taking the bus due to an extenuating circumstance, a coach must be notified, and a Travel Release form must be completed.
- Failure to make a bus will result in the bus leaving without the athlete, and will be tracked via attendance policy.

General Behavior Expectations:

- Prepared:** Responsibility to stay up to date on all communications including schedules, announcements, etc.
- Committed:** Joining our program is an understanding that it is made top priority after academics.
- Positive Attitude:** Respect and sportsmanship as a representation of the York Cheer program in the classroom, at any school event, practices, games, and competitions. This includes teamwork within the program.
- Effort:** Athletes must be focused and give 100% effort at all times. It is an expectation that athletes work to improve their skills at all times. This includes putting in necessary work outside of scheduled practice time.
- Misconduct:** Foul language, disregard of safety for other teammates, major disrespect towards other athletes or coaching staff, inappropriate social media use, or overall gross insubordination will not be tolerated. Actions or behaviors in this category may call for more than 1 strike given, up to the immediate removal from the program.

Athlete Placement:

- Coaching staff will place athletes in certain formations and positions for the safety and success of the entire team. This includes coaching choices as to who performs in any routine or competition.
- As with any sport, athletes may move in or out of a routine, and, a "bench" of athletes are also necessary.
- Athletes may be moved up or down team levels (JV and Varsity) at any time as deemed by coaching staff.
- As with any sport, it is not appropriate for parents to contact coaches regarding coaching decisions such as this.
Inappropriate parent communication regarding these and similar topics will be referred to this section.

York Athletic's Codes of Conduct (expected to know - find details via York's Athletic Department):

- Zero Tolerance** (drugs/alcohol): York has their own set of suspensions from athletics, however, coaches may extend the suspension from cheer, or remove from program. You must still attend all scheduled events.
- Academics:** student-athletes must maintain passing grades. The athletic department sends out a list of "academically ineligible athletes" on a weekly basis and you are not able to participate at all until grades are up and you are off of the list. Must still attend all scheduled events. Athletes need to be responsible and communicate struggles with academics.

Parent Expectations:

- Communication:** Respectful communication and follow York Athletic's Conflict Resolution Procedure.
- Sportsmanship:** Parents are expected to maintain positive and sportsmanlike conduct at all games & competitions.
- Volunteer:** Volunteering time or donating items will be requested throughout the season.
- Support:** Parents are expected to support their athlete and the York Cheer program. This includes assisting your student-athletes success academically, athletically, and allowing the Coaching Staff to have a mutual mission with you towards fostering these young adult into positive role models.

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Sign Off Sheet

I have thoroughly read the entire York HS Cheerleading Athlete & Parent Handbook for the 2018 - 2019 Winter Season.

I have read and understand the rules and expectations required of me as an athlete and parent.

I understand that if there are changes made by the coaching staff I will be notified.

Athlete Name Printed: _____

Athlete Name Signed: _____ Date: _____

Parent Name Printed: _____

Parent Name Printed: _____ Date: _____