

ROCKLIN CHEER

Team Guidelines and Expectations

Congratulations on earning a spot on the team! Being a member of this team will provide you with multiple opportunities for leadership, athletic excellence, and community service. We take our role seriously and expect that our athletes will too. All cheerleaders are expected to conduct themselves in a positive and respectful manner at all times. Due to the visibility of our program, Cheerleaders will be held to a higher standard than the average student and even the average athlete. We have outlined those expectations here to avoid any questions in the future. – Ms. Devinna

RHS ATHLETIC DEPARTMENT HANDBOOK AND CODE OF CONDUCT

In addition to the guidelines outlined here, all RHS Athletes are also subject to the standards and consequences put forth by the RHS Athletic Department.

This document can be found on the [RHS Athletics Website](#)

Questions can be directed to Athletic Director: Ryan Spears
Rspears@rocklinusd.org

TRANSPORTATION:

RHS does NOT provide transportation for athletes.

Cheerleaders are responsible for securing their own rides to and from events. RHS Staff cannot be involved in assigning transportation

Please make reliable arrangements for prompt drop off and pick up from practice and games

GUIDELINES FOR ATTENDANCE

All practices, games, rallies and scheduled community events are MANDATORY

Each person is responsible to be informed of the dates and times of all cheer events

- **Excused Absences:**

The only excused absences are illness/family funeral/court appearance

The absence will be excused **IF** a coach is contacted by phone **BEFORE*** practice is scheduled to begin.

*A parent/guardian must then follow up within 24 hours to confirm the absence.

(a cheerleader who does not attend classes cannot participate in practice but is expected to attend if able)

All other activities/appointments should be scheduled around cheerleading commitments whenever possible

- **Unexcused Absences:**

All other absences are “unexcused”. Cheerleaders are allowed one unexcused absence per season. If a squad member is unable to attend a practice/event, she must contact her coach **one week in advance**. Failure to do so can result in suspension.

- **Missed Practices/Games:**

Missing a practice for **any** reason can result in the cheerleader being removed from a performance to be determined by the coaching staff.

Missing a game/rally/or similar event will result in the cheerleader being suspended from participation in future performance.

Suspension: Cheerleaders who cannot follow the above guidelines will be suspended from participation.

- Second unexcused absence in one season = 1 game/= parent conference/ contract
- Third unexcused absence in same season =Dismissal

- **Tardies:** Cheerleaders must be on time to all cheer events (practice, games, performances, community events).

Discipline for tardiness will be at the discretion of the coach.

- Practice- cheerleaders should be dressed and ready for practice to start ON TIME
- Games-
 - Pregame: dressed, warmed-up, at assigned time
 - Halftime: on sideline with 2:00 minutes to go (1:00 for basketball)

Running back in after the game has started is unacceptable

GUIDELINES FOR PRACTICE

Be on time and dressed appropriately

Blue, White, Gray, Black- T-shirt and Shorts
(spunks are recommended under shorts)

Socks and cheer shoes

* cheer shoes should be worn **ONLY** to cheer

Hair Up

Jewelry OFF- no exceptions

*DO NOT get a new piercing during the season, you
WILL have to remove it.

Keep nails short for safety purposes-coaches will alter
if necessary

GUIDELINES FOR SCHOOL

Cheerleaders are Student Athletes; being a STUDENT
come first. Cheerleaders must maintain a 2.0 GPA
with no more than 1 NM at any grading period. If/when
an athlete is declared ineligible, there is a 2 week
grace period to regain eligibility. Failure to maintain
academic eligibility can result in dismissal from the
team.

RHS Attendance policy requires student athletes to
“attend school for **the full, regular** school day to be
eligible to participate for that day”(practice, game , rally
etc..)

- Leaving Early /Arriving Late: MUST check in
with the ATHLETIC OFFICE as well as the
attendance office
- If attendance is due to court appearance/
funeral/ or medical appointment you may still
be eligible to participate but **ONLY** if you have
been cleared through the Athletic Office.

Cheerleaders are expected to represent themselves,
their team, their school, and their families with respect
and dignity at all times. Failure to do so will result in
disciplinary action including possible suspension and
dismissal. (see Guidelines for Behavior)

GUIDELINES FOR GAMES

CHEERLEADERS MUST ATTEND THE FULL SCHOOL DAY TO BE ELIGIBLE TO CHEER AT A GAME

Be on time and dressed appropriately

Check in with Coach and remain with team

Demonstrate Positive Sportsmanship AT ALL TIMES

There will be no snack bar breaks during your game,
please prepare accordingly

ALWAYS bring everything (liners, bows, warm-ups etc)
to each game “just in case”

GUIDELINES FOR UNIFORMS

Cheerleaders are responsible for keeping their uniforms
clean and in good repair at all times

When in uniform:

- Appropriate bra- NO STRAPS should show
(cheerleaders will not be allowed to cheer with visible bra straps)
- Appropriate hair and make-up (simple/clean)
- No distracting nail polish (coaches will remove it)
- Cheer shoes (no slippers/Uggs/ flip flops)

Jewelry can be worn to school but must be removed for
game time/rallies/performance of any kind

Uniforms should not be “loaned” to anyone who it not an
RHS Cheerleader

GUIDELINES FOR P.E

According to the RHS PE policies: Any athlete not
participating in PE for medical reasons will also be
ineligible for athletic participation for the same duration

DO NOT wear the cheer clothes you wear to school for
PE. (i.e. warm-ups, sweatshirts etc..)

CHEER SHOES should be worn only at practice/games/
performances. Please **DO NOT wear your cheer
shoes to PE.**



GUIDELINES FOR **BEHAVIOR**

As you can see, you are a role model on our campus and in our community. You are expected to conduct yourself in a positive manner in and out of uniform, on and off campus (including social media). You must be aware that your actions have consequences and we want those to be positive. Failure to adhere to these guidelines can result in suspension or dismissal from the cheer program.

- Be respectful of yourself, your coach, your team and those around you
- Show positive support for ALL RHS organizations
- Demonstrate positive sportsmanship at all times
- Foul Language, rude comments or inappropriate gestures will not be tolerated
- Do not kiss/hug/hang on/sit on your boyfriend/girlfriend while in uniform
- Alcohol/Drug use is grounds for immediate suspension/dismissal
- Social Media will be monitored. Inappropriate photos, comments, etc will not be tolerated and will result in suspension/dismissal. This includes texting, facebook, twitter, instagram, etc..)

The RHS code of conduct outlined in the RHS Athletic Handbook will be upheld at all times. Please remember that even when squad members are not in uniform you are still representatives of RHS and the cheer program. The Coach/Advisor reserves the right to make any judgments concerning the behavior of any squad member which may result in a disciplinary action. **Squad members may be suspended or dismissed from the squad for non-compliance with the rules outlined in the RHS Athletic Handbook and the Rocklin Cheer Team Guidelines.**

GUIDELINES FOR **GRIEVANCE**

The coaching staff is always open to discuss any issues that arise however, there is an appropriate time and place to do so. Please contact your coach before or after practice to arrange a time (outside of practice, games, etc..) to discuss any problems. Email is also an easy way to reach a coach and open dialog if another time is not available. In order to be successful everyone must work as a team and no one wants that more than your coach.

Step 1: Coach and Athlete or Advisor and Athlete

Step 2 Coach/Advisor and Athlete and Parent

Step 3 Coach/Advisor, Athlete, Parent and Administrator