[]\_[]TICA Competitive Cheer Tryouts

2013-2014

-Athletes chosen for the Utica Competitive cheer team will be those that show potential

**\*Please note it is never guaranteed that a senior will automatically make Varsity.**

-Parent Committees are greatly appreciated.

**Utica High School Cheerleading**

**Parental Permission Form**

My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has my permission to try-out for cheerleading at Utica High School for the 2013-214 Competitive Cheerleading Season. Our child will have a physical before she can participate in any practices. I understand that he/she must abide by all the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the cheer team. I understand that my child must ride the bus to and from all events that occur during the 2013 cheerleading season. I understand my child must attend all clinics for tryouts, or my daughter will not be considered for the team.

I understand all costs involved as stated in the cost sheet, and the coach assume no financial obligations. The only financial obligation the school holds is the registration for competition.

I understand I need to be involved and positively support in order for my child and the team to be successful and that I will play a role on a parent committee.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. I understand the coach, and school assume no responsibility for any accident or injury that might occur at any event the cheer team is a part of.

Parent/Legal Guardian Signature Date

**Price List**

**Breakdown of money due to the program:**

-Practice Clothes $60.00

-Bow $20.00

-Gymnastics $10 per week (entire season must be paid upfront)

$5 for freshmen while school is in session

-Warm-up $35 for jacket $20 for pants

**Items to be purchased on your own:**

Black shorts Spankies $30

Body Suit $30

Leotard $20

Competition Shoes TBD

Information

All parent communication will be handled through our parent coordinator, Ang Micinski. In order to make compiling email lists easier, we ask you to email all coaches and Mrs. Micinski once your child has a team placement. Email addresses will be given out at that time.

Important Dates:

November 13th- Parent meeting at 5:00.

**UTICA CHEERLEADING**

**Rules & guidelines**

***Attitude/Behavior***

As a representative of Utica High School, all cheerleaders must conduct themselves in an appropriate manner in school, traveling to competitions, at competitions, and out in the community.

Positive attitude, good sportsmanship, and being a team player are qualities expected of each team member. Failure to exhibit any of these qualities will be subject to consequences.

Athletes are required to use the Internet responsibly.  Inappropriate conduct on Facebook, Twitter, etc can be grounds for dismissal from the team.

Cell phones are to be turned off during all cheer events including practices, competitions, team outings, etc.  There will be some cases where cell phone may be collected.

Any behavior that is a detriment to the team aspect or an individual’s well being will not be tolerated. All team members must function as a team unit in order to succeed.

**Coaches have the right to add or take away performance/game time for any team members. This is based on performance and attitude at practices, games, school, and outside of school.**

Alcohol or drug use will not be tolerated from any member of the program. Consequences will be determined by the coaches.

Insults, disrespectful behavior, or dishonesty towards a teammate or coach in any way will not be tolerated from any member of the program. Consequences will be determined by the coaches.

***Communication with Parents & Athletes***

1. Communication between parents and coaches will follow the Coaches/Parent Relationship handout.

2. If the athlete has a problem, question, or concern they will discuss this with the coach **FIRST**. After doing so, then a parent may contact the coach regarding the issue.

3. If a parent needs to contact the coaches for any reason, they will do so **via email**. Coaches will have 24 hours to respond. Please DO NOT call coaches unless there is an emergency.

4. Text messages will NOT be allowed discussing any issue or absence. If you do this, it will be as if you were a no call/no show.

***Grades***

The coach will provide all teachers with her email address. If the teacher has an issue, he/she will email the coach.

Utica High School’s athletic director will monitor grades and report to the coach should an athlete become ineligible.

If necessary, a grade sheet will be provided to each athlete and will need to be turned into the coach with a progress report from all teachers.

Members of the Utica Cheerleading Program are expected to manage their time effectively. Missing practice due to studying or quantity of homework will be counted as an unexcused absence.

***Practices/ Gymnastics***

All practices scheduled by the coach are mandatory. This includes gymnastics, games, extra practice, and strength training. You are expected to be on time. Early is on time (15 minutes) and on time is late.

Work is not an excuse to miss practice. It will be counted as an unexcused absence.

All appointments, family get togethers, etc. are expected to be scheduled on days given off. This commitment requires EVERY cheerleader to be at EVERY event at all times. If there is a school related function, the cheerleader must give the coach 1 week’s’ notice in order for practice to be scheduled around it. Failure to do so will yield an unexcused absence.

You are to be ready to practice when practice is scheduled to begin. That means mats rolled out, practice attire, stretching, hair, and social conversation should be completed by the time practice is scheduled to begin.

Everyone must come to practice dressed appropriately including: correct and assigned practice clothes, shoes, hair must be up and off the face and neck.

Gum, jewelry and long nails are prohibited.

Athletes are responsible for a certain amount of their own safety during practices and competitions.  Ankles braces/wraps, and/or tape must be worn as needed.  **All taping must be done prior to practice.**

Please note that the coaches are not permitted to dispense any form of medication.

DO NOT make medical/dental/hair/nail appointments on scheduled practice/game/event days. Make sure your parents know your practice schedule to avoid this occurrence.

The athlete MUST contact the coach personally **prior** to missing a practice or other function. Failure to do so will result in a no-call/no-show absence. A phone call is the only approved form of communication. Text messages, emails, or word of mouth from other girls are not approved and will not be considered reliable.

The student athlete must participate in practices. We will be involved in many weekend competitions/activities during the year, which you must be available for. Work will not be an excuse. It is highly recommended to only work on the weekends. There is no guarantee of practice changes and we cannot make exceptions.

You must participate in extra practices as deemed by the coach. You will receive ample time to adjust schedules.

Athletes may not leave any event without informing the coach in person.

Once your daughter is on the cheerleading team, they may not try-out for any other school sport (Including all-star teams per the MHSAA). No athlete can quit one sport for another.

Some specific rules have been established in order to keep practice running smoothly. They are:

* No sitting down, even if off the mat.
* Keep your shoes on.
* All jewelry must be removed before practice begins.
* Be productive even when you are not being addressed or helped individually. Conditioning, tumbling, and stretching are suggested for filling idle time.
* Coach(es) runs practice.
* Keep talking to a minimum.
* Do NOT let your flyer hit the ground.
* Respect yourself, the coach and your teammates.
* Accept and give only constructive criticism.
* Be ready, mentally and physically, to start practice on time.

***Competitions/Games***

Cheerleaders must attend all competitions as scheduled. If you miss a competition, a spot will not be guaranteed or left open.

Cheerleaders must be at the competition/game site or Utica when practice and/or bus time is scheduled. Failure to do so will result in partial/full suspension of a competition/game.

A brief post-game/competition/event discussion is required by all team members. Cheerleaders are not dismissed until the conclusion of this meeting.

Cheerleaders MUST ride the bus to and from each competition/game.

Cheerleaders suspended from or those not in a round of a competition/game will sit in uniform on the sidelines with the coach. Failure to comply with this will result in immediate dismissal from the team.

***Absence Policy***

Tardiness will result in practice being extended the amount of minutes that someone is late. Minutes will be added together pending numerous late people. This rule effects the entire team. DO NOT BE LATE!! (Ex: If practice starts at 6, cheerleaders must be there at 5:45, ready to go, in order to be considered on time) Being late for a practice twice or leaving early twice will result in an unexcused absence.

Two tardies = one unexcused absence.

One unexcused absence = the pull of material or games.

Two unexcused absences = immediate dismissal from the team.

There are three kinds of absences: excused, unexcused, and no-call/no-show.

**a. Excused:** This means that the coach is aware that you will not be in attendance and has approved your absence. There is no penalty for this type of absence. In this care, 1 week’s notice is appreciated in order to schedule practice around your absence. All school related functions must be discussed with the coach one week ahead of time; if not, this will equal an unexcused absence.

**b. Unexcused:** This means that the coach has been notified prior to practice but has decided that the reason for the absence does not warrant it to be excused. The penalty for this type of absence may result in removal from material or games.

**c. No-call/No-show:** This means that you failed to contact the coach PRIOR to the designated meeting time. There is no excuse for this type of absence and the penalty is severe. Penalty for this type of absence may result in removal from the program.

***Illness Policy***

If you are sick and must miss more than one practice, workout, gymnastics, or game, you will need to provide a doctors note. You need to go no later than the day after the missed event.

Your attendance is expected at practice (half day attendance in school) unless you are physically unable to do so. If you miss a full day of school, you are not allowed to come to practice. This may result in removal from game material.

A headache, cramps or cold does not constitute an excuse to miss or sit out of practice.

You must contact the coach PRIOR to **each** practice. For example-if you are sick on Tuesday, do not assume that the coach knows you are still sick on Thursday. Coaches expect a phone call before each missed practice.

***Uniforms/Equipment***

CLEAN uniforms are required to cheer an event. Excellent care of uniforms is expected at all times.

They may NOT be hemmed or altered in any way without the approval of the coach.

Practice clothes are a part of your uniform. We wear them to many functions. Athletes are to keep track of them and not allow friends to wear them.

In team apparel, it is the responsibility of members to act respectively and not to engage in any illegal or explicit activities. Team apparel (including uniform, warm-up, team shirts, etc) is the property of the athlete and should not be borrowed or worn by any non-team members.

The correct practice attire is required for ALL practices. This includes the correct shorts and shirt, hair up, jewelry out, and shoes ON! Cheerleaders are expected to be ready to go in their practice attire BEFORE the start of practice. If you are forgetful, bring all three outfits, but DO NOT come to practice with the incorrect attire. This will result in an unexcused absence.

Uniforms are for cheerleading activities ONLY. Warm-ups are included as a part of your uniform.

Uniforms must be returned to the school at the end of the season…CLEAN!!

Any damage or illegal tampering of the uniforms or Utica Cheer equipment will result in the player paying for all damages. Additional consequences may follow at the coaches’ discretion.

If you do not have a part of your uniform including bow, correct socks, proper undergarments, etc you WILL NOT cheer the competition/game.

***Finances***

Money for expenses of the competitive season will be due before the items are ordered. No money = No order.

Once money (cash, personal checks, and fundraising money) has been deposited into the internal fund, it **cannot** be refunded.

(The financial breakdown will be very specific). Parents will be aware of every expense related directly to their daughter.

Fundraising money is non-refundable.

If for any reason an athlete is dismissed from the team or quits, the only money refunded is that which has not been spent.

***Immediate Suspension***

Some grounds for dismissal include, but are not limited to:

* Blatant disrespect for coach or any other team member.
* Poor moral conduct.
* Insubordination.
* Failure to adhere to absence policy.
* Alcohol or drug use.
* Any cheerleader who participates in a “walk-out” of practice is choosing to remove themselves from the team.

**All team members will be re-evaluated throughout the season to determine their position within the program. Your spot on a team is NOT guaranteed! Coaches reserve the right to change the cheer program if the above criteria is not being met.**

**Utica High School**

**Rules and Regulations Contract**

**2013-2014 Competitive Cheerleading Season**

I have read and understand the Rules and Regulations set forth by the Utica High School cheerleading program for the 2013-2014 Competitive Cheerleading Season. I understand that these rules should not be broken and in the event that they are, this may result in removal from the cheerleading team. The Utica High School cheerleading program reserves the right to change any of these rules at any time, ONLY if you are informed of the change.

These rules are not difficult to follow, and by doing so; you will make cheerleading more enjoyable for yourself and your teammates. We take these rules extremely serious, and we hope you will too. Remember that cheerleading is a TEAM sport; if you break a rule…….everyone suffers.

\*If you quit, are removed from the team, or any other circumstance, you WILL NOT be given money back. You will receive the items that have been paid for. You will also have to pay for any other items that have been ordered for you but have not been paid for prior to self removal or dismissal\*

Cheerleader Signature Date

Parent/Legal Guardian Signature Date

Please feel free to call or email with any questions

Cheers,

Brieanna Mershman & Michelle Delekta

Utica High School Competitive Cheerleading Coaches

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