

CHS CHEERLEADING HANDBOOK AND TEAMMATE/PARENT CONTRACT 2022-2023

CONGRATULATIONS ON BEING SELECTED TO BE PART OF THE CHS CHEER TEAM!

We are so excited for the upcoming year and are so thrilled to have you on the team. The following document outlines our rules and expectations for the coming year.

As a Centaurus Cheerleader you are a role-model in your community and your school. Cheerleaders are expected to be mature leaders and responsible young people. You are being watched at all times by people who admire and look up to you – please represent the school with responsibility and integrity.

Being a CHS Cheerleader is a big commitment that starts in May and extends through March. Being a team member requires a lot of work and dedication, but it is so much fun and very rewarding. Members must show proper attitude, commitment and dedication to earn a spot on the team.

We are building something new with CHS Cheer. If you are a returning cheerleader, that means things may look different than they have in the past. The intention of this handbook and contract is to lay out the expectations the coaching team has for the cheerleaders and parents as well as to outline what cheerleaders and parents can expect from the coaching team.

Many of you want to do things like make it into finals at state, compete more, go to nationals. We also want to participate in more competitions. We want to go to state and be competitive - make it into the finals this year - in 5A which will be harder than ever. We want to go to nationals and be successful.

And we also want you to be the best sideline cheerleaders in the county - where the crowd can't help but participate, where you're tumbling, doing chants at the right time, supporting the team - because we believe that being excellent at competition begins with being excellent when cheering for your team.

We want to have the kind of program where you're being recruited for college programs if you want - and getting scholarships. We got one recruiting letter this year. And we believe we can get more as we are more successful in the future. If this is the path you want for your future, we want to support you!

We want you to be athletes and be respected as such at school.

As coaches, our expectations are high. We expect full cooperation and participation, and poor attitudes and breaches of this contract will not be tolerated.

We are committed to you as cheerleaders and parents. We will do everything we can to help you meet your goals as individuals and as a squad. And we will do everything we can to have a LOT of fun while we do it!

Please read this document carefully and give thought to the outlined rules and expectations. After reading this document, if you don't agree to abide by every outlined item, we ask that you surrender your spot on the team today – no hard feelings! We want every team member to be as committed as we are to making CHS Cheer something special.

IMPORTANT CONTACT INFORMATION

Please make every effort to communicate via TeamSnap or the coaches shared email address: chscheer@bvsd.org. This will assure that someone will see your email in a timely manner.

Head Coach Carrie Roswell
Email: carrie.roswell@bvsd.org
Phone: 303-881-7249

Assistant Coach Kelly Nelson
Email: kelly.nelson@bvsd.org
Phone: 303-564-9200

CHS CHEER WEB AND SOCIAL

Website: <https://www.centauruscheerleading.com>
Public Instagram: @centauruscheerleaders
Private Instagram for Cheers/Chants: @chs.gameday.cheers
Facebook: <https://www.facebook.com/Centaurus-Cheerleaders-248204387097382/>

TEAMSNAPE

We use the app TeamSnap to communicate with the team and parents. We will post all practice, event, and game information in TeamSnap, including locations, dates, and times. Therefore, we ask that you download the app and connect to the CHS Cheer Team TODAY so that you stay connected with the coaches and the rest of the team.

[Download from Apple Store](#)

[Download for Android](#)

CHS CHEER TEAM PURPOSE

The three main purposes of the CHS Cheer team are:

1. To support the Centaurus sports teams by attending/cheering at games, performing at halftime, and overall support of Centaurus athletics and athletes.
2. To build skills both individually and as a team and attend cheer competitions to showcase our team's athleticism and skill.
3. Contribute to a cohesive and supportive cheer family.

I understand that one purpose (for example, competition) is not more important than another (for example, sideline cheerleading) and I will do my best to support each of these items equally.

Athlete Initial: _____

Parent/Guardian Initial: _____

CHEERLEADING SEASONS

Cheerleading is a year-round sport and is broken down into three sub-seasons as follows:

Summer - Starts as school lets out and goes until school starts again. This season consists of Summer Camp (required), summer practices and workouts to gain technique and skills, and choreography for football/basketball/competition seasons. We will be doing a lot of conditioning during the summer to prepare us for competition season.

Fall - Football performances, Junior Cheer Clinic(s), at least one appearance at each fall sport, pep assemblies, and possible regional, leagues, and state competition season. This season is busy but fun! We possibly will also walk and perform in the Louisville Labor Day Parade.

Winter/Spring - Basketball performances, Junior Cheer Clinic, at least one appearance at each winter and spring sports and possible National competition. We perform at Boys and Girls home games, at halftime, and the Top of the Rockies wrestling tournament. We also perform at the Winter and Spring Pep Assemblies.

I understand that cheer is a year round sport, beginning in mid-May and concluding around the end of basketball season. I understand that I will be expected to participate in all activities outlined above and others that may come up as the seasons progress.

Athlete Initial: _____

Parent/Guardian Initial: _____

COMPETITION TEAM

In order to build a strong cheer program, our varsity team will be our competition team. A preliminary varsity/competition team has been chosen at tryouts, but **this is subject to change** and cheerleaders must continue to gain skills and maintain physical stamina and flexibility to keep this spot. Because we only have a varsity squad at Centaurus, it is expected that all cheerleaders will participate in competitions. However, your spot on the competition team is not guaranteed. **You may be removed from the competition squad at any time** if the coaches determine that you do not meet the necessary requirements. Further information will be outlined below in terms of academic eligibility and

behavioral/participation requirements. If you are removed from the competition squad, you will still be expected to attend and participate in practices. You will still be expected to attend and participate in all other scheduled activities such as cheering at games and fundraisers. You will be expected to attend all competitions (except nationals) and support the squad.

I understand that my spot on the competition team is not guaranteed and I must meet the requirements outlined in this document to participate.

Athlete Initial: _____

Parent/Guardian Initial: _____

GENERAL ATTITUDE AND BEHAVIOR

I will step into all Cheer activities with a positive, encouraging attitude. Even if I've had a horrible day, I will try my hardest to set that aside and step up for my team. I will set a positive example for and be respectful to all peers, students, and parents, as well as competitors and all other affiliates. **I will not be rude or disrespectful to any of these entities.** I will not use foul language, show poor sportsmanship, or be unprofessional in public at any time.

Athlete Initial: _____

Parent/Guardian Initial: _____

I will be dedicated, accept responsibility, and maintain good public relations with all faculty members and staff, the student body, and community to ensure success and respect for the squad. I will respect my team's captains, and my Coaches. I will not argue with them, gossip about them, or disobey them. I will listen and pay attention when one of them is speaking.

Athlete Initial: _____

Parent/Guardian Initial: _____

I will be honest with the coaches about issues that really bother me. I will only discuss these matters with them in a calm, respectful, mature, and private way. **I will set up a meeting outside of practice with my coaches and I will not throw out disagreements/opinions/concerns before or during practice or another event.** I understand that the coaches will listen to me, but if they disagree with my issue, I will respect their decision as the leaders of this program. I understand that I must come to a coach for any reason and will not let my parents intervene.

Athlete Initial: _____

Parent/Guardian Initial: _____

I will get along with everyone that has any part in the CHS Cheer Program. I will not intentionally exclude, be mean to, or gossip about any member or coach, including coaches at Cheer Central Suns.

Athlete Initial: _____

Parent/Guardian Initial: _____

I will be on time and ready for all practices and other cheer events. I will hustle everywhere I go (to practice, onto the field, to the formation) and put 100% effort in every motion, jump, dance, routine, workout, conditioning drill, and event. I will not give up. I will be a team player. I will encourage all other team members to do the same. **I will not whine or complain about workouts or coach/captain directions.**

Athlete Initial: _____

Parent/Guardian Initial: _____

I will portray myself respectfully and tastefully online. I will not make any type of post or put myself in any situation that creates a bad image of myself, my Teammates, my Coaches, the CHS Cheer Program, or Centaurus High School. I understand that failure to do so will result in consequences that are decided by my Coaches and the Athletic Director (not cheering at a game, not competing, suspension, removal from the team).

Athlete Initial: _____

Parent/Guardian Initial: _____

I will not use tobacco, marijuana, or any other type of drug. This includes vape and juul products. I will not drink alcohol. The coaching staff has a ZERO TOLERANCE for illegal activity. I understand that if I take part in any illegal activity, I will be removed from the team.

Athlete Initial: _____

Parent/Guardian Initial: _____

ACADEMIC RESPONSIBILITIES

I will not be academically dishonest. I will not ditch or be habitually late to class. I understand that weekly progress reports will be sent to Coaches every Friday in order to monitor academic progress. If I am ineligible based on these reports, I understand that I am not eligible to participate in sports contests, half time performances, pep assemblies, any competition (sanctioned or unsanctioned) or not represent CHS in uniform/competition apparel during the period of ineligibility, generally beginning the following Monday and ending the Sunday after that.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that CHSAA and Centaurus HS eligibility rules govern the grades of each team member, and that these rules state I will not be able to cheer with two Fs. If I am ineligible because of grades, I will seek tutoring from someone proficient in the subject I am failing or work with my teacher to improve my grades.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that school should come first, and my team depends on me to be a responsible and active team member. I understand that continued or chronic academic ineligibility is a hardship on my team, especially during competition season. Therefore, I agree to the following:

1. If I am ineligible twice during a school year, I will be removed from the competition team for the duration of the year, including state and national competitions.
2. If I am ineligible three times during a semester, I will also lose the privilege to cheer at games for the duration of the semester.
3. I will continue to attend all practices and events, dressed as required, even though I cannot perform.

If I cannot or do not comply with these rules, I understand I will be removed from the squad for the remainder of the year.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that if I am ineligible, I will not be able to perform or dress in uniform until I am eligible again, **but I will continue to attend practice so I don't fall behind.** I will also come to any scheduled events, including games and competitions, dressed in nice clothes, and sit in the bleachers with the coaches to support my squad and team.

Athlete Initial: _____

Parent/Guardian Initial: _____

LETTERING

I understand that being a varsity cheerleader at CHS is a privilege and I won't automatically receive a varsity letter. Rather, it must be earned. I agree to the following in order to earn my letter:

1. I must attend and participate in **ALL** practices, games, and pep assemblies, unless absence is approved by coaches.
2. If I am ineligible at any point during the season, the coaches may decide to not letter me.
3. I must attend all fundraising events during the duration of the season, unless absence is approved by coaches.
4. I must have a positive attitude throughout the year- show the coaches that I want to be a part of this team, and that I want to earn a varsity letter!

Athlete Initial: _____

Parent/Guardian Initial: _____

FUNDRAISING

I understand that I am **REQUIRED** TO ATTEND FUNDRAISING EVENTS DURING THE DURATION OF OUR SEASON! These events might include Junior Cheer Clinics, spirit nights at local restaurants, Concessions, CHS Booster Club Gala. I must arrive at these events on time and stay until released by my coaches when they deem the event concluded.

Athlete Initial: _____

Parent/Guardian Initial: _____

RULES FOR PRACTICES

I understand that I am required to attend all practices unless I have permission from the coaches to miss. I agree that I will notify the coaches in advance if I am unable to attend practice. If I don't notify the coaches in advance, my absence will be considered unexcused. I agree to the following:

1. One unexcused absence will result in my ineligibility to perform at one game. I must still attend the game, dressed, to support my team.
2. If I have more than three unexcused absences in a year, I will be dismissed from the squad.

I understand that if I'm absent from school and it is unexcused, I cannot attend practice and it will be treated as an unexcused absence. I agree that if I am out sick on the day of a scheduled practice or event, I will email or text the coaches to let them know I will not be at practice that day.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that I must be on time to every practice unless I have arranged for a tardy in advance of practice. **I understand that being on time includes being dressed and ready to go, in the agreed upon outfit for the day (including cheer shoes), with hair up, no jewelry, no nails, and no gum at the posted practice time for the day.** I must also bring my poms to every practice. If I am late to practice, I understand that for every minute I am late, I will give that time back to the coaches, either in the form of extra conditioning in the summer or sitting on the bench during the next game during the school year, for every minute that I am late.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that **EVERYONE is required to help BOTH put out and put away mats.** Mats must be put out by the time practice starts, so I will plan accordingly. I agree that my seniority or status on the team does not exclude me from helping set up and tear down for practice. I will also leave the practice area clean and free from trash. I understand that I am not free to leave until released by the coaches after the practice area is cleaned and mats are put away.

Athlete Initial: _____

Parent/Guardian Initial: _____

ATHLETES: I will not use my cell phone for any reason, including recording routines or stunts, unless asked to do so by a coach. I understand this includes break time and if I am sidelined at practice because of grades or for any other reason.

Athlete Initial: _____

PARENTS: I understand that my athlete will not be available during practice. If there is an emergency where I need to communicate with my athlete during practice, I will call a coach.

Parent/Guardian Initial: _____

RULES FOR GAMES AND OTHER EVENTS

I understand that I am required to attend all games and events. I will be on time and arrive prepared to cheer. I understand that if I will miss a game or event, I must discuss my absence with the coaches in advance and that unexcused absences or tardies will not be tolerated. I understand that if I am late to a game I will be benched for the same amount of time that I am late. In the case of an unexcused absence, I will be benched from the next game or event. I agree to help in any way with event clean up or tear down as needed. **I understand that I may not leave a game or event until I am released by a coach.**

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that being on time includes showing up to a game or event dressed and ready to go. I will not change, dress, or do my hair on the field or court. I will arrive wearing all pieces of the agreed upon uniform for the day. I will do my best to keep all parts of my uniform in good repair and clean, including shoes and poms. I will bring my poms to every game.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that I am not allowed to wear any jewelry at games or other events. I will also not come to games with long nails. **I understand that if I come to a game wearing jewelry or with long nails, I will be asked to remove them and I will be benched until I comply.** I agree that repeated offenses of this rule may result in more serious actions, including being benched for full games, and may result in my removal from the squad.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that no negativity, profanity, or disrespect to players or fans (or anyone!) will be tolerated. I will remember that people are always watching – whether it is my mom, a child looking up to me, a teacher, or a CHS fan – so I will always represent the cheer team and CHS with dignity and class.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that games are not the time to be practicing new stunts or routines. I understand that only stunts that can be nailed 9/10 times at practice will be allowed to be performed at games. I understand that it's the coaches who make the final decisions on which stunts can be performed at games.

Athlete Initial: _____

Parent/Guardian Initial: _____

ATHLETES: I will not use my cell phone for any reason, including recording routines or stunts, unless asked to do so by a coach. I understand this includes quarter breaks and if I am sidelined at a game or event because of grades or for any other reason. I understand that I am only allowed to use my phone at halftime, and not on the sidelines. I agree to put my phone away immediately when asked.

Athlete Initial: _____

PARENTS: I understand that my athlete will not be available during a game or event. If there is an emergency where I need to communicate with my athlete during a game or event, I will call a coach.

Parent/Guardian Initial: _____

GENERAL SAFETY AND INJURY PROCEDURES

I understand that every precaution will be taken to ensure safety among the cheerleading team. As such, all skills will be taught in a proper progression based on the ability of the team and the coaches' judgment of their ability level. **I acknowledge that this means that throughout the season, we will practice stunting progressions including very basic stunts.** Although I might not want to perform stunts at these levels, I trust that the coaches deem these drills important to the success of our team and I will perform even the most basic stunt to the best of my ability without complaint. **Additionally, I will not perform any stunt, even simple ones, when a coach is not present. I will report any injuries that happen at practice or during personal time to my coaches immediately.**

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that an injury to myself may result in my being removed from certain routines. I understand that just because I am cleared to participate in an event or game, I might not be put back into the routine. I acknowledge that coaches have the final say in my clearance on a case by case basis. I understand that coaches will work to put me back into the routine based on the following: length of time sitting out for an injury, safety of the team, adequate practice time prior to next performance, and a number of other factors. I understand that the coaches will do their best to work with me in this scenario, so I will respect their decisions on what my role will be upon my return.

Athlete Initial: _____

Parent/Guardian Initial: _____

I agree to learn the emergency procedures that the coaches will explain at the beginning of our time together as a team. I will learn and practice these procedures without complaint. I understand we may practice these procedures a few times throughout the year so they become second nature.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that if I am injured for any reason and need to sit out of practice or performance, I must have a doctor's note. The note must specifically say what I am cleared or not cleared to do in the following four categories: cheers/dances, jumps, stunts, tumbling. When talking with my doctor, I understand that I need to be SPECIFIC with them about my role on the team so they can make decisions that are in my best interest. (Describe to them what you do. Doctors in general are not educated on cheerleading.) I understand that I MUST be cleared for two of the four activities to cheer on the sidelines. I MUST be clear of ALL activities to compete.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that if I am injured and I have to sit out from practices and games I will attend all practices and events, dressed as required, and sit with coaches. I understand that failure to do so will result in my dismissal from the team.

Athlete Initial: _____

Parent/Guardian Initial: _____

ON BEING A TEAMMATE

I agree to do my best to maintain good physical condition. I will maintain a healthy, balanced diet and I will be sure to eat lunch at school when I have practice or a game so that I have energy for practices, competitions, and games. I recognize that dieting is not encouraged as athletes need energy to compete and perform. I will bring a snack to practice so that I can refuel if necessary. I will be sure to get enough rest so that I can give 100% whenever I step on the mat. And I understand that water and sports drinks are the **only beverages allowed** during practice, camp, games, and competitions.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that I am expected to bring a positive attitude to every cheer event. If I participate in negative talk or non-verbal actions, there will be consequences that may include being benched. I understand that continued negative behavior will result in my dismissal from the squad.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that talking back to coaches or teammates, rolling eyes, and any other disrespectful gestures **WILL NOT BE TOLERATED!** No one, from the rookie freshman to the captains, will be exempt from this rule. If observed, the following will be the course of action:

1. One warning will be allowed. The cheerleader will be asked to sit for the rest of the game or practice.
2. After one warning, the cheerleader will be asked to leave practice and cannot return until a meeting is held to discuss and attempt to solve the problem.
3. Another offense will result in the cheerleader's removal from the squad.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that I am part of a team, and teammates are expected to treat each other with mutual respect. I will treat others as I wish to be treated! I understand GOSSIP will not be tolerated. I acknowledge I don't have to be best friends with everyone on our team, but I absolutely **MAY NOT GOSSIP, MAKE FUN OF, OR ALIENATE ANY MEMBER** of our team. I understand this will be considered disrespect and will follow the warning-meeting-removal course of action stated above.

Athlete Initial: _____

Parent/Guardian Initial: _____

I will make every effort to support each of my teammates on and off the field. Part of being on this team is creating a safe group to support every member when they need it. I know my teammates have my back and I will do all I can to always have theirs. If I know a teammate is having a hard time with school or in life, I will try to help them get the support they need.

Athlete Initial: _____

Parent/Guardian Initial: _____

Clothing/uniforms to be worn to practice, games, pep assemblies, to school, or any other event will be decided by the coaches and communicated by the captains. This is non-negotiable. **Input by captains only** will be accepted, but there is no fighting with coaches or captains over clothing. Uniforms should be kept clean and in good condition.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that I am responsible for learning all choreography and executing to the best of my ability, even if that means I need extra practice and help outside of scheduled practices.

Athlete Initial: _____

Parent/Guardian Initial: _____

COST ESTIMATES

Unlike many sports, cheerleaders are required to buy all necessary uniforms, warm-ups, and shoes. The other major costs you can expect are tumbling, stunt, and competition training at Cheer Central Suns once a week and a 4 day, 3 night summer cheer camp. This can all add up, but rest assured that we are committed to raising money as a team through youth clinics and other school sanctioned fundraisers in order to help cover costs. These are just estimates and other costs may come up throughout the year.

1. Practice/Camp Clothes:
 - \$100
2. Tumbling/Stunting/Training at Cheer Central Suns:
 - \$85 per month (May-December or February if we attend Nationals)
 - \$3000 State Competition Choreography & Music (divided across the team)
3. Cheer Uniform Package:
 - New Athletes:
 - \$775.00
 - Returning Athletes:
 - depends on if uniform style is changing, if new shoes and poms are needed, etc.
4. CU Cheer Camp: July 15 - 18
 - \$475.00 per athlete

I understand that all costs are mandatory and are the responsibility of the athlete. I understand that quitting or being dismissed from the team does not release my financial responsibility, and all outstanding money owed will be due within one month of leaving the program.

Athlete Initial: _____

Parent/Guardian Initial: _____

COMMUNICATING WITH COACHES

I understand that I am responsible for checking email and TeamSnap frequently for information. I will use a calendar or day planner to schedule activities to ensure that I am able to attend all events. Games and other events will be posted to the calendar in TeamSnap and it is my responsibility to look in the app and know when and where I am expected to show up.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that I am responsible for advocating for myself. If there is a concern, question, or opinion that needs to be voiced, I am responsible for meeting with the coach outside of practice to discuss.

Athlete Initial: _____

Parent/Guardian Initial: _____

I understand that the coaches have the final say in all things related to the team. I understand that I may give input in an appropriate and respectful manner, outside of practices and events, but that the coaches do not have to take my advice. I will respect the coaches' final decisions and I will accept their decisions whether I agree with them or not.

Athlete Initial: _____

Parent/Guardian Initial: _____

I have read this document completely and understand what is expected from me as a Centaurus Cheerleader or parent.

Athlete Signature

Parent/Guardian Signature

Athlete Printed Name

Parent/Guardian Printed Name

Date

Date