



# **2010-2011 Montgomery High School Cheerleading**

1. Do what is right
2. Do your best
3. Do not do anything that will hurt you  
or your team

## **MONTGOMERY HIGH SCHOOL CHEERLEADING**

### **VIKING CHEERLEADING EXIST**

- To encourage school spirit and pride in Montgomery High School.
- To promote physical and mental development.
- To develop lifelong values and skills.

### **VIKING CHEER PROGRAM VISION IS**

- To provide opportunities for participation in a wide variety of activities during every sport and competition season.
- To be an integral, well-coordinated part of the secondary school curriculum.
- To assist participants in the development of athletic and leadership skills.
- To develop effective time management strategies
- To develop socially through cooperation, competition and appropriate standards of behavior.

### **VIKING CHEER PROGRAM MISSION IS TO:**

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Promote friendship with each other and with schools with whom we compete, perform and go to camp.
- Promote the development of lifelong values and skills.

### **EDUCATIONAL VALUE TO MONTGOMERY HIGH SCHOOL**

Membership on a cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

### **GOALS**

- Cheer at volleyball, soccer, football, wrestling, girls' & boys' basketball games
- Participate in & support Homecoming Week, including Homecoming Dance.
- Support and perform at pep and recognition assemblies.
- Provide to the school when needed, including all fall, winter, and spring sports
- Perform community service under the umbrella of Montgomery High School cheerleaders.

## **VIKING CHEER PROGRAM CODE OF ETHICS:**

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school, district and league rules.
- Show courtesy to all visiting teams, competitors, hosts and officials.
- Respect the integrity and judgment of all sports and competition officials.

## **VIKING CHEER PROGRAM STANDARDS AND REGULATIONS:**

Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Rules and Regulations is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual spirit leader. Participation in spirit leading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the school personnel when a spirit leader violates the rules and regulations.

## **ELIGIBILITY**

- For each grading period, members must be passing in all classes.
- Members must maintain good citizenship marks, attendance, class performance and teacher recommendations during the time on the squad and for try-outs.
- All members must have a physical and signed contract on file with the athletic department before practices begin.
- All members must sign and abide by the athletic code of MHS.
- Cheerleading must take priority over all other extra-curricular activities (including jobs) for the entire time of commitment.
- All practices, camp and games are mandatory.
- All members are expected to take part in fundraisers.
- If you were a member of the squad during the previous season and you chose to drop you will be ineligible to participate during the next season.

## **EXECUTIVE BOARD**

- The coach will select the executive board.
- The board will consist of 3 to 4 captains.
- Responsibilities of the board are motivation, leading squad at games, liaison between coach and squad, liaison with the leadership class, completing the needed forms for all

finances, help and support team members to perform the needed tasks of a cheerleader at Montgomery High School.

## **CONDUCT**

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection is not appropriate, especially in uniform, at games or in school setting.
- Proper appearance is required at all times, with clothing appropriate to the occasion
- By being part of the spirit squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of Montgomery High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration if deemed necessary, has the final decision in any discipline situation.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.

## **ABSENCES**

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- Absences must be excused by a note from a doctor if you had an appointment or a call or note from your parent if you are sick.
- Missing a scheduled practice the day before a game will result in the individual not performing at the game.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.

## **PRACTICES**

- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Hair needs to be out of the eyes and in a secured ponytail if shoulder length or below.
- Chewing gum or eating during practices is prohibited
- No jewelry

- Safety is our first priority. No excessive horse-playing. Never stunt without the coach present.

## **GAMES**

- All games are mandatory
- Members are required to arrive at least 45 minutes before the game time.
- All spirit squad members must know all the cheers and routines for the game. Sitting out is unacceptable.
- Members are required to dress in full uniform.
- Hair must be pulled back away from the face and secured in a ponytail if shoulder length or below. Bangs must not cover the eyes. Hair ties need to be uniform.
- Make-up should be worn in moderation.
- No jewelry or nail color. Nails need to be athletic length.
- There is not chewing gum or eating during games.
- Socializing with friends while the game is in progress is not allowed.

## **UNIFORMS**

- Uniforms are provided by the school and must be cleaned and pressed.
- Team athletic shoes must be clean
- All Spirit Squad members must have the same uniform look.
- No jewelry is allowed during practices, performances or games.
- Fingernails must be sports length. Nail polish, if worn, must be clear or natural color
- No gum chewing during practices, performances or games.
- All phones must be turned off during practices, performances or games.
- Hair must be in a secured full ponytail if shoulder length or below. Bangs must be out of the eyes.
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you or at any other time other than cheer activities.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days.

## **PERFORMANCES AND CHEER LINES**

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

## **TRANSPORTATION**

Cheerleaders are not allowed to drive to away games or competitions. They must ride in either school transportation or authorized transportation.

## **DISCIPLINE POLICY**

The following violations will be grounds for immediate dismissal from the spirit squad.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances.
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member.

Members should be present at all scheduled practices. Other activities must be scheduled around these practices.

Missing practices that have valid excuses can still lead to being removed from a routine position or stunt, due to not physically being available to practice.

If uniform is not worn on team designated days to school, cheerleader will be benched from performing during the next game.

During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game.

## **CHEER PROGRAM FINANCES**

- Uniforms are required for participation on the spirit squad and are provided by the school.
- Uniforms are to be kept in good condition and clean at all times. The individual, at their own expense, will replace uniforms ruined, lost or stolen.
- Camp attendance is mandatory in order to participate on the cheer squad. Camp fees are the responsibility of the member.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.
- Deposits made for cheer clothes, shoes, and/or camps are non-refundable.
- Additional expenses such as hair ties, camp clothes, and team sweats are the responsibility of the squad member.
- In the future, competitions, including regional and national are the responsibility of the squad and team member.
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.

**ACKNOWLEDGEMENT**

I have read and understand the Montgomery High School Cheer Squad Contract. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the coach.

\_\_\_\_\_  
Cheerleader's signature

\_\_\_\_\_  
Date

I have read and understand the Montgomery High School Cheer Squad Contract. I agree to support these standards and policies.

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
date