



Marquette High School Cheerleading Contract

I. PURPOSE AND ROLE

- A. The primary role of an MHS Cheerleader is to promote school spirit, enhance crowd involvement, and positively represent Marquette High School as a student, as a leader, and as an athlete inside and outside of the school.
- B. The role also includes showing the highest degrees of cheerleading skills and sportsmanship by supporting our teams and the school, in victory and defeat.

II. EXPECTATIONS

- A. As an MHS Cheerleader, you are representing Marquette High School. Because of your role, you are held to a higher standard. You are a leader of the school and community, and a role model to your peers. Your actions, both within and outside of school, will be associated with the standard of the MHS Cheerleading program. You must respect yourself, the team, the coaching staff, the school, teachers, your peers, and the administration. Your negative actions will have direct consequences. This includes but is NOT limited to:
 1. Use or possession of drugs, nicotine-related substances, tobacco, or alcohol
 2. Misuse of social media. Cheerleaders and Parents are expected to refrain from unbecoming behaviors such as inappropriate language, intimidating, bullying, making threats, and posting inappropriate photos.

Disorderly conduct, bad attitudes, or excessive silliness will result in consultation with the coaches and may lead to suspension and/or dismissal from the squad.

MHS supports the philosophy of zero tolerance for the use of alcohol and illegal drugs. Any cheerleader proven to be in violation of the expectations of an MHS cheerleader will result in a parent meeting. Since we cannot foresee all situations that may arise during the season, the coaching staff reserves the right to take disciplinary action for offenses that may not be specified above. The coaching staff also reserves the right to allow for benching a cheerleader as deemed necessary or for extra conditioning for team offenses, as well. Consequences will be given, which may include dismissal from the squad.

Note: If benched, injured, or unable to participate for any reason, you will still be required to dress in uniform and sit with your coach. You will NOT be allowed to sit with friends/family. It will be the coach's decision if you will stunt during the game

- B. As an ambassador of Marquette High School, each cheerleader is expected to:
 - Be a positive role model both in and out of school.
 - Be responsible, committed, and a leader by following the rules and regulations of the MHS Cheerleading Program and Marquette High School.
 - Promote school spirit by participating in pep assemblies, sign making, Spirit Week, and all other related activities.
 - Promote sportsmanship by cheering positively for all sports covered by the program.

- Promote team unity by attending all assigned practices, cheer dates, and participating in a positive manner.
- Maintain a conditioning program and remain alcohol, drug, and smoke-free.
- Display school and team pride by following all uniform guidelines.
- Abide by all rules and regulations set forth by the Rockwood School District Citizenship Policy.

III. ACADEMIC RESPONSIBILITIES

To remain an active member of the MHS cheer squad, cheerleaders must be in good academic standing at the conclusion of each Semester. After each Semester, grades will be reviewed. In the event of an academic issue, cheerleaders will be required to make a plan for immediate improvement. Cheerleaders will continue to come to all cheer-related events, but participation in games and events may be restricted until improvement is shown.

- A. Follow all behavior rules that are listed in the MHS student handbook/planner.
- B. Behavior in academic classes must reflect respect and effort. If a teacher gives a negative report, disciplinary action will be taken. Academic Consequences: The outcome from all behavior infractions (including ISS, Detention/Friday Detention, and OSS) or any discipline reports from teachers/coaches will be determined by the coaching staff's discretion.

IV. ATTENDANCE EXPECTATIONS

- A. Attendance is mandatory at all games, practices, and other cheer-related events (signs, pep rallies, fundraisers, etc).
- B. All cheerleaders will cheer for football during the fall season and cheer for basketball during the winter season. We will cheer for a few soccer games in the fall for conference and/or a district game, per the Administration.
- C. Concerts, parties, other social plans, family vacations, college visits, college family events, school related events (theater, clubs, other sports, etc.), doctor/dental appointments, job schedules, and all-star competition events/practices must all be worked around the cheer calendar and will NOT be considered an excusable absence for practices, games, or cheer-related events.
- D. Coaches must be contacted by the cheerleader at least one (1) week before the requested absence for an exception to be considered and a consequence determined.
- E. Tardiness is unacceptable. For every minute that you are late, you will run.
- F. Unforeseeable occurrences are the only excused absences from games, practices, and other squad-related events.
- G. Please make sure not to commit to other activities, both in and out of school, that could potentially have major conflicts during the playoff seasons.
- H. Cheerleaders will be expected to attend a strength and conditioning class to help develop skills and for safety.

V. GAME DAY CHEERING CRITERIA/ATTIRE EXPECTATIONS

- A. Cheerleaders are expected to have full-day attendance on game days. If they are going to miss a portion of the day, it is the cheerleaders' responsibility to communicate with the Head Coach and make them aware of the situation.
- B. On game days, pep rallies, and cheer-related events, all teams will wear uniform attire set by the coaches
- C. Cheerleaders are not allowed to lend out ANY part of their uniform to friends and/or family members at ANY TIME. (including items that have been purchased, such as warm-ups, sweatshirts, etc.).

- D. Jewelry is NOT to be worn at any games, practices, pep rallies, or other cheer-related events. This includes rings, earrings, belly button rings, nose rings, bracelets (wrist or ankle), watches, and necklaces.
- E. Long nails are NEVER permitted during the season. This is in violation of safety rules. Nails may not exceed in length longer than finger tips, regardless of whether nails are natural, powder, gel, or acrylic.
- F. On game days, the school dress code MUST be followed, especially while wearing uniforms.
- G. Late arrival to any practice or game will result in discipline as determined by the coach, as appropriate to the situation. (Any cheerleader who is going to be late MUST contact a coach PRIOR to their arrival.)
- H. The coaching staff will approve what will be worn by all cheerleaders for games that have themes.
- I. The coaching staff will also determine what will be worn by all cheerleaders during games that have or may have inclement weather.
- J. Uniforms MUST be cleaned and returned in good condition, within a week of the end of the cheer season, voluntarily leaving the team, or dismissal from the team. If these items are NOT returned, a hold will be placed on your grades and graduation status, and it will affect eligibility for tryouts the following year.

Note: Cheer is a TEAM sport. Therefore, all members will wear jackets, liners, and leggings together. All cheerleaders MUST accessorize in unison, with what they wear in addition to the standard uniform/shoes.

Attire Consequences: TBD by the coaching staff's discretion.

VI. PRACTICE/GAME EXPECTATIONS

- A. Show respect to other team members, captains, and coaching staff at all times. Respect the decisions of the coaching staff and the captains at all times. If you disagree with a decision or have any other concerns, please address them appropriately with the coaching staff at the appropriate time. (Set up a meeting time with the coaching staff, through e-mail or before or after school)
- B. Be on time! Arrive at least 10 minutes early for the practice start time. This includes bus departure for away games.
- C. Cell phones are NOT to be used during practices or games!
- D. Cheerleaders will conduct themselves with positive body language and active engagement during all sporting activities, events, and performances.
- E. Be confident and proficient in all cheers and dances. Sideline cheers and band dances will be available in Google Drive, Titled "Sideline Chants and Band Dances".
- F. Be willing to participate in stunts and tumbling. Team members should have a good attitude about trying new things.
- G. All cheerleaders should tumble to the highest ability, unless a doctor authorizes otherwise. All tumbling that is executed at tryouts is the MINIMUM expectations for practice and game days.
- H. Coaches will determine stunt groups, stunts to be performed, tumbling to be performed, and sideline formations.
- I. Strength and Conditioning programs will be conducted regularly throughout the season for safety.

VII. PENALTIES/ABSENCES/BENCHED GAMES

A. Penalties:

- **AUTOMATIC LOSS OF MEMBERSHIP** – **A cheerleader will be dismissed from the team:**
 - For consistently displaying inappropriate behavior in/out of uniform as well as in/out of school, determined at the coach's discretion (a decision for dismissal will be reached by the coaching staff and the administration; the cheerleader's parent(s) will be contacted prior to such a decision.
- Unexcused absences include, but are not limited to:
 - Work-related absences
 - Family vacation
 - Competitive cheerleading/dance/non-school-sponsored sports, and activities
 - Detention/ISS/OSS
 - Senior Skip Days
 - Entertainment Events (concerts, ball games, plays, etc.)
- If a cheerleader quits the team on their own account or is dismissed from the team due to their previous behavior, it may preclude them from making the team for the following seasons.
- All candidates must be in good standing in order to access tryouts (grades, behavior, finances – cheer, booster club, & school fines paid in full, etc.). Previous behavior and interactions with the Marquette Cheer Program will be a consideration for the final team selection.

B. Absences:

- Practices and games may be excused through an academic excuse. A note from a teacher (or sponsor) explaining the reason for the absence is required PRIOR to the missed practice/event. Academic excuses include study/help sessions with a teacher, field-trips required for a class in which the cheerleader is currently enrolled, youth-in-government trips, or musical/vocal concerts that affect grades. At all times, students should make every attempt to meet with teachers before school for individual help, during AC Lab, or on days when it does not conflict with the cheer calendar.
- All ACT prep classes should be taken out of season or at a time that does NOT conflict with cheerleading. Marquette is not the only school that hosts these classes. Other schools offer the same class at different times. The class is also available for zero hour.
- **Seniors are allowed 2 college visits per year as academic excuses.** A note from a parent is required prior to the absence. Coaches strongly encourage college visits to be scheduled around the cheer calendar and preferably when they do not affect games or competitions.
- Regular doctor, dentist, orthodontist, chiropractor, physical therapy, etc., appointments should be made around the cheer calendar at all times unless discussed with a coach in advance.
- If a cheerleader is injured and must sit out, a doctor's/trainer's note must be provided when return to play is indicated.
 - Return to play will be based on the Doctor/Trainer protocol; a note must be provided stating any limitations, as well as communication with parents and cheerleaders.

C. Benched Games:

A cheerleader will be benched for a cheering event(s) at the discretion of the coaching staff, including, but not limited to, the following:

- Any action, deemed detrimental to the team.
- Academic grades that do not meet the required MSHSAA eligibility of passing 6 out of 7 graded courses will be benched until grades meet the requirement, and effort/conduct has improved. To maintain eligibility, a student must pass 6 graded courses at the semester posting. Failure to do so will result in dismissal from the team.
- Assigned school suspension (ISS)- (determined by coaching staff)
- Detentions that affect practices for games- (determined by coaching staff)
- In ALL cases, if a cheerleader misses practice the day before a game or the day of a game, they may be benched. Depending on the missed absence, a cheerleader may be allowed to sideline cheer but not actively participate in the performances for the game.

VIII. CAPTAIN INFORMATION

Coaches will choose Varsity & JV Captains for the summer/fall season. Varsity & JV Coaches and Athletes will vote for Winter season captains.

- A. **Varsity Captain Eligibility:** The cheerleader must have cheered for MHS for at least one year.
JV Captain Eligibility: For the fall, Coaches will determine Captains. For winter, coaches and athletes will vote.
- B. **Election:** Cheerleaders will fill out a Google form if considering a Captain role for the season. Coaches will select captains for the Fall. Coaches and athletes will vote on the candidates for the Winter season.
- C. **Some Responsibilities:** Be a leader who follows the rules and regulations set by the coaching staff and school. Be at practice early and help start practice on time. Lead warm-up and conditioning activities. Lead cheers at games and events. The captain should take suggestions from the team, but also be a liaison between coaches and cheer team members. Set a good example of sportsmanship.

IX. PARENT ROLES/ INVOLVEMENT/ REQUIREMENTS/EXPECTATIONS

- A. Help from parents concerning non-coaching matters (fundraising, spirit functions, etc.) is imperative for our cheer program to be successful. We will designate a parent leader and committees for events and projects. Examples will include: Homecoming, hosting team dinners, end of the season team banquet, etc.
- B. Decisions made by the coaching staff are final. All decisions are carefully considered and decided together. Decisions are made based on experience and knowledge of procedures and protocol.
- C. **As a parent/guardian of a Marquette cheerleader, I will:**
 - Always show support for my child and teammates.
 - Positively support my child's team.
 - Enjoy the games! My child's time as a high school student is a fleeting one. Make it a time to remember!
 - Show class and dignity in game settings toward fellow parents, fans, Mustang team members & coaches, opposing players, opposing coaches, and referees.
 - Allow the coach to coach my child. I will refrain from shouting instructions during the game, competition, etc.

If a situation occurs relating to my child that raises concerns, I will follow the chain of command listed below to resolve said concern:

- **Step 1: Athlete Initiative (Athlete & Coach(es))**- The athlete is encouraged to initiate a meeting with their coach(es) to discuss the concern directly.

- **Step 2: Coach and Athlete Meeting (Athlete, Coaches(es), & Parent/Guardian)-** The Parent/Guardian will arrange a formal meeting between the athlete and the coaches(es)
- **Step 3: Administrative Review (Athlete, Coach(es), Parent(s)/Guardian(s), & Athletic Director-** The Parent/Guardian will arrange a final meeting involving the Athletic Director.

PLEASE NOTE: Inquiries regarding formation positioning, competition strategy, or other team member positions will not be topics that the coaching staff will discuss with parents.

X. OBLIGATIONS

- A. There is a \$200 Booster Club activity fee that will be due at the post-tryout parent meeting (Date and Time TBA).
- B. A cheerleader may have individual expenses throughout the year. Individual expenses may include, but are NOT limited to: cheer shoes, shorts, backpack, briefs, body liners, socks, jacket, clinics, competitions, transportation, tumbling, etc.
- C. UCA Stunt Clinic will be on_____ . The cost is \$50. This cost will cover 1:1 UCA training
- D. Summer camp will be _____ The cost is estimated to be \$500. This cost will cover room and board, meals, 1:1 UCA training, and camp gear. We will be fundraising during the spring semester to work to cover the cost of camp.
- E. \$200 will be due at the First initial parent meeting to secure our camp spot; the rest of the funds will either be raised through individual fundraising or parent out-of-pocket fees. Payment plans may be discussed privately.
- F. Fundraising - The purpose of fundraising is to cover the cost of individual and team needs. Participation in all fundraising events are expected. (final budgets are TBD)
- G. Attend cheer practices, games, and meetings as scheduled during the summer and school year. Cheer obligations include, but are not limited to:
 - Fall – Football and some Soccer games per request of the Administration.
 - Winter – Boys and Girls Basketball games
 - Tournaments, Districts, Sectionals, and State Competitions for all sports
 - Attend stunt/safety clinic(s)
 - UCA Summer Camp
 - MHS Cheer Summer/Winter Kids Camp
 - Fundraising Activities for Program and Booster Club
 - Sign-making
 - Team-building and motivation activities
 - Homecoming decorating & activities/Spirit Week activities
 - Meetings
 - All other cheer events as listed on the cheer calendar
 - Tumbling Classes – Tumbling Classes: Skills-based classes are arranged by coaches and require an additional cost to participate. Cheerleaders who do NOT participate in the skills tumbling classes will attend strength training classes in the weight room with coaches.
 - All cheerleaders must attend 14 practices before they are eligible to cheer at their first game (MSHSAA rule), starting with the first day of their season.

If a cheerleader will be absent from a game or practice, the absence must be communicated to the Head coach PRIOR to the absence by the cheerleader and parent.

XI. CHEER CALENDAR

- A. All cheerleaders are encouraged to attend the UCA summer camp. (Date & Location TBA).
- B. Mandatory sign-making and practices will be scheduled during the spring and summer for all cheerleaders, thus including Homecoming duties.
- C. Vacations must be scheduled around cheer-related events. There is an MSHSSA Dead Period this summer _____. That week would be a great time to plan any vacations or trips. Absences for family vacations and other camps will NOT be excused if they conflict with mandatory cheer-related events.
- D. Fall Dead Week is _____. This would also be a great time to take last-minute vacations before school starts.
- E. See the team-specific Google calendar for more details.**
- F. The coaching staff reserves the right to add additional practices or events as needed.
 - 1. For example: Friday morning practice, before a pep rally, Tuesday after school, weekend practices.
 - 2. There may also be unforeseen cheer-related events that arise (Examples can include: Football/Soccer/Basketball playoff schedule changes, tournament championships, and or weekend games)

XII. SCHOOL-OWNED ITEMS

- A. All uniforms are owned by the school.
- B. The coach MUST be notified before alterations are made to any uniform.
- C. If a uniform is lost or ruined by fault of the cheerleader, the cheerleader must financially replace the piece. This does NOT include standard wear over time.
- D. All school-owned uniforms or items must be returned or paid for before the cheerleader is eligible to tryout the next year or graduate.

NOTE: The coaching staff reserves the right to modify any rule or portion of the contract as needed at any time during the year. At times, judgment calls may be made regarding rules and policies.

If you cannot make the time commitment or don't agree with any of the above guidelines, speak to a coach immediately. Students who do not sign the contract will not be eligible for a team. Missing, being tardy to, or leaving early from practices and/or games for All-Stars or other non-MHS events is not excusable. Your school team comes first.. Anyone who quits the team will not be eligible to try out the following year. Cheerleading is a **FULL-YEAR** commitment.

MHS CHEERLEADING CONTRACT AGREEMENT

I understand and agree to abide by the policies and guidelines listed in the Marquette High School Cheerleading 2025-2026 Contract. I have read the rules, policies, and expectations, and I understand what is expected of my child and me as members of the Marquette Cheerleading program. I recognize that if the guidelines are not followed, consequences will occur. I am aware of the physical, financial, and time demands that are involved with cheerleading. I understand that my child is expected to attend all practices, classes, games, fundraisers, and other cheer-related events.

Parent Signature:_____ Date:_____

I understand and agree to abide by the policies and guidelines listed in the Marquette High School Cheerleading 2025 -2026 Contract. I have read the rules, policies, and expectations, and I understand what is expected of me as a member of the Marquette Cheerleading program.

Student Signature:_____ Date:_____