



Marquette High School Cheerleading Contract 2025 - 2026

I. PURPOSE AND ROLE

All junior varsity and varsity members will cheer for football during the fall season and basketball during the winter season.

- A. The primary role of an MHS Cheerleader is to genuinely 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. Behavioral 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 are expected to refrain from unbecoming behaviors such as inappropriate language, intimidating, bullying, making threats, and posting inappropriate photos.
 - 3. Participating in unnecessary gossip or “social drama,” especially such that is harmful to the unity of the squads.

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 a 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

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 quarter. At the conclusion of each quarter, 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, Friday School, detention, ALC) or any discipline reports from teachers/coaches will be determined by the coaching staff discretion.

IV. ATTENDANCE EXPECTATIONS

- A. **Cheerleading is your TOP PRIORITY. Attendance is mandatory at all games, practices, and other cheer-related events (signs, pep rallies, fundraisers, etc).**
- B. *All cheerleaders will cheer football during the fall season, and cheer basketball during the winter season.*
- 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 *consequence determined*.
- E. Those who cheer for an all-star squad should note that interference with MHS practices and/or games will result in removal from the MHS cheer squad.
- F. Tardiness is unacceptable. **For every minute that you are late, you will run.**
- G. Unforeseeable occurrences are the only excused absences from games, practices and other squad related events. **Consequences of Absences/Tardies: TBD by coaching staff's discretion.**
- H. Please note that we do have a game the Thursday before fall break this year. This is a mandatory game for all cheerleaders. There will be no excused absences for travel plans.
- I. 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.

V. ATTIRE EXPECTATIONS

- A. On game days, pep rallies, and cheer-related events, all teams will wear uniform attire and uniform hairstyles designated by the captains, pending final approval by the coaching staff.
- B. 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.
- C. Members must wear appropriate uniforms at all activities, including shoes, sports bras that do NOT show, briefs, no show socks, and bows. Uniforms must be worn properly at all times.
- D. On game days, the school dress code MUST be followed, especially while wearing uniforms.
- E. The coaching staff will approve what will be worn by all cheerleaders for games that have themes.
- F. The coaching staff will also determine what will be worn by all cheerleaders during games that have or may have inclement weather.
- G. 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 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 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 5 minutes early to practice and 45 minutes early to games.
- C. Cell phones are NOT to be used during practices or games!
- D. No chewing gum, sitting, leaning, or excessive talking, during practices or games.
- E. Cheerleaders can ONLY socialize before the beginning of games, at halftime, and after games. All cheerleaders have a responsibility to keep their concentration focused on the game in progress.
- F. Be proficient in all cheers and dances. There will be a cheer test before the first game. Any squad member who does NOT know the cheers may be benched. Sideline cheers will be posted on the 2020 Cheer Google Classroom.
- G. Be willing to participate in stunts and tumbling without complaint. Squad members should have a good attitude about trying new things. Poor attitude and lack of effort will NOT be tolerated.
- H. 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.
- I. Coaches will determine stunt groups, stunts to be performed, tumbling to be performed, and sideline formations.
- J. Conditioning should not be considered a punishment. We will be conditioning regularly throughout the season to help facilitate safe practice during games.

Practice/Game Expectation Consequences: TBD by coaching staff's discretion.

VII. CAPTAIN INFORMATION

The number of captains will vary depending on team size (typically, but not always 2 - 3 per team). Coaches will choose Varsity & JV Captains for the summer/fall season. Varsity & JV athletes will vote and choose captains for the winter season.

- A. **Varsity Captain Eligibility:** The cheerleader must have cheered for MHS at least one year. **JV Captain Eligibility:** The cheerleader must have cheered one year at MHS, or previous year in middle school (if no sophomore runs).
- B. **Election:** Each candidate will be required to give a brief speech to the team, stating reasons for wanting to be captain. There will be a vote by all team members by a secret ballot. The candidate(s) receiving the most votes will be named captain(s).
- 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. Choose practice and game day attire and communicate this information to the team. Lead warm-up and conditioning activities. Lead cheers at games and events. The captain should take suggestions from the team, but has the authority to make decisions. Be responsible for contacting the team to notify them of important information/reminders. Be responsible for welcoming visiting squads and setting a good example of sportsmanship. Keep the crowd cheering positively and energetically and maintaining proper sideline formation for cheerleaders during games. Act as a peacemaker in case of disagreements.

VIII. NEW CHEERLEADER ADDITIONS/RESIGNATIONS/DISMISSALS

- A. A new student to Marquette will be given the opportunity for a tryout. The tryout will be conducted using the same rubric as the original tryouts. In order to make the team, the cheerleader's score must be above the lowest cut-off score. The judges will be qualified, but there is no guarantee that they will be the same judges as the ones present during the original tryouts.

- B. In the event that a cheerleader resigns or is removed from the squad before the season starts, the coaching staff reserves the right, but is NOT required, to replace her with a member who previously completed the original tryout. The replacement cheerleader will be the cheerleader with the next highest score.

IX. PARENT ROLES AND INVOLVEMENT

- 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. If a parent would like to speak to a coach about a serious matter, they are NOT to address this at any event. *The proper protocol is to first have the cheerleader privately speak to the coach about the concern.* If the issue is not resolved after the coaches and cheerleader meeting, the parent may email the coaches to arrange a time to meet and further discuss.
- C. One of the values of any athletic program is the opportunity for the students to accept more responsibility. Cheerleaders must keep track of their own deadlines, fundraisers, practice times, etc. Email communication will be provided when possible. The captain may follow up, but it is ultimately the cheerleader's responsibility to keep informed. Consequently, it is the cheerleader's responsibility to inform her parents. *The coach will NOT be held responsible for lack of communication between parent and child.*
- D. Money raised through school-sponsored fundraising is the property of the squad and may NOT be used to offset personal expenses of the cheerleaders. The coaches will make decisions regarding its use.
- E. 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.

X. EXPENSES/TEAM BUDGET

- A. There is a \$175 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, etc.
- C. UCA Stunt Clinic will be May 27, 2025. The cost is \$50. This cost will cover 1:1 UCA training
- D. Summer camp will be June 9, 2025 - June 12, 2025. The cost is estimated to be \$500 (based on last year's budget). This cost will cover room and board, meals, 1:1 UCA training, and camp gear. We will fundraise during the spring semester to work to cover the cost of camp. \$200 will be due at the parent meeting to secure our camp spot, and the rest of the funds will be met with fundraising. Payment plans may be discussed privately.
- E. Fundraising - The purpose of fundraising is to cover the cost of individual and squad needs. Participation in all fundraising events are expected. (final budget is TBD)

XI. CHEER CALENDAR

- A. All cheerleaders are required to attend summer camp, in order to remain a member of the squad (Date & Location TBA).
- B. **Mandatory Sign Making and practices will be scheduled during the spring and summer for all cheerleaders.**
- C. **Vacations must be scheduled around cheer-related events. There is a MSHSSA Dead Period this summer (June 28, 2025 - July 6, 2025). 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 conflicting with mandatory cheer-related events.

- D. See squad specific google calendar for more details.
- E. The coaching staff reserves the right to add additional practices or events as needed. For example: Friday morning practice before pep rally or Tuesday after school. There may also be unforeseen cheer-related events that arise (Examples can include: football playoff schedule changes or basketball playoff games on the weekends)

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. Cheerleaders may purchase a new uniform for a keepsake. Inform the coach during the sizing meeting if you are interested in this option.

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 squad. Missing, being tardy to, or leaving early from practices and/or games for All-Stars or other MHS events is **not** excusable. Your school squad comes first, **NO EXCEPTIONS!** Anyone who quits the squad will not be eligible to try out the following year. Cheerleading is a **FULL YEAR** commitment and if you are **not** willing to make these commitments, please consider participating in something else.

MHS CHEERLEADING CONTRACT AGREEMENT

I understand and agree to abide by the policies and guidelines listed in the MarquetteHigh 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 must attend all practices, classes, games, fundraisers, and other cheer-related events. My child has permission to ride with other parents to away functions when deemed necessary by coaches or sponsors. I also understand by the very nature of the activity, cheerleading carries a risk of physical strain and injury. No matter how careful the participants and staff are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Marquette High School or any of its coaches or personnel responsible in the case of an injury or accident at any time.

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. I will keep myself knowledgeable and informed of all rules, and I realize that if they are not followed, consequences will occur.

Student Signature: _____ Date: _____

Marquette High School Cheerleading 2025-2026 Social Media Contract

The Marquette High School Cheerleading Program objects to postings on all social media sites which are offensive or are in violation of state or federal law, institutional policies, of MSHSSA rules. Marquette High School cheerleaders are considered a representation of this school and their participation in social media forums is subject to intense scrutiny. The conduct of the Marquette High School cheerleaders on these sites reflects upon the reputation of our cheerleading program and the school as a whole. In light of this, the coaching staff has an interest in ensuring that the conduct of the cheerleaders on social media sites is appropriate and permissible. **Any posting on a social media site which is offensive, in violation of state or federal law, in violation of the school policies, or in violation of MSHSSA rules is prohibited and may be subject to disciplinary action, to be determined by the coaching staff or school administration.**

The list of Social Media Guidelines below outlines appropriate uses of social media and inappropriate uses which may violate the Social Media Policy. In the event that a Cheerleader's social media account is found to be in violation of the policy, further discipline will be imposed by the coaching staff and/or school administration. The severity of the discipline will be based on the seriousness of the infraction and whether there have been previous offenses by the cheerleader(s) involved. Representing Marquette High School and the Cheer Program is an honor and a privilege provided to a select group of individuals. Along with that privilege comes a set of expectations and responsibilities as a Marquette High School Cheerleader. You are held to a higher standard and are recognized because you choose to represent this school and your sport. Through social media, you are now being monitored by more individuals than ever before, including other students, opposing schools, and community members. Everything you do on these social media sites and forums should positively represent Marquette High School. Used responsibly, social media can be a great way to interact with friends and promote the cheer team. Used irresponsibly, it can be a quick way to destroy your reputation and severely impact our team.

Here are some tips and suggestions for using social media sites and forums responsibly and effectively.

DO set your security settings so that only your friends can see your account.

Do **NOT** accept friend or follow requests if you are not sure who they are coming from.

DO understand that who you have listed as followers or friends is a reflection on you.

Do **NOT** put anything on social media that you would not want your family, your future employees, college admission programs, or the whole world to see.

DO think before you post: Will this positively reinforce who I am?

Do **NOT** post offensive gestures or language (including abbreviations), personal attacks, or racial comments.

Do **NOT** post when you are emotional, like right after a game, after practice, or amidst personal life situations and conflicts. You are more likely to say something you will regret.

DO look at the account name that you are reposting: Does it contain inappropriate language? Retweeting or Reposting is now taken as something you would say/have posted.

DO ask questions if you are not sure what you are doing is okay.

Do **NOT** post or retweet anything during a class, or that would be a negative representation of your school.

I understand and agree to abide by the policies and guidelines listed in the Marquette High School Cheerleading 2025 - 2026 Social Media Contract. I have read this social media contract, and I understand what is expected of myself, as a member of the Marquette Cheerleading program. I am fully aware and recognize that if I am in violation of the Social Media Contract, consequences will occur.

Student Signature: _____ Date: _____