

Marquette Cheerleading Program

Expectations, Obligations, and Penalties

Expectations

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.

Obligations

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 Soccer games
- Winter – Boys and Girls Basketball games
- Tournaments, Districts, Sectionals, State Competitions for all sports
- Attend stunt/safety clinic(s)
- UCA Summer Camp (camp is not mandatory, but is strongly encouraged for team development)
- MHS Cheer Summer 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
- Athletes will commit to cheerleading as a first priority. Involvement in other sports or activities (jobs, plays, musicals, outside competition cheerleading, show choir, speech/debate, etc.) are secondary to the cheerleading schedule and will need to be approved by the coaching staff.
- The competition team will have additional mandatory practices (if a cheerleader misses more than 2 summer, 3 fall, or 3 winter mandatory competition practices, contests, or events, they will not be eligible to compete in the following competition and will be replaced by an alternate).
- Tumbling Classes – Tumbling classes that are arranged by the coach are NOT mandatory and do require an additional cost. Cheerleaders who do NOT participate in tumbling classes will be required to attend another level's practices, create signs, etc.
- A standing back handspring & running back handspring back tuck tumbling skills are EXPECTED for the Varsity Competition Team. One of the purposes of the tumbling classes is to help develop these skills.
- 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 coach PRIOR to the absence by the cheerleader and parent. If the cheerleader informs the coach at school, it must be confirmed by a parent phone call, e-mail, or written note from a parent to the coach.

Game Day Cheering Criteria

- A cheerleader must attend each of their 7 class periods in order to cheer that afternoon/evening.
- Correct Uniform – all pieces including ALL WHITE socks, white cheer shoes, and bow in hair.
- 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, sweat shirts, etc.).
- Arrive 10 minutes prior to bus departure time for away games.
- 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.)

Penalties

- AUTOMATIC LOSS OF MEMBERSHIP - A cheerleader will be dismissed from the team:
 - When an absence rate from school reaches 25% or more. (Will be eligible to tryout again)
 - 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).
 - For any in-season major violation of the Rockwood Citizenship Policy.
- 3 absences in one season (Summer, Fall, or Winter) will be grounds for dismissal from the team. Summer Competition Teams are only permitted 2 excused or unexcused absences. (Unexcused absences include, but are not limited to):
 - Work related absences
 - Family vacation
 - Competitive cheerleading/dance/non-school sponsored sports and activities
 - Out of season school-sponsored sports (i.e. Lacrosse events during the Winter)
 - Illnesses not excused by a doctor's note
 - Detention/ISS/OSS
 - No ride or transportation (coaches can always assist in providing contacts for rides)
 - 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, previous behavior may preclude them from making the team for any 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.

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, whether witnessed by a coach or reported to the coach by a member of the Marquette Staff, that is unbecoming of a Marquette Cheerleader.
- 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 or OSS).
- Any missed practice or game.
- If a cheerleader is benched repeatedly for similar behaviors, the cheerleader may be dismissed from the team. This includes, but is not limited to, inappropriate behavior in or out of uniform, late arrival to games or practices, wearing the incorrect uniform/no bow, high rate of absences, etc.

- All unexcused absences warrant being benched for games plus additional duties/conditioning at the discretion of the 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.

*The coaching staff reserves the right to bench cheerleaders when (time and date) they feel is appropriate. Benching may not always fall on the next game/cheering event.

Notes (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 Flex Time, 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 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.
- If a cheerleader misses a practice or game due to illness, the cheerleader must provide a doctor's note to excuse the absence. If a game occurs the day following said absence, the cheerleader will not be eligible to participate in the game due to safety issues.
- 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.
- In order to return to play, a doctor's/trainer's note must be provided stating any limitations, if applicable.
- 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 if nails are natural, powder, gel, or acrylic.

Parent Expectations & Requirements

As a parent/guardian of a Marquette cheerleader, I will:

- Always show support for my child and teammates.
- Support my child's team in a positive manner.
- 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:

- Encourage my child to seek out their coach in a private meeting.
- I will arrange a meeting with my child's coach.
- I will arrange a meeting with the athletic director.
- I will arrange a meeting with a member of the school administration.

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