



Phoenix Cheerleading Handbook

The Brawley School Cheerleaders should promote and uphold school spirit, demonstrate good sportsmanship and citizenship, and support the school's athletic programs. As a *Phoenix Cheerleader*:

*I will have **school spirit** and **be a positive role model** at school, athletic events, and in our community (BOTH in AND out of uniform). I understand that as a cheer "**leader**", I represent my school and need to emulate positivity, kindness, respect, and cooperation.*

As a representative of **The Brawley International Baccalaureate World School**

- My **GRADES** must be in good standing to participate in cheerleading. I must maintain a 70% or above in all subject areas. If my overall grade falls behind in any class, I will notify Coach Stramenga to create an academic plan and attend morning study halls to continue participation in cheer until my grade improves. If not, I will need to sit out to focus on my school work. My academics come first.
 - I will be required to get a teacher achievement report filled out once per month during cheer season.
- My **CONDUCT** must remain in good standing to participate in cheerleading. Office discipline referrals or write-ups will result in sitting out of (not dressing for) the next cheerleading event. Any suspension or other disciplinary action will result in an equal suspension from cheerleading or dismissal from the squad (coach/administrator discretion based on the seriousness of the infraction).
 - I need to follow school rules and show respect to others in class, at school, at practice, and at athletic events. Demerits will be given for breaking school rules (this includes the lunchroom rules) or any infractions with school staff, teachers, coaches, or students. (see demerit section).
 - I need to clean up after myself at school, at practice, and at games/events. I will throw away my garbage, keep track of my uniform pieces, care for school equipment, and put things away after I use them.

ATTIRE:

*I will **attend practices, games, and events in the proper attire.***

- Practice Attire** = form fitting plain black tee/tank or black team practice tank, black athletic bottoms, cheer shoes, hair back, NO JEWELRY (NO GUM)
- Game Day School Attire**= Team Tee, Hair Bow, black leggings, white athletic shoes (any), optional warm-up jacket (only a Phoenix sweatshirt or uniform jacket worn on top of tee)
**We have TWO games per week. You may want to purchase two team tees (optional).*
- Varsity Game Attire** = uniform shell top, body liner, skirt, **maroon** briefs/boyshorts*, hair bow, all white **cheer shoes** with no-show white socks, and poms [See "Game Day Expectations" for more details]
- JV Game Attire:** White Cheer Team GameDay tee-shirt, JV uniform skirt, maroon briefs/boyshorts*, hair bow, all white athletic shoes and no-show white socks

Required Items: ● Black Leggings ● No-show white socks ● Black Tee/Tank



Required Purchases (all): ● Team Tee-Shirt ● Hair Bow ● White Cheer Shoes
● Maroon Briefs/Boysshorts* (to wear on TOP of undergarments)

Competition Squad Additional Purchase: ● Uniform Warm-up Jacket ● Pom Poms

** Note: Financial assistance is available through our PTSO. Please contact the cheer coach, school bookkeeper, or PTSO representative to request funding.*

-> Always bring WATER to ALL cheer functions -NO other drinks and NO GUM or candy please.

Uniform Care:

*I will **care for my uniform and poms** as instructed and understand that they are the **property of the school** and **need to be returned clean and in good condition at the end of the season**. I will care for my uniform personal items, shoes, and spirit wear as well, keeping them **clean, pressed, and in good condition**. (see distributed cleaning guidelines)*

- I am responsible for my uniform and poms. If my uniform pieces or school pom poms are left in the locker room, I will not get them back until after the next event (or at all if this happens continuously).
 - If my uniform pieces are left at home and can not be dropped off, I will not dress for that game or event.
 - If my **uniform or poms are not returned or are returned damaged in any way**, I will be responsible for **paying to replace the items: \$115 for the Varsity uniform / \$35 for JV skirt / \$25 for the pair of pom poms.**
- Student Athlete Initials: _____ Parent Initials: _____

RULES & EXPECTATIONS:

It is the **coach's discretion to make ongoing changes** to the squad's positions and cheerleader eligibility (Sideline Squad/ Competition Squad/ Alternate, JV/Varsity, Captain/Junior Leader) **based on the athlete's performance, behavior, and attendance**. Ongoing evaluations will determine if changes need to be made to the squad.

Student Athlete Initials: _____

- I will show respect for the decisions made by my coach and understand they are made in the **best interest of our team and for our safety**. *Ideas, questions, concerns, or respectful disagreement is encouraged outside of events or class time.*
 - I understand that Phoenix Cheerleading is my sports commitment for this athletic season and will do my best to honor that commitment.
- There will be **no use of cell phones during practice or games** unless it is for contact with parents regarding rides or to video record relevant routine content with coach's suggestion/approval. **THERE WILL BE NO SELFIES OR SOCIAL MEDIA TAKEN DURING STUNTING BY ATHLETES.**
- I will come to practices and games with a **positive, caring attitude and an open-mind**. I will work hard and respect the coaches and captain's decisions. I can share ideas and respectfully disagree at appropriate times,

which *should not* be during a game, event, or during the school day. At no time should I interrupt my coach's classes during the school day with disagreements. These can be made in writing or discussed after school.

- If I **miss the practice** before a game or event (or leave early, missing content) ***without prior notice to the coach***, even if it is an excused absence, I may be replaced in a stunt(s) or formation for that game/event and may possibly **have to sit out** for some of that game. This is ***not*** a punishment... If new material is taught/learned, I will not have learned the new material/changes and will not be able to perform them safely. It is also not fair to other parties to have to change the material back again. *Please call the school and leave a message to be delivered to the coach in the event of last minute absences in which you plan to still be at the following day's event.*
- Repeated unexcused absences can lead to removal from the squad. (see Attendance Policy below)

ATTENDANCE POLICY:

Attendance is important for line-ups, formations, and stunt group purposes and for the learning of new content at practices to perform at events.

- Cheerleaders are expected to attend all practices, games, and events on time and stay the entire time, unless prior arrangements are made and/or a commitment plan form is filled out. *Captains and Junior Leaders need to be present as much as possible to lead appropriately.*
- ***Coach Stramenga should be notified as soon as possible through email at alissa_stramenga@iss.k12.nc.us in regards to all absences.***
- Only a coach has the authority to excuse a cheerleader from practice or an event. Excuses will be granted for illness, emergencies, or prior commitments if accompanied by prompt written notification and/or documentation from the parent directly to the coach through the email provided above. **Illnesses and emergencies must be documented as soon as reasonably aware by a parent/guardian or healthcare professional (doctor's notification preferable if seen).** Prior commitments require a minimum of 24 hours notice to be counted as excused to allow for practice/event planning purposes.
- **Absences without appropriate and timely written notification or prior approval are unexcused absences.** For every unexcused absence, the cheerleader will be required to sit out the next game (not dress in uniform for that game). This policy starts upon signing this agreement. Absences without documentation are considered unexcused.
 - If a cheerleader leaves practice or an event early (or arrives late) **3 times** without prior approval and appropriate notification, it **equals 1 unexcused absence**.
- **Five total unexcused absences or two unexcused game absences will result in suspension or removal from the squad or switching spots with an alternate.**
- **If a cheerleader misses the practice before a game without prior notification, even if it is excused, they may need to be taken out of stunts or formations**

and/or be required to sit out for the portion of that game, in which stunting or new material was learned. They can dress for the game.



GAME DAY EXPECTATIONS:

- At school, I will encourage school spirit and excitement for the event.
- I will wear the planned game day outfit and hair choice to school.
Unless otherwise noted, this will be my team tee, black bottoms, white shoes, and hair bow.
- **I will bring clean white socks, CLEAN white athletic/cheer shoes, team-appropriate uniform pieces, maroon briefs/boyshorts, a snack, and a water bottle with my name on it** to school for the game.
- No excessive make-up is permitted. Appropriate make-up to wear at the game= **mascara, natural blush/eyeshadow, and a neutral lip color** (nude colors, mauves, and maroon lip tones are fine). Gold cheek shimmer or glitter is permitted.
If I choose to wear eyeliner or eyeshadow, I will choose a neutral/natural color that will not clash with our uniforms (ie: gold, taupe, and brown shadows are all good choices and brown or black eyeliner is fine) and that looks natural with my skin tone.
- At the game, **I will know the cheers and chants required for that game and perform them to the best of my ability. I will maintain good posture, smile, cheer loudly, and encourage crowd involvement. I will also demonstrate good sportsmanship and promote school spirit.**
- I will pay attention to my coach and cheer captain(s) to see/hear called cheers and chants. I will not argue about performing content at games that has been pre-arranged/agreed upon at practice. I can share my opinions for changes during/before/after practice time or through email/written suggestions.

DEMERIT SYSTEM:

- Demerits can be given for not following any/all of the above expectations. Written notification will be given for each demerit *after* one warning is received. Warnings are not guaranteed for all first offenses.
 - One demerit can lead to the demotion of captains or junior leaders. Squad leaders are expected to act as positive examples and should not receive demerits.
 - Three demerits [or any 1 school discipline write up] = sitting out of one game or event
 - Five demerits = squad dismissal (or a written behavior plan per coach discretion)
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Phoenix Competition Cheerleading Squad
- Handbook Signature Page -

This signature page is due before participating in any cheerleading event.

Student Name (printed): _____ Birthdate: _____

School Email (student #): _____@student.iss.k12.nc.us

- I understand that to participate in cheerleading my grades and conduct must remain in good standing.
- I understand that Phoenix Cheerleaders are expected to act with integrity at all times.
- I will care for school uniforms, poms, and cheer equipment as requested and return them clean.
- I understand the attendance policy and that documentation/notification is required to excuse absences.

Student Signature: _____

Please check off each box below if you agree and initial the line next to each statement. Thank you.

- _____ We have been given a copy of *The Brawley's School's Phoenix Cheerleading Handbook*.
- _____ We have read (in entirety) and understand all aspects of *The Phoenix Cheerleading Handbook*.
- _____ The coach has outlined the document contents and given us the opportunity to ask questions.

Parent Name(s): _____ Primary Phone #: _____

This phone number will be called first in case of emergency.

Preferred Email: _____

- This is the email address I'd like to use to receive cheer team communications

Secondary Phone #: _____ belonging to: _____

Secondary Email: _____

Does your child have any allergies or special medical needs? Yes / No (circle one)

If so, please list here: _____

- I understand that my child may be participating in stunting, tumbling, dancing, and other athletic activities if placed on the Competition Cheer Squad. I also realize this commitment is from August through February, with two mandatory competitions.

Parent Signature: _____ Date: _____

Notes / Comments / Other Information: