

Monument Academy Cheer Handbook

Philosophy

Our objective in cheerleading is to develop proper cheer techniques and to learn about personal conditioning and safety. It is our objective to develop strong character through increased self-confidence, self-esteem, and emotional maturity. The cheerleading program will be directed so that the welfare of all students will be the primary concern. Fundamental emphasis will be placed on the philosophy the cheerleading activities are an extension of the educational program and are justifiable only to the extent that they are desirable learning experiences. The cheerleaders will be expected to make a serious commitment to academics. The cheerleaders will develop socially through cooperation, competition, appropriate standards of behavior, and will learn effective time management strategies.

Procedure

Practices

- Practices are closed. No family or friends are allowed in the practice area.
- Cell phones are not to be used during practices, except for emergencies.
- Proper attire will be required at every practice. This includes having the appropriate footwear, clothing, hair out of the face, and no jewelry.
- Practices are held after school on Tuesdays and Thursdays with some possible morning or extra practices. There might be an occasional need for practice to be held on weekends, vacations, or holidays. These would be non-mandatory practices, but attendance would be extremely valuable to the overall performance of the team.
- Please make every effort to schedule appointments around cheer.
- *An email or text MUST be sent to the coach for unexcused and excused absences.* Coach will respond to the email, at this time the email will count as acknowledgement of the absence and will be classified as unexcused or excused. All medical/teacher notes will be due at the next game or practice following the absence.
- Cheerleaders are encouraged to come to practice even if they cannot cheer due to an injury or minor illness (cramps, allergies, etc.) so that they can still learn new material and not have a recorded absence.

Games/Matches/Meets

- Proper uniform is expected at all games at all times. Arrive to games ready to go: hair pulled back with bow, no nail polish, white no-show socks, shoes, poms, etc.
- Cell phones are not allowed during game time.
- Cheerleaders will kneel when a player from either team is hurt on the field.
- If a stunt falls during a game, the stunt group will be ground bound for the remainder of the game.
- Cheerleaders will give their full attention to the game they are cheering at. Sitting down, running around, talking to friends/family, or eating will not be tolerated.
- Games are posted on the Monument Academy website under the "Athletics" tab.

Equipment and Uniform

- Equipment and uniforms are the responsibility of each individual cheerleader. If a cheerleader loses or damages any piece or part of the uniform/equipment, it is the cheerleader's responsibility to replace the damaged/lost item.
- Uniform must be neat and clean at all times.

Communication

- Communication is critical to running a smooth program. Coaches will also make every effort to keep cheerleaders informed about practices, game times, and dates in the form of a phone call, email, or Team Snap app.
- If cheerleaders have concerns about their role, position, or status on the team, it is important that they initiate conversation with the coaching staff at that time. This a great time in the developmental process for the student, rather than a parent, to initiate this type of discussion.
- All problems and concerns should be addressed in a private setting at an appropriate time with the coaching staff. Cheerleaders should bring the concern to the coach first, if it cannot be resolved, a meeting with the coach and appropriate parties will be called to resolve the matter. The AD may be called in as well.

Fundraisers & Volunteer Work

- All cheerleaders are expected to participate in fundraising and volunteer work. This is a vital and necessary component of the program, not only to support our activities, but also to support the community and our school.

General Rules

- Cheerleaders must keep a good attitude about improving cheerleading skills & conditioning
- Take responsibility of being a positive leader both when cheering & not cheering
- No jewelry, fake tattoos/drawing on yourself, long nails, or nail polish while in uniform
- Hair will be back in a ponytail at all times during practices
- Parents should refrain from interacting with cheerleader during game time.
- Anyone caught bullying, fighting, or stealing will be subject to demerits as well as further disciplinary actions through the school policies.
- Cheerleaders are expected to speak about topics that are appropriate at any function, including practices, games, sleepovers, and volunteer opportunities. No swearing will be tolerated.
- Always give 100% or your attention to your coach, demonstrator, and the game.