

CASTLE HILLS FIRST BAPTIST SCHOOL
CHEERLEADING and EAGLE MASCOT PROGRAM GUIDELINES
2007-2008 School Year

I.OBJECTIVE OF CHEERLEADING SQUADS

- A.Promote and assert school spirit
- B.Demonstrate sportsmanlike conduct among all students and adults
- C.Maintain Christ-like standards and excellence in cheerleading and academics
- D.Promote the need for unity among all aspects of the school
- E.Make efforts to maintain good relationships with other schools
- F.Demonstrate being a “spirit leader” as well as a “Spiritual Leader” among your peers.

II.CHEERLEADING WILL PROMOTE

- A.Moral growth
- B.Physical, emotional, and mental fitness
- C.Sportsmanlike conduct
- D.Character building
- E.Development of communication skills
- F.Self-confidence
- G.Creative expression
- H.Sports knowledge and appreciation
- I.Discipline, dedication, and responsibility
- J.Team appreciation and commitment

III.DRESS CODE

A.Uniforms

- The cheerleader is responsible for the cost of ALL uniforms, including shoes and socks, and other related spirit items.
- The sponsor will determine and select the uniform with input from the squad and approval of the administration.
- The cheerleaders’ name must be on all parts of the uniform.
- Cheerleaders’ must be in complete uniform when they arrive at games and/or required functions. Cheerleaders must remain in complete uniform during the entire function.
- Except for performances and scheduled events, squad members should not wear their uniforms in public. For the purposes of photography please pack your uniform and change upon arrival to your studio and change afterwards.

B.Practice and performance wear

- Approved shorts and shirts
- Shirts tucked in (no mid-drift should show)
- Proper cheer shoes and socks
- Proper under garments (boy briefs MUST be worn under all cheer shorts)
- No jewelry of **ANY** kind (earrings, necklaces, bracelets, rings, anklets watches, etc.)

- Nails should be trimmed short with only clear or French manicure polish only. NO colored polish while in uniform. Fingernails should be maintained at a safe length for stunting.
- Hair tied up away from face, bows at games are apart of the uniform.
- NO GUM AT ANY TIME!
- Make-up is to be VERY limited. The girls are still young and have a whole lifetime to wear make-up. It is prefer that only light lip gloss and a little glitter as long as all the girls are wearing it and it is applied under supervision. Mascara is permissible but **NO BLACK** eyeliner will be allowed.

VI. SQUAD DIVISIONS

A.Middle School Squad

- Sixth, Seventh and Eighth grade girls – introduction to cheerleading while developing a strong team that will be able to progress effortlessly to the next level of athleticism and cheerleading.
- Primary focus: Cheers for in-town games (including games that are back to back), weekly practices to build strength and skill level for future advancement, participate in pep rallies and other activities that promote building school and team spirit.
- Special attention will be given to fundamentals in developing solid skills for stunts, jumps, tumbling and cheer technique. Competition level training will commence given the talent and developmental level of the squad.
- Local, Regional and National competition is possible, depending on the developmental skill of the team. Approval must be given by the Administration, Athletic Director and sponsor(s). Fundraising and additional fees would be required for such competitions.
- The team reports directly to the Middle school cheer sponsor or in her absence the Varsity sponsor or a designated Varsity cheerleader.

B.Junior Varsity Squad (if applicable)

- Introduction to High school cheerleading at a more advance skill level.
- Freshman and sophomores may tryout for the JV cheer squad.
- Before tryouts, each sophomore trying out for cheerleader will be asked if she would be willing to serve o the JV squad should her evaluation warrant it.
- Should circumstances warrant a junior might serve on the JV squad.
- Focus: Cheer for in town games of all JV fall sports and freshman soccer, volleyball, and basketball.
- Special attention given to strength training for stunts, jumps, tumbling, and cheer technique.
- Local, Regional and National competitions are possible, Approval must be given by Administration, Athletic Director and the cheer sponsor(s). Fundraising and additional fees maybe required for such competitions.

C.Varsity Squad

- All high school girls may tryout for the Varsity squad. Focus: Cheer for as many games in-town and out-of-town as possible. (Minimum of one (1) game per week) Cheer all home games and tournaments when possible.
- Special attention given to competition-level training in advanced stunts, jumps, and tumbling.

- Local, Regional and National competitions are possible. Approval from Administration, Athletic Director and cheer sponsor(s). Fundraising and additional fees maybe required for such competitions.
- Mentor younger squads- with pep-rally preparations and other consolidated events to build a united school spirit.
- Reports to the high school sponsor or assistant but, may be lead by the middle school sponsor as needed.

IV.CHEERLEADER TRYOUT PROVISIONS

- A) Each candidate, accompanied by one parent, is required to attend the informational meeting, which will be scheduled before tryouts. ***PARENT ATTENDANCE IS MANDATORY.*** If a parent cannot be present at this meeting then a private meeting will be arranged.
- B) Each candidate is required to return all forms distributed at the informational meeting by the due date, which will be announced. The forms may include but are not limited to:
 - Cheerleader Parental Release form
 - Cheerleader Information sheet
 - Inherent Risk sheet
 - General Release and Indemnification
 - Cheerleader Policy Return Form
 - Squad Experience and preference (id applicable)
 - Cheerleader’s Pledge
 - Medical Release form
 - Judging form
 - Teacher Evaluation form
- C) Eligibility for tryout requires a minimum average of 70 in each subject for the most recent semester and satisfactory conduct marks. (Students receiving a “Needs Improvement” in conduct may request a review for consideration.)
- D) Students not currently enrolled at CHFBS, but who plan to enroll for the fall semester, may attend tryouts in the spring. Attendance at the tryout clinic the week prior to the tryouts is mandatory pending the location of the family.

V. TRYOUT SPECIFICATIONS

- A)** Tryouts *may* include but are not limited to the following: a three-jump series, a tumbling run, a group cheer or chant, a choreographed routine to music, and an individual cheer.
- B) Each candidate will perform the same group cheer or chant, music routine and individual cheer. These will be taught to the candidates by the current senior Varsity cheerleaders and coaches at the practice sessions held before tryouts to the high school and middle school candidates.
- C) All cheers and routines will be approved by the Administration, Athletic Director and sponsor(s).
- D) Learn required cheer, dance, jumps, and tumbling.
 - Varsity & JV jumps – required to attempt:
Toe touch and your choice of at least two: Pike, Herkie, Front Hurdler (L or R)
 - Middle School Jumps – required to attempt:
Toe touch and your choice of at least two other jumps of your choice.

- Points earned for tumbling:
 - 0 = no attempt**
 - 1-2 = round off only**
 - 3-4 = back hand spring**
 - 5-6 = multiple back hand springs**
 - 7-8 = tuck (front or back)**
 - 9-10 = full (other accelerated)**

- E) Experience Points - +1 point for every year served on a Middle school or high school squad.
- F) Stunts **will not** be performed during tryouts.
- G) Music routines taught at the **MANDATORY** practice sessions prior to tryouts will be no more than 8/8 counts
- H) Each candidate will participate in a series of practice sessions for approximately 1 week prior to the tryout date (Monday – Thursday). These will be held after school in one of the schools gymnasiums. During these sessions, each candidate will be taught a chant, a cheer, and a dance. Scoring of the candidates at tryouts will be made by professional judges. Evaluations will include:
- Teacher Evaluation
 - Judge’s score sheet
 - Grades
 - Limited coach evaluations
- I) Final evaluations will be held at the tryout session where each candidate will perform the routines learned in the previous week. These will be performed before the judges.
- J) Squad members will be chosen and announced the day of/after tryouts. The decisions will be based on all evaluations and are final.
- K) Individual consideration will be given to candidates that have sustained a temporary injury due to a sprain, broken limb, etc. A medical release may be required.
- L) Actual tryout scores and evaluations will not be made public. The perspective cheerleaders will be notified within one hour of tryouts being over. The coaches will be available to answer individual questions related to the tryout process by appointment only.

VI. CHEERLEADER ROLES AND RESPONSIBILITIES

- A) Cooperate with the sponsor(s), other cheerleaders, faculty, administrative staff, and other school groups.
- B) Be enthusiastic, spirited Christian leaders of excellent reputation, conducting themselves properly at all times as official representatives of the school.
- C) Be an example of Christian behavior during and after school, at school sponsored activities as well as non-school sponsored activities.
- D) Be dependable and honest. Have a high level of self-control and good judgment.
- E) Must be able to take constructive criticism and direction from coaches, sponsors and cheerleader peers if warranted.
- F) Must maintain a 70 GPA in each class for each grading period and satisfactory conduct marks.

- G) Be responsible for working with representatives of the student body and coaches in planning all spirit events such as pep rallies as well as helping to motivate everyone to become involved in the spirit process.
- H) Must promote good sportsmanlike conduct

VII. OTHER RESPONSIBILITIES

A) Game and special appearance schedules

- Calendars will be given to cheerleaders and parents approximately one to three months in advance for upcoming games, practices and other required events. Please note that dates and times of games have occasional changes, some of which will have less than a 24-hour notice. Therefore, cheerleaders and parents are required to be flexible in such situations. Every effort will be made to make sure that everyone is aware of the changes. It is a good idea to call the Athletic office (377-8429) or check www.highschoolsports.net for the most up to date information.

B) Transportation

- In most instances, Cheerleader transportation will originate and end at the school campus. Parents, friends, or escorts must pick up the cheerleader from school, unless otherwise indicated. Parents **MUST** fully cooperate with this policy. Do not give your child permission to ask for exceptions.
- Parents **MUST** be active in transporting cheerleaders to and from games and events when required. Parents will be rotated and are responsible for finding a substitute if they cannot drive on the assigned day. Other transportation guidelines may be implemented as we grow as a cheerleading team.
- Primary transportation will be provided by parents and coaches when not traveling by bus as a squad. Transportation arrangements will be communicated by the coach as far in advance as possible.***
- Vehicle used for transporting the squad must have a seat belt for each person.
- Cheerleaders (licensed driver) are not allowed to drive to out-of-town games. However, a cheerleader may drive themselves to an in-town game with a note from their parent. (This applies to high school squads only).
- Cheerleaders will arrive and depart games as a squad. Those taking their own vehicles must caravan with the rest of the squad when leaving the squad.
- Cheerleaders must return to the school with the designated parental driver with whom she left with unless her parent has submitted a written consent to the sponsor or a phone call has been made.
- A parent may pick up a cheerleader after an event, but must notify the sponsor or driver in person, who transported the cheerleader to the event.
- When there is room on the bus, the squad may travel with the athletic teams. An adult chaperone must be on the bus with the cheerleaders.

C) Practice Sessions

- All practice sessions will be supervised by the coach, sponsor, or other CHFBS faculty or staff.

- Practice times will be determined by the coach or sponsor, depending on competition, special events, etc. Parents will be notified as soon as possible. This may be as short as one day's notice due to gym and/or facility availability. Every effort will be made to give advance notice about schedule changes.
- Each squad member is required to attend every practice session unless she has been excused from practice by the coach/sponsor *in advance*.
- Only the coach/sponsor or principal has authority to excuse an absence.
- If a squad member is absent w/o advanced clearance, she must check in with the sponsor as soon as possible.
- A squad member who has been absent is, upon her return, required to bring a note from parents stating reason for her absence. (A note from parent may or may not result in an excused absence.)
- Excused absences are illness, church activities (must be approved one week in advance), traveling with family (must be approved one week in advance), or serious illness of immediate family or death of family member. Other reasons will be considered on an individual basis.
- Unexcused absences from practices will result in disciplinary action. If benched: cheerleader is required to attend the games with the squad in full uniform and cheer from the stands. Cheerleader will sit with the coach/sponsor or adult chaperone and **may not visit** with friends in the stands.
- Consistent tardiness to games or practices will result in disciplinary action.
- Proper stretching is required before any physical workouts and must be done in an area that is out of view of the public eye for modesty reasons.
- Practices are closed to friends and general spectators. Parents may attend practices, but please be reminded that visitors can disturb the student's concentration and the coaches practice plan.

D) Games and Performances

- Squad members must arrive at least 30 minutes before games are scheduled to begin. This ensures plenty of time for the girls to stretch run through the game plan, go to the bathroom and go over any last minute details.
 - In most cases the team will meet directly after school and have a light, healthy snack as well as prepare for the games ahead.
 - The head cheerleader (with sponsor's approval) will delegate responsibility for cheers and for chants during games.
 - They will stand in an organized formation when not performing without going through cheers in view of the spectators or talk among themselves. The purpose of our presence is to cheer on our school teams.
 - Physical contact (hugging, sitting in laps, holding hands, etc.) with anyone in the crowd is not allowed. In OR out of uniform.
 - Squad members will not leave the squad for any reason unless cleared by sponsor/coach.
 - Squad members must not eat or drink in front of the crowd. There will be a half-time break for refreshments. Water bottles are allowed during the game and the girls will take brief water breaks at the coaches' discretion.
- AN AFTER-SCHOOL SNACK SHOULD BE BROUGHT TO SCHOOL FOR GYM DAYS AS WELL AS FOR GAME DAYS.**

- Squad will be prepared to present half-time entertainment and crowd involvement cheers for time-outs and quarter changes and participate or lead in crowd games.
- Squad members must have prior approval from the coach in a timely manner to miss a game unless it is an unexpected family emergency or illness.
- All music and cheer motions will be approved by the coach/sponsor.

E) Camp

- All squad members are REQUIRED to attend cheerleader camp in the summer. Dates will be designated when specific camp is confirmed. Camp may be held out of town or a private camp held at CHFBS. Details concerning camp will be given as soon as possible.
 - Practice for camp begins right after tryouts.
 - A deposit is required by on a date TBA.** Camp costs are the responsibility of the cheerleader and parents, but may, in part, be raised by the All City Cheer Clinic. Parents are also responsible for the cost of camp wear. **
 - The coach and or sponsor will attend camp and all coach's sessions designed to educate and encourage.
 - Camp wear is to be planned and will be ordered by the coach / sponsor.
 - Parents are responsible for the cost of camp and the camp wear.**
 - Purchased camp wear will be worn for daily cheer practice *after* camp is complete. A schedule of what is to be worn on what day will be given after the order has been placed.
 - A list of "What to Bring to Camp" will be handed out after the new squad is selected.
- Please note** that camp is a time for team bonding and building new relationships with the new cheer squad and coach(s). This time also allows for planning for the upcoming year. Parent attendance during camp is discouraged. Parents will be invited to attend the last part of camp during "show offs" as well as the All-American Cheerleader tryouts for those that are selected to tryout. This is a very exciting time as well as a huge honor!

** *Camp wear falls under uniform cost and funds will be raised to offset this cost.*

Competition (if applicable)

- Cheerleaders may participate in local, regional and /or national competitions. Approval must be given by Administration, Athletic Director and Sponsors.
- Fundraising and additional fees may be required for such competition.
- Refunds will not be given to students who sustain an injury that prevents the cheerleader from participating or attending competition.
- Full commitment is required by all team and family members for extra competition practices and travel to participate in competitions.**

VIII. ELIGIBILITY (Grades)

- A) All current rules of eligibility will apply. Grades must remain at 70 or above in each class for all grading periods and progress reports. A passing grade must be recorded before a cheerleader resumes duties. Grades are checked on Sunday evening and a cheerleader with a grade lower than a 70 at the time of the grade check will be ineligible until the following Friday at which time the grade will be checked again. (Week to week eligibility)
- B) The Athletic Director will communicate with the sponsor concerning grade eligibility for cheerleaders. The cheer coach has no access to your child's grades.
- C) Cheerleaders and parents will be expected to keep themselves updated as to what their grades are in each class. This information can be obtained through the schools RenWEB that is easily accessed and should be monitored weekly.
- D) If a cheerleader remains ineligible for 3 consecutive weeks, a conference will be required with the parents to discuss the academic needs of the student and may result in non-participation with the squad for an agreed period of time until grades are satisfactory.
- E) If a cheerleader experiences difficulty in any academic class, the coach/sponsor may excuse her from an event for extra study time at home or tutoring. Such consideration must be requested in advance and initiated by cheerleader or sponsor.
- F) Although a passing grade of 70% may or may not meet your expectations as a parent that is all that is required by TAPPS and CHFBS rules. If you, as a parent, feel the need to remove your cheerleader from expected venues please make arrangements as soon as possible to speak with the coach or sponsor to determine a plan of action. A decision will be made based on how it will affect the "whole team."

IX. HEAD CHEERLEADER

- A) On each squad, the coach/sponsor will appoint a Captain and possibly a Co-Captain.
- B) The coach/sponsor will consider the ability to take direction, the ability to work with the coach, leadership skills, a cooperative spirit, and other existing responsibilities.
- C) The head cheerleader will be responsible for carrying out all (not unreasonable) requests made by the coach or sponsor (i.e. calling each member of the squad, arranging an extra practice time, etc.)

IX. ENCOURAGEMENT AND DISCIPLINE

- A) The privilege of being enrolled at CHFBS prohibits use of alcoholic beverages, use of tobacco products, or any type of controlled substance. Profanity, immorality, and questionable or rebellious behavior toward authority are also prohibited. Misconduct, whether at school-sponsored events, on *or* off campus, in uniform or not, will be grounds for discipline and/or dismissal from the squad.
- B) The school administration and coach/sponsor will be consistent with discipline, praise, and correction. The parents will receive a phone call

from the coach/sponsor if a squad member is having difficulty or problems with discipline. Parents will be asked to meet with the coach/sponsor if the problem is not resolved the cheerleader is required to be present as well.

C) If a cheerleader quits the squad for any reason, that cheerleader gives up the right to re-tryout the following year. Commitment to the “whole” squad is enforced.

D) Merits and Demerits

- Merits can be earned by special assignments made by the sponsor and or captain (i.e. making spirit signs, banners, etc.). A team member going beyond the call of duty can also earn merits. Two (2) merits will replace one (1) demerit. Merits will be given at sponsor’s discretion and will not be given if asked for by cheerleader.

- A team member who has earned (5) demerits will be placed on a two-week “productive probation.” A team member on probation must attend and participate at all practices and scheduled events, but will not be allowed to dress out and perform with the team at games or special performances but instead will sit with sponsor.

- A team member who has earned (10) demerits will be removed from the squad.

Violations	Number of Demerits
Chewing gum (practice, games, gym)	1
Wearing jewelry at practices or games (including watches, anklets, bracelets, necklaces, rings, earrings of any kind)	1
Tardy or missing practices	1
Non-compliance with assigned daily uniform assignments	2
Inappropriate appearance	2
Any action that could cause harm to another team member or the individual herself (i.e. failing to execute position or techniques within stunt group resulting in someone's injury, etc.)	3
Discipline referral to the office for any violation of school rules and /or conduct.	3
**Cheating or lying to a teacher, sponsor, or team member	3
**Unsportsmanlike behavior (comments, gestures to officials, fans, etc.)	4
**Use of explicit language or a "U" in conduct	5
**One (1) unexcused absence from practice or game	5
***Use of alcohol or narcotics, sexual promiscuity	10
Uncooperative behavior toward sponsor, captain, co-captain, squad, member, gym coaches or MS/HS coaches	2
Use of cell phones during practice or games without permission	3
Not practicing modesty: wearing too short of shorts, not wearing boy briefs, not wearing a sports bra	3
Not wearing the full uniform including but not limited to: correct hair bow, white ankle socks, proper uniform VARSITY brand boy briefs, etc.	3

*If a team member is tardy to practice or a game, she will run two 1 lap for every minute she is late. Other physical consequences may include: push-ups lunges, wall sits, "up and overs", or 25 toe touches after practice.

** Team member will not be able to work these demerits of their record for the school year.

*****AUTOMATIC DISMISSAL** from the squad for that school year.

ACSI rule: Any team member who has a final 9-week average below 70, or a "U" in conduct, will receive the demerit above and WILL NOT participate in athletic activities for at least two (2) weeks.

Other violations that are not listed will be assigned the appropriate number of demerit(s) determined by the sponsor. Demerits can include reports of violations to the sponsor by staff and faculty members of CHS.

The sponsor will keep a running list of merits and demerits of each team member. Merits and demerits run for a single year only.

XI. PHYSICAL FITNESS

- A) Cheerleading requires strength, endurance, and safety. Each cheerleader is required to have a physical examination each year before participating in any cheerleading activity. Required physical exams can be scheduled with your own doctor or with the school when they are offered to the other athletes.
- B) No stunts or tumbling will take place without a qualified coach/sponsor or qualified adult present.
- C) The coach/sponsor will follow recommendations of a qualified sports doctor in preparing each squad member for physical activity. Squad members will follow the recommendations of the coach/sponsor as to the level of activity in which they may participate.
- D) Any squad member who appears to be hurt in anyway will be evaluated by the coach/sponsor. She will not be allowed to cheer or practice until the coach/sponsor gives permission. A doctor's examination could be required.
- E) If a team member reports an injury or states that she cannot participate in tumbling, jumping, or stunt building because of an injury, she will not be allowed to cheer or practice until a doctor has submitted a written release form stating that she may resume squad activity.
- F) A physically injured squad member is required to attend games and events in full uniform and cheer from the bleachers with the coach/sponsor. She will travel to all events with the squad.
- G) As with any sport, injuries (minor and major) can occur. It is of the utmost importance for all team members to follow all safety guidelines. A pain reliever should also be left in the care of the nurse's office in the event that it is needed.
- H) The coach/sponsor will never permit any squad member to take part in any physical activity if the surroundings are unsafe. School guidelines will be followed precisely where safety standards are concerned.

XII. PHYSICAL QUALIFICATIONS

- A) Cheerleading is a strenuous and physically demanding activity. The CHFBS cheerleading program is committed to promoting healthy lifestyles and eating habits for all team members. Cheerleaders must be excellent athletes or developing athletes. Cheerleading involves some aspects of several athletic activities such as rotation and tumbling of gymnastics, stamina of basketball, strength of bodybuilding or football, balance and movement of dance, etc. Cardiovascular workouts outside of practice on an individual basis are encouraged to help build a good healthy lifestyle.
- B) As athletes, the appearance of cheerleaders is very important. Each member must be responsible to maintain her weight and appearance. Our team does many mounts and partner stunts, and ideal weight makes lifting easier.

XIII. SAFETY

The increased athletic activity in cheerleading has increased concern for safety. Cheerleading involves a variety of gymnastics, motions, partner stunts, rotations, pyramids, dance and heights. participation in cheerleading involves

a certain amount of danger for personal injury. Cheerleaders are placed on notice that proper conduct of cheerleading may result in catastrophic injury, paralysis, or even death. In becoming a participant in this program, you voluntarily assume the risk involved by participating in cheerleading practices, games and other activities. You will be required to sign a waiver form as soon as the new squad is selected.

XIV. PARENTAL INVOLVEMENT AND FAMILY TIME

- A) Cheerleading is a year round activity including practices, summer camp and including cheering at soccer, volleyball and basketball games and attending many school functions in uniform. Therefore, cheerleading not only requires commitment by the cheerleader but also the commitment and support of her family.
- B) Participating in Athletics as well as cheerleading is a matter of concern; because Cheerleading IS a year around commitment. If a cheerleader wants to play a fall or winter sport she should choose **only one or the other**. The best time to play Athletics for the cheerleader is in the off-season when track, softball and golf (and other spring sports) are offered.
- C) After tryouts each squad member is expected to attend tumbling / cheer classes once a week at the scheduled times as well as practices once/twice a week.
- Any absences from tumbling/cheer classes must have prior approval of the coach/sponsor. The cost is still the same whether you are present or not.
 - No member will be permitted to be absent from these classes when squads are in training for competition or camp.
 - Parents are responsible for transportation to and from any evening classes. Arrangements can be made to travel in the coach's vehicle or other team member's vehicles with prior consent given between the two families and the coach. Written notification is preferred, if possible.
- D) Fundraising is essential in helping to curb the cost of cheerleading and each cheerleader should participate in by ALL fund raising efforts. Parents WILL be asked to assist with fundraisers.
- E) Communication:**
- The coach/sponsor will communicate mostly through emails and written memos. On occasion phone calls will be made to get information to you quickly. A "phone calling tree" will be established to move the information along more rapidly. You must check your emails for frequent updates and important information.
 - It is important to remember that the coach/sponsor cannot be on call 24/7 and parents should read emails, written memos and occasional text messages (if applicable). A response from the parent that messages were received is important (i.e. reply back from an email "got it" or signature on memo).
 - The coach/sponsor is the only one to give direction (in regards to cheerleading affairs) to the girls unless otherwise directed. At this young age it is important to establish respect and honor for those that have been placed in authority. If any parent has difficulty with a coaches/sponsors decision(s) a meeting can be arranged.
 - The cheerleaders are required to bring a 1½ binder to each practice. This binder will hold memos that have been printed off of the email, copied at

school, cheers and chants and calendars. This is similar to a “play book” for basketball.

CHEER GUIDELINES AND MERIT/ DEMERIT POLICY AGREEMENT:

Please return to sponsor prior to the first day of try-out clinic.

We have read the cheer guideline policies, understand the contents, and agree to abide by the rules and regulations contained therein for the 2006-2007 school year.

TEAM MEMBER'S SIGNATURE: _____

PARENT SIGNATURE: _____

DATE: _____

CHFBS Cheerleader and Mascot Code of Conduct

1. Will promote goodwill with one another, members of other athletic teams of Castle Hills and it's competitors as well as the student body, faculty, staff and administration
2. Will adhere to all said guidelines covered prior to trying out for cheerleader or mascot at castle Hills First Baptist School, including all violations outlined under Merits and Demerits.
3. The coaches do wish to micro-manage their teams however, it is important to remember the calling to serve that you have been granted and to adhere to the Handbook of CHFBS. Using the Merits & Demerits Violation outline consequences will be given as follows:
 - Cheerleaders will be given at least three warnings and may be asked to complete at least one physical activity (i.e. push ups, lunges, "up & overs", etc.)
 - If problems are chronic then a phone call will be made to the cheerleader's parent and the office will be notified of such contact.
 - Continued infraction may result in sitting out of a game in uniform or dismissal from the team.
4. Understand and believe that PERFORMING is a SECONDARY ROLE of cheerleading and can effectively promote school spirit when included at appropriate times. CHEER COMPETITION, like cheerleading SHOULD SERVE TO DEVELOP LEADERSHIP, CONFIDENCE and SKILL. Christian cheerleaders are skilled athletes and should never take a back seat to anyone else in their excellence..."for you serve the Lord Christ." CHEERLEADERS SHOULD BE LEADERS/EXAMPLES IN THEIR CHRISTIAN TESTIMONY to the student body in all situations, not just athletic events. A TEAM ATMOSPHERE supplements the secondary curricular program and provides students with educational experiences and learning outcomes that contribute toward the total development of a whole person (source: CCA)

CHFBS Cheerleader Information
2007-2008 School Year
(Effective 3/23/07 – 3/22/08)

STUDENT _____ **AGE** _____ **DOB** _____

ADDRESS _____ **ZIP** _____

PHONE _____ **ATL. PHONE** _____

STUDENT EMAIL _____ **PARENT EMAIL** _____

MOTHER _____ **OCCUPATION** _____
(or guardian)

WORK PHONE _____ **CELL / PAGER** _____

FATHER _____ **OCCUPATION** _____
(or guardian)

WORK PHONE _____ **CELL/PAGER** _____

CONTACT PERSON IN CASE OF EMERGENCY _____
(other than parent or guardian)

RELATIONSHIP _____ **PHONE** _____

WAIVER AND RELEASE:

I recognize the risk of injury and illness inherent in any exercise and Cheer program. This student is participating upon the express agreement and the understanding that I am hereby waiving and releasing Priscilla Prather and /or Michelle Fix and/or CHFBS Administration and/or staff (and/or any of it's coaches) from and against any all claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of participation in this program, or any illness or injury resulting there for, and hereby agree to indemnify and harmless Priscilla Prather and/or Michelle Fix and/or CHFBS (and/or any of it's coaches) from any and all claims.

Insurance waiver: Cheerleading coaches and /or CHFBS are not liable for any accidents or injuries, which may result from activities on the premises at CHFBS or any other properties that require attendance of the cheer squads. Therefore, please provide the following information with regards to medical care if the need should arise.

_____ I hereby give my permission to allow medical treatment and/or medication to my child should the need arise in an emergency situation.

_____ I do not give permission to allow medical treatment and/or medication to my child in an emergency situation **until** I am contacted

PARENT SIGNATURE _____ **DATE** _____
(or guardian)

Medical Information

DOCTOR _____ **PREFERRED HOSPITAL** _____

INSURANCE CO. _____ **POLICY/GROUP #** _____

INSURANCE PHONE # _____

NAME OF POLICY HOLDER _____

MEDICATIONS TAKING AT THIS TIME (LIST NAME OF DRUG, MLG, AND HOW OFTEN TAKEN)

LIST ALL KNOWN ALLERGIES:

PARENT SIGNATURE _____ **DATE** _____
(or guardian)