



Paraclete High School Cheerleading rules & regulations

Attendance: the following is the list of rules with regards to attendance:

Please keep in mind the absences can be the downfall in the making of a GREAT team.

Note: excused absences include family emergencies, & illness. In the case of illness, a cheerleader must be absent from school the entire day and the parent must email (paracletecheer_olague@aol.com) or call (661) 943-3255 ext. 406 to inform the advisor of absence. In the case of family emergency, a phone call by parent must be made to the advisor. Thank you for your cooperation.

- 3 unexcused absences/tardys to games or practices will result in the following consequences for the cheerleader:
 1. 1st violation the cheerleader will sit out the first quarter of the next scheduled game.
 2. 2nd violation the cheerleader will sit out 1st half of the next scheduled game.
 3. 3rd violation the cheerleader will sit out the entire game for the next scheduled game and a parent and advisor meeting will be scheduled to discuss the future of the cheerleader on the squad.
- The cheerleading program is a 2 season commitment (football, girls volleyball & basketball). Failure to complete the commitment could jeopardize your standing with the program the following year.

Appearance: the following is the list of rules with regards to appearance:

- If a cheerleader fails to come to a game in proper cheer uniform the cheerleader will be sent home immediately and it will be counted as an unexcused tardy/absence.
- If a cheerleader fails to come to school in proper cheer uniform, the cheerleader will be sent to the front office to call home to get the proper uniform piece, and it will also be counted as a unexcused tardy.
- No jewelry (except stud earrings) or artificial nails are to be worn to practice or games. The advisors are not responsible for any jewelry that is worn and needs to be taken off.

Behavior: the following is the list of rules with regards to behavior:

- Insubordination by a cheerleader will result in a 1 game suspension, followed by a meeting with parent and advisor. Insubordination is to include but not limited to failure to follow directions given by advisors or swearing at advisors.
- The use of cellphones while cheering at a game is prohibited.

Academics: the following is the list of rules with regards to academics:

- All cheerleaders are to maintain a minimum grade point average of 2.0.
- Grade checks will be performed by the Athletic Director or advisor.
- An initial grade check will be performed prior to tryouts to continue during the school year at the quarter and semester marks. If the minimum GPA is not obtained at those times, the cheerleader will be removed from the squad until the next grading period.

Miscellaneous guidelines:

1. Please do not initiate or engage in angry discussions with the advisors at any time. Please email your concerns to advisors after a 24 hour cool down period.
2. All cheerleading practices are closed.
3. While the cheerleaders are cheering at games please do not sit with them.
4. Parents, friends and family members are not allowed to be on the game field at any time.
5. If you should wish to give a gift or treat (food items) to the cheerleading squads or other Paraclete High School sports teams please get prior approval from advisors.

Thank you for your understanding and adherence to the above rules.

I have read, understand and agree with the above rules & regulations of the Paraclete High school cheerleading program.

Printed name of cheerleader

printed name of parent/guardian

Signature of cheerleader

Signature of parent/guardian