

Welcome to Air Academy High School Cheerleading.

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• Air Academy Cheerleading Core Covenants

- **Mental Toughness:** having the natural or developed physiological edge that enables you to be focused, confident, resilient, calm and in control under pressure; having responsibility for the energy that you bring into the space.
 - **Confidence:** Being able to hold your head high after you've worked hard to develop a skill and feel great about putting it in front of a crowd of peers, regardless of the outcome.
 - **Teachable Spirit:** A person who is able to accept constructive criticism and apply it to their life without excuses and tries harder for themselves and the team; interprets criticism as a help of love and concern.
- **Accountability:** Having the responsibility and respect to be trusted to show up to practice on time, try your very best, represent your team in a positive way and be responsible for your actions along with your team mates. We will recognize our mistakes and look to ourselves to correct them rather than blaming others; helping your peers uphold their commitments
 - **Passion:** Doing what you love especially when the going gets tough.
 - **Discipline:** Putting forth your best efforts in all that you do. Focus on what you are currently doing and do it right. You can control your mind and body, no one else can unless you let them; understands and embraces discipline as a requirement for individual and team success.
- **Selflessness:** Putting your needs and desires second to what is best for the program and team as a whole; showing excitement for others when they accomplish the goals that they set out to do.

Updated Guidelines for 2017-2018

By initialing below, you are stating that you agree to follow the guidelines set forth.

1. General Liability and Assumption of Risk

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary amount of risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur from a student's participation. Coaches are trained and updated annually on the most current safety practices and do everything in their power to keep athletes safe and free of injury. Like all sports, however, there is an assumption of risk when participating. By signing this contract, you voluntarily give consent for such participation by the student and acknowledge the inherent risks

associated with such participation. You also release the coaches, volunteers and staff at Air Academy High School, School District #20 and the Board of Education, from any claims of negligence by you, your student, your heirs, from any liability arising from claims for damages for injury to your student and any claims for loss or damages to his/her property which may arise out of his/her participation in this school sponsored program.

Parent/ Guardian Initial _____
Student Initial _____

2. Respect towards Coaches and Teammates and Non-Team Members

Members of the Air Academy High School Cheerleading team are expected to conduct themselves as leaders and representatives of AAHS at all times, not just when wearing their uniform.

Athletes are expected to show respect towards coaches, teammates, and non-team members.

They are also expected to be a good representative within the community and to present themselves in a professional and appropriate manner. Because we do spend large amounts of time together, conflicts and disagreements are sure to happen but athletes are expected to maintain a high level of respect for one another no matter what in the cheerleading program and outside of cheerleading. Disrespecting, back talking, or talking poorly about a coach will result in the automatic suspension from the team and discussion about the incident with the athlete and coaches. If there is a perceived conflict between athletes, the coach reserves the right to remove both athletes from the team until a mutual settlement can be reached. Disrespecting a non-team member (teacher, staff member, fellow student, etc) will result in a minimum one-event suspension and potentially more depending on the severity of the situation. Blatant disrespect of teammates, coaches, and/or the AAHS Cheer program (whether it is through writing, phone calls, texting, social media, etc.) may result in the automatic removal from the team.

Parent/ Guardian Initial _____
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3. Alcohol, Drugs, etc.

Alcohol and drug use of any kind is prohibited and not acceptable behavior. There is a zero tolerance policy in regards to drugs and alcohol and will be strictly enforced. Be mindful of this and plan accordingly when attending outside personal events. Even being present at a function in which drugs and alcohol are present could result in program repercussions. Cheerleaders

who find themselves in a situation where drugs and alcohol are present are expected to leave within a reasonable amount of time. If you drive, this should be immediate. If you do not drive, you are expected to call for a ride the moment you realize you are in a bad situation. Staying at the event to give someone else a ride home is not considered a valid excuse. Please visit the school district 20 website for further information on disciplinary actions for drugs and alcohol.

Parent/ Guardian Initial _____

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4. Punctuality

Being punctual is your way of telling your coaches and teammates that cheerleading is important to you. If you have to be late for an extenuating circumstance, please be sure to let a coach know before practice or the event. If it is school related then you must bring a note from the teacher you were working with. Recent studies have shown that many injuries result from improperly warming up. Thus for the safety of the athletes, if an athlete is late to practice they will be expected to complete double the warm up requirement for the day. If an athlete is late to a game, they will automatically miss the first quarter of that game. Calling or texting to let a coach know you will be late is expected but does not excuse you from being late.

Parent/ Guardian Initial _____

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5. Attendance

You are expected to be at all practices and events. Even when athletes are sick or injured, the expectation is that they will still try to be at practice and events to support their team unless they absolutely need bed rest. Please do not schedule medical appointments during practice times.

In the event of planned family absences, please notify the coach in writing well in advance so that coaches can plan accordingly. An email from a parent is expected.

If you miss a practice prior to an event, you miss the next event. Students, who miss a practice or event, whether it is excused or unexcused, are subject to losing their positions at games or events. The 'Two Week Rule' will be strictly enforced. Please note that if an athlete misses any practices or events within two weeks of a scheduled competition or event for any reason, they will be removed from any routines for that event. Each cheerleader must be in attendance at school the full day of the practice, performance or contest or forfeit the right to participate that evening, unless prearranged the day before the activity with the coach. They are NOT optional. You or your parents must notify a coach of an absence as far in advance as possible. You are not allowed to have a friend tell a coach.

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6. Public Display of Affection

Air Academy Cheer is taking great steps to address issues of Public Displays of Affection (PDA). When students are guilty of PDA it directly reflects on the team and institution they are a part of. In uniform (Including Practice Gear or AAHS Cheerleading Gear), once an athlete joins Air Academy Cheer they are expected to refrain from PDA, especially on school grounds or at school events. Any violation of the PDA policy will result in the athlete missing the entire next week's worth of events.

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7. Grades

Our program goal is to have the highest team GPA of any of the sports and activities at Air Academy High School. Academics will be taken very seriously. You are a student first then a cheerleader. All cheerleaders are expected to maintain their grades. Grades will be reviewed every Monday. Official pull happens every four weeks. If an athlete appears on the D/F list you will be given an opportunity to resolve the issue with the teacher and bring a note to the coaches by Wednesday at 3:30pm. If the issue has not been resolved the Athlete will sit out of all activities for the next week and will be expected to seek out tutoring or extra help from their teacher. Multiple appearances on the D/F list is not acceptable and appropriate action will be taken up to and including removal from the team if this occurs. Please remember that part of being a student-athlete is time management. It affects the entire team when we have a member that has to sit out for 2 weeks due to grades.

If an athlete is struggling, it is your responsibility to communicate this with the coaches. We will make every attempt to get you the help you need. Remember, we want everyone to be successful!

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Student Initial _____

8. Clothing

Athletes are expected to wear their uniform with pride and in a manner determined by the Air Academy Cheerleading program. Any cheerleader not dressed appropriately for practice or

events (i.e. right color t-shirt, spandex/spankies, cheer shorts, and cheer shoes) will not be allowed to practice and may be suspended for the first quarter of the next game. Cheer shorts and spandex/spankies must always be worn together. Additionally women may not wear sports bras by themselves!

Uniforms (including gear given out) must be kept in good condition. No alterations can be made to uniforms and additional gear (i.e. cutting the sleeves off t-shirts ect.) If uniforms and/or gear are damaged, athletes will be responsible for replacing the damaged items. At no time are cheerleaders allowed to give out articles of their cheer clothing to non-cheer members.

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Student Initial _____

9. Jewelry, Hair and Cell Phones

No jewelry, gum, or pocket T-shirts are to be worn during practice or games. Hair must be pulled back into a secure ponytail or braid. Fingernails must be kept trimmed, as a safety issue.

National Federation of High School Spirit Rules (Section 2-2-1) states that all jewelry must be removed during practices and events. It is not only a major safety issue but is also grounds for coaches to be disciplined and potentially fired. Jewelry is not allowed from the time an athlete steps foot into the practice room to the time practice is over. This holds true for events and competitions.

If a coach sees an athlete wearing jewelry at practice, that athlete must sit out the remainder of practice. If a coach sees an athlete wearing jewelry at a game they must sit out the first half of that game or the entire next event. Cell phones are strictly prohibited in the practice area and will be placed in a cell phone cubbies. Once we begin warming up for an athletic event, cell phones are off limits until the performance/ game is over. Failure to cooperate will result in the removal from the current athletic contest as well as the following athletic contest. If parents need to contact their student during an event they may call or text a coach and leave a message. In the case of an emergency, an athlete will request permission from a coach to call or text a parent in regards to the emergency.

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10. Payments and Accounts

Sideline Cheer Shoes \$45.00
Competitive Shoe \$99.00
Blue Pom \$10.50
Silver Pom \$10.50
Backpack \$110.00
Sweatshirt \$50.00
Cold Weather Warm Up (Jacket/Pant) \$200.00
Gloves and Headband \$11.00
Competition Uniform \$261.00
Competition Music \$60.00
Bows (4 bows) \$25.00
Spankies \$6.00
Liner \$13.00
Spirit Bags/Goodies \$40.00
General Team Fund \$100.00
Practice Gear/ T-shirts \$50.00

All things highlighted in yellow are subject to change. Once all account information has been finalized, individual account statements will be sent to the athlete's parent or guardian's email and a payment schedule will be arranged. This will be posted on the students infinite campus account and payments will be made directly to the book-keeping office. The more efficient the payment schedule, the faster gear will be ordered and received. If there are any questions or concerns about financial commitments please contact the head coaches via email at

Kadetscheer@gmail.com

Parent/ Guardian Initial _____

Student Initial _____

Fundraising opportunities will be available throughout the year. All money received From Air Academy High School cheerleading fundraisers will be deposited into the AAHS cheerleading account. All fundraising efforts must be pre-approved by the head coach and administration.

Money deposited will not be reimbursed if a cheerleader quits or graduates from the program. Cheerleaders must be prepared to earn monies for, or have parental support to pay for, expenses.

Fundraisers include:

- Kid Clinic
- Face Painting Booth at Games
- Sponsors

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12. Transportation

All athletes and their parents will be responsible for their own transportation to and from practice and events. In some instances of away games or events, a bus MAY be provided. Coaches will advise athletes and parents when a bus will be provided to events and any pertinent details in regards to busing. When riding the bus all athletes are required to be dressed in full uniform. There will be NO changing on the bus. Athletes that arrive to a bus and are not prepared will be required to sit out from the event. If an athlete will be riding home from an event with a parent/guardian, they must do a face-to-face check out with the coach or appointed school representative. Athletes will not be allowed to leave any event that required athletic bus/school transportation with a peer...ONLY a designated parent/guardian.

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Student Initial _____

13. Discipline/Expectations

The coach may bench a cheerleader for cheerleading and/or school rule violations for part or all of an event. Anytime a student is benched, the coach will attempt to contact the parent by email to explain the reason(s). During the time that the cheerleader is benched, he/she is expected to attend practices and contests. A benched athlete is required to dress down at school and the event and will stand/ sit with the coaches throughout the duration of the game/event. Failure to do so may result in further discipline, up to, and including, dismissal from the team.

Being on the cheerleading team does not guarantee your cheerleader will cheer every game or be in every competition.

Suspension from school for any reason (i.e. cheating, bullying, leaving campus, fighting etc.) will result in loss of cheerleading privileges on the day(s) the suspension is being served and may result in an additional suspension from the team. Misconduct in the community may also result in the suspension or removal from the team.

AAHS cheerleading follows a Merit and a Demerit system for disciplinary actions. To find more information on how that works please visit the Merit and Demerit system on our website at http://kadetcheer.weebly.com/uploads/9/8/9/1/98910828/merit_and_demerit_system.pdf

Air Academy High School Cheerleading upholds a high standard for the athletes and members of its program, if these standards are not met, athletes will be subject to discipline as individuals or as a complete team under the coaches discretion.

Parent/ Guardian Initial _____
Student Initial _____

14. Social Media

Athletes are expected to maintain the same professionalism and courtesy away from school as they do in school. As such, it is important to be aware of our behavior not just on campus, off campus, or in our community, but also in the cyber world as well. It is never ok to post inappropriate pictures or comments on any social media outlet or to use it as a place to bully others. Additionally, as a member of the AAHS Cheer program, all cheers and parents acknowledge that posting grievances towards the school, its staff, the cheer program, it's athletes, or any other staff member at Air Academy High School is not only unacceptable, it will be terms for dismissal of the program. Remember Kadets, social media is NEVER a place to bully or air your dirty laundry. If you have an issue, respect yourself, your school, your program, and your coaches by coming to them and discussing your problems or issues! This is not just a AAHS Cheer rule, but also a valuable life lesson. Remember, we are building strong young adults!

Parent/ Guardian Initial _____
Student Initial _____

15. Head coaches have final say!

Ultimately the head coach has the final say in any situation. If you are going to be a part of Air

Academy Cheer you must trust that your head coaches will do what is best for the team. Not every decision will directly benefit every member, but is always made in what the coach believes to be the best interest of the team and program. If a student has a question or issue with the decision then they must talk to the coach about the issue in a respectful manner. Parents may only talk to a coach about such issues after the student has first talked to the coach. Even then the parent must email the coach. Emails will not be answered from head coaches to parents on Sundays or after 9pm at night. Please do not call or text the head coaches unless it is an emergency. If after emailing the coach a parent does not feel the problem has been resolved, then you may request a meeting with the head coach. If after meeting with the head coach, a family still feels as though the problem has not been resolved, they may request the assistance of the Athletic Director.

Parent/ Guardian Initial _____
Student Initial _____

Please return this signed contract
I/ We have read the guidelines and information packet for Air Academy High School cheerleaders.
By signing below I/We am/are giving my/our son/daughter permission to try out for a AAHS cheerleading team. I/We further understand that if my/our son/daughter is selected for a cheerleading team that he/she is to follow these guidelines during the entire cheerleading season. I understand and agree he/she will be accountable for all things stated in the above guidelines.

Parent Signature

Date

I have read the guidelines for AAHS cheerleaders, understand them, and agree to follow them during the tryout period. If selected to a team, I agree to continue following the guidelines during my entire time as a member of a AAHS cheerleading team.

Athlete Signature

Date