

Simsbury Trojan Cheerleading Contract

Contact Information

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Welcome to all our new and returning cheerleaders!

Each of you has an important role to play on our team and I look forward to a great season. I want everyone to have a positive experience cheering with us; in an environment in which everyone is comfortable. As such, we ask that each cheerleader and parent read the guidelines detailed below, which have been put in place with the safety and cohesiveness of each team member as our top priority. This contract has been created with the feedback from the most recent team to ensure the most care, compassion and thought towards the athletes.

A message from your Coaches:

We are thrilled with your interest in joining our team! Ariel and I graduated from SHS in 2007 and cheered together here. We loved cheerleading so much that we are back to make our coach proud. We both have a deep passion for this sport and take every aspect of it very seriously. We made some of our very best friends because of this sport, and learned what hard work, trust and respect is all from our years as cheerleaders. We are your biggest cheerleaders on and off the field and we are always here for you all whether it is related to cheerleading or not.

Ariel and I are a team. What you say to one of us will be shared to the other. If it is something you'd rather not say to the other, we ask that you not share it with us. Ariel and I will always discuss any differences in opinions we have/the team has and be clear with all of you on a decision, so do not come to the other coach if you don't like the answer you got from one of us. Although I am the Head Coach, Ariel's skill set and knowledge matches mine, so she should be treated with the same respect given to me. *Please note that all rules in the contract are subject to change based on situations that could arise that might be unforeseen as outlined in this contract*

COMMITMENT

It is crucial that all cheerleaders make every effort to attend **ALL** practices and games. Cheerleading is a team sport, and it is unfair to teammates and coaches if it is not made a priority. There are limited spots on the roster available (and we are gaining interest!) and each one should be filled with a committed, dedicated cheerleader. It is not acceptable to not attend, arrive late or leave early from practices or games without prior notice. Regardless of notice, missing scheduled practices or games may result in being asked to sit out, stay late, not being allowed to stunt, or otherwise participate during games or performances.

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BIG AND LITTLES

Upper and Lower Classmen will be paired to assist in teaching, be a friendly face and a point of contact. This might also be paired Varsity to JV athlete or Captain to JV Captain. **This will be determined when/if there are two teams.**

HOW TO ADDRESS A COACH

As of Spring 2024, we will be addressed as Coach Abbey/Ariel, Coach Yucha/Rosage or Coach.

CAPTAINS

As of Winter 2024, Captains will be appointed by your Coaches. To be eligible to run for Captain you must either be a Junior or a Senior and have cheered on the team a season before. Example: A Junior who cheered in Winter as a Sophomore, but not in Fall is eligible to run for Winter Captain and is not eligible to run for Fall Captain. Captains will be announced the first week of the season.

ELIGIBILITY FOR LETTERING & TEAM DETERMINATION

Until we have enough athletes to form two teams, earning your Varsity Letter will be based on attendance, attitude, and ability. At the time of tryouts, if there are enough for two teams, the athletes will be taught a series of cheers and dances along with jumps to perform for judges. The teams will be divided based on lowest scoring (Junior Varsity) to highest scoring (Varsity). Athletes must complete the season to get their Varsity Letter. If the athlete chooses to not complete their season, they will not letter. If the athlete is dismissed from the team for any reason, they will not letter. Unless there are extenuating circumstances for not completing the season (sickness, family member illness or tragedy), they will not letter.

PROGRESSIONS, KNOWLEDGE AND SAFETY

This is a rebuilding season and will be treated as such. I will be re-evaluating each athlete's skills and knowledge base of Cheerleading. This means that the first few practices might seem boring but I want to make sure all basics are covered first with proper technique to avoid injuries and a lifetime of back pain. If you come to practice, ready to work, progressions will not take long. If you come to practice with a bad attitude, you are prolonging the agony. Proper terminology and calling stunts will be taught to optimize our practice time. **Dropping your flyer to the ground due to goofing around or inability to listen to direction will result in push ups for the bases, back spot, and anyone who was spotting the group. The flyer will not do push ups. If this is a repeat offense by certain groups or specific athletes, there will be retraining, and probation issued regarding stunting until trust is earned back. That might mean that no advanced stunts will be done or no stunting at games.**

Additionally, each Cheerleader will also be required to know the games they are cheering for. Cheerleaders will need to know the basics of Football and Basketball. Cheerleaders will be asked questions and quizzed at random to make sure they know enough about the games to call an Offense or Defense Cheer at the correct time.

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PARENTS/GUARDIANS

I will always be kind and compassionate to your children. I believe in equitable treatment- not equal treatment. This means that If I am a little more sarcastic and blunt towards one athlete, but I am softer with another, it is because I know what each athlete needs and this is not favoritism. Some athletes need more explaining, while others need a good shove in the right direction (figuratively of course). I will make sure I learn your child's preferred way of being addressed. Overall, I will give each athlete individualized parts of me, so I can best coach them. Your kids might come home and say I am a little wacky- but my methods are proven to work.

We will have closed practices with no visitors unless you are invited. This allows for 100% concentration from my team. If you need ANYTHING handled, please text, email, or message me on Band.

I coach cheerleading because I love it, but I also love the athletes I coach. Please remember I take time from my family to be here so please treat me with respect and I will always treat you with it back.

- Check the Band app regularly for practice/game updates or inclement weather changes.
- If your child sustains an injury or sudden illness during a practice or game, a Coach will notify you immediately. Please make sure your emergency contact information form is correct and up-to-date.
- If your child sustains any type of injury outside of cheer, or has any temporary physical limitation, please advise a Coach prior to practice or game time

ATTENDANCE DEFINED

- A "No Call/No Show" is an **Unexcused absence**. This means that the athlete did not communicate with the Coach at all that they will not be at practice or a game. If the athlete is not at school, this will already be communicated to Coach and is not considered unexcused. I receive daily emails of this attendance.
- Communicating day of a game will be considered **unexcused** unless there is an emergency, and I will need written communication from the parent/guardian.
- All games are scheduled ahead of time so all other **activities/clubs, transportation, babysitting, therapies or work** need to be resolved or scheduled outside of practice and games. Regardless of communication, these are considered **unexcused**.
- Attendance will be taken at every practice and marked down for accurate records.
- Athletes cannot attend practice if they miss any class period or are even late to class per the Fall 2024 attendance update implemented by SHS that is UNEXCUSED. If they miss due to a handbook excuse like a Health appointment, DMV, College Tour, etc. it will be excused and they can participate but a valid note from wherever they were is required.
- 2 **unexcused** absences will result in a warning letter/email home to parents of the unexcused absence. This is the only warning.

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- 3 **unexcused** absences result in dismissal from the team. If you are dismissed from the team, and want to cheer the next season, and there are tryouts available and you make it, you will be on probation for that season. 1 **unexcused** absence will result in dismissal from the team.
- All athletes need to directly contact Coach Yucha & Rosage and will not go through other teammates at this time to report an absence.
- Any absences must be communicated to Coach Yucha & Rosage in advance via Text or the Band app.
- If you miss the practice before a game with an **excused** absence (doctor's appointment, tutoring, etc.) that may result in sitting out what we learned that practice, however the athlete can participate in Cheering for the game.
- If you miss the practice before a game with an **unexcused** absence, you will sit out the game in uniform and you will not participate as there were likely many modifications made to routines to accommodate your unexcused absence. ***If you choose to not accept responsibility and do not show up to the game you owe, you will be automatically dismissed from the team.***
- If you are going to be late to practice, text/Band Coach Yucha & Rosage with a reason why you will be late, what time you will arrive and a note or pass.
- For every minute you are late **without** communicating to Coach Yucha, that will result in your entire team running laps or doing pushups for every minute you are late. This goes for every athlete. One athlete late by 1 minute= 1 lap or 5 pushups for the entire team. Two athletes late by 1 minute = 2 laps or 10 pushups for the entire team.
- If a game is rescheduled Coach Abbey will group text parents for fastest communication. If there is a conflict due to the reschedule, please let Coach Abbey know ASAP.
- All therapies or medical appointments need to be scheduled outside of practice hours. I know this can be difficult, but please make every attempt of this as possible. Although they will still be excused absences, if this becomes a pattern where it is effecting practice, this will need to be discussed with the coaches and parents.

PRACTICE GUIDELINES AND EXPECTATIONS

- *Fall practices will be 3:00pm -5:30pm, outside starting on the Track of Holden Field, and possibly moving to the grassy area next to the bleachers. Winter Practices will be held at HJMS 3:00pm-5:30pm*
- *If there is rain, we will have to move inside SHS and it may not be to an ideal location, but we will take what we have available.*
- Freshmen will fill our water jug with ice and water and bring it out to practice everyday. Sophomores will empty and return the water jug daily. There will be a rotation of this written out.
- **NO JEWELRY is allowed.** If the jewelry cannot be removed, it must be taped to the athlete
- Practice hair will have to be pulled out of the face. **No Claw Clips** are to be worn during practice. I do not want time wasted on constantly fixing hair and having claw clips hurts for doing forward rolls.
- Fingernails need to be clean, well-groomed, and short. **THEY CANNOT BE PAST YOUR FINGERTIPS** per the National Cheerleading Handbook. Long natural or artificial nails are not allowed during Cheer Season as this can cause injury to the athlete and others in their stunt groups. Chipped

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nail polish needs to be removed properly to avoid athletes picking at their nails/nail beds during practices or games. This has happened before and has resulted in the Cheerleader bleeding, causing a delay in practice. Noticeably chipped polish needs to be removed before games.

- No lotion on your arms, legs or hands right before games or practices. This should be applied long before practice to allow for drying time.
- No gum chewing, hard candy, food, etc while practicing or on the sideline. Time to eat will be allowed at halftime of the sporting event we cheer at. I promise this.
- Practice clothes should be properly fitting for safety purposes. Nothing too oversized or too small.
- It is mandatory for flyers to wear bloomers, bicycle shorts or leggings. Due to the intimate nature of this sport, it is required to cover areas well that should not be seen.
- It is mandatory for flyers to wear their cheer sneakers. There will be no option to fly without sneakers, so do not ask. If you forget your sneakers, you can see if the sneakers you have hurt your bases hands or try to trade shoes with another team member for the day.
- Bring a water bottle to all practices & games.
- No cell phone use/texting during practice or games. In case of an emergency, inform your Coach immediately- Coach Yucha will give time to check phones at specific points during practice. Please respect the time limitations we have each practice.
- Air pods/Earbuds are NOT to be worn during practice or games.
- Personal hygiene will be addressed if it becomes an issue (Body Odor, Dirty Uniform, Dirty Practice Clothes, etc) however this will not be done in front of other athletes but will be a separate conversation. If there is a reason for any of this, we will work on it together, athlete and coach to reach our goal. This is very important as our uniforms are shared for many years and scents can stick to fabric.
- Cheerleaders are not to stunt or jump unless a Cheerleading Coach associated with SHS is in the room. Feet are not to leave the ground.
- Captains may start practice if the coach is not there yet; Rolling out the mats, stretching, dancing and sidelines can be done while coach is not in the room.
- Please pack snacks/food/drinks that are appropriate for practice (sandwich, fruit, veggies etc) if you are staying after school and practice is late. Come nourished to practice to be able to perform at your best.
- All cheerleaders should respect their teammates and Coaches. It is vital that Coaches have each athletes' full attention, so please listen before blurting out questions resulting in having to start over again. Poor behavior during practices or games may result in being dismissed from the event and possibly from the season.
- Practices before a game will be Uniformed. All athletes are to wear the same bottoms, tops and bow that will be ordered prior to the season. This is so all routines can be best visualized. **Not wearing the proper uniform to practice results in a strike. 3 strikes you will sit out the first quarter of the game the next day.**
 - **NOTE:** Ideally, I would prefer to have every day be a uniformed practice, so each athlete knows what to wear every day, without question if it is appropriate. These can be washed together by the end of the week with their uniform and be good to go for the next week. This might happen depending on the cost of clothes I am able to order. The clothes ordered will be required for all and will be the same as what we wear to camp.

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- **Spirit Days are mandatory.** If the athlete does not participate, they will sit the first quarter of the game. Continuously not participating will result in more time lost during games or performances. A pre-generated "Spirit Days" list will be sent out and kept in the Cheer Binder.
- **A small check list will be given to all cheerleaders before their first game of the required items to bring.** If the cheerleader forgets one of the items like Pom Pom's , bow or sneakers for example, the options will be the following:
 - If the cheerleader forgets an item that the whole team is required to have, she can have her parent bring it and will sit out until that item arrives. No other actions will be taken except her own stunt group not stunting.
 - If they cannot get the item for the game, they can ask their team mates to go without that same item. If they forget their bow, they can ask their team mates not to wear bows. If they forget their pom poms, they can ask their team to not use pom poms for the day. **This is to teach personal responsibility.** If the team votes that it is okay, that is fine. But if the team doesn't want to go without, then that athlete will sit out for not coming prepared.

*Winter of 2023-2024 too many girls relied on Coach to have backups of everything and did not value my preparedness. Borrowed items never were returned, got returned in terrible quality and no thanks was given.

- **While in uniform, on the sideline of a game, at practice, or anywhere you can be recognized as an SHS Cheerleader, you will conduct yourself in the same behavior you see me act.** You will not swear or engage in conduct unbecoming of a Trojan Athlete as you are representing your school, team and Myself.
- **The use of drugs, alcohol, tobacco or vaping are prohibited and will result in immediate dismissal from the team if these are used and the Coach/School finds out. Hazing/bullying will not be tolerated. If any of this happens, please address this immediately.**

GAME DAY APPEARANCE

Game Day Hairstyles:

- Shoulder Length hair or shorter may have hair in a high half up/half down with bow tails facing forward.
- Low half up/half down with bow tails facing back.
- High Ponytail (at the crown of your head high) with bow tails facing forward.
- Middle Ponytail with bow tails facing back.
- Low Ponytail with bow tails facing back.
- Dutch/French Braid/Pigtails into one low Ponytail
- Variations of these hairstyles are allowed. Adding in braids, twists, or "poofs" are examples.
- Glitter hair spray is allowed. Thick glitter gel is not.
- Hair must be well groomed with minimal loose pieces hanging. This is due to cheerleaders constantly fidgeting with their hair while in line up.
- Bangs are allowed whether straight across, curtain or "whispy" bangs, as long as they do not block the athlete's eyesight and they are not fidgeting/constantly trying to tuck them back.
- Bows are a part of your uniform. They are to be worn on your head properly according to your hair style. Coach Abbey can modify bows to accommodate thicker or thinner hair.

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GAME DAY AND COMPETITION MAKEUP

The appearance of all cheerleaders should be at their own comfort level if they choose makeup. However, a clean, well presented look is required for Game Day.

- “Stage Makeup” i.e. Red Lips, Winged liner, Glittery Eye Shadow, reasonable Lashes are all acceptable as long as the Athlete is comfortable. Stage Makeup is so that the crowd can see your smile/features from a distance.
- Each Varsity athlete will be provided with a Trojan Head Face Tattoo that best suits their skin tone. Options are Navy with Yellow outline, or a Yellow one. This will be placed on the left cheekbone before the game.
- Varsity will have Home and Away “Looks”. The Uniform Shell and Skirt will be the same but will have different liners and bows.
- For competition, NO VIVID, UNNATURAL HAIR COLORS WILL BE ALLOWED.

UNIFORMS AND APPEARAL

A Shell Top, 2 Liners, Skirt and 2 Pom Poms will be provided to the athletes that are the property of Simsbury High School. In the event the athlete does not return them in good condition or fails to return them at all, the parent will be billed. If the parent or athlete makes coach aware there is an issue with the uniform ahead of time, there will be no charge.

Occasionally there will be other items lent to the athletes throughout the season. We will make the athletes aware if they can keep it or must return it.

Athletes/families are monetarily responsible for the following items. We can place group orders each season as items are needed.

Mandatory Items:

- Cheer Sneakers
- Bloomers
- Warmups (Jacket and Pants)
- Practice Clothes
- Cold Weather Gear
- Competition Shell

Optional Items:

- Team Sweatshirt
- Team Sweatpants
- Duffle Bag or Backpack

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PLEASE SIGN INDICATING THAT YOU HAVE REVIEWED AND AGREE TO THE GUIDELINES INCLUDED.
RETURN THIS PAGE ONLY TO COACH YUCHA. NO PARTICIPATION IS ALLOWED UNLESS THIS IS RETURNED.

Athletes Name: _____

Athletes Signature: _____

Parent Signature: _____