

## MHS Cheer Policies and Guidelines

The goal of Medina's cheer program is to offer the students a positive personal and athletic experience and to support the athletic teams of Medina. We aim to teach commitment, self-discipline, teamwork, responsibility and pride.

These policies and guidelines serve as the official set of rules from which the cheer program is established. These rules are strictly adhered to for the benefit of the team and are what the cheer program is based upon.

Cheerleaders perform cheers, sideline chants and dances which promote crowd participation, support for athletic teams and overall school spirit.

Fall Cheerleading: Fall cheerleaders will be cheering for the Medina football teams. All cheerleaders will be required to cheer at the first home Varsity football game, Homecoming game and all pep assemblies. All fall cheerleaders will be required to attend practices in August.

Winter Cheerleading: Winter cheerleaders will be chosen at the spring tryouts and cheer for the Medina boy's basketball teams. Practices will begin in late November or early December.

Attendance: Cheerleading needs to be a priority over all other activities, including employment, for the entire time of commitment. Each cheerleader is allowed one excused absence from a practice but may result in sitting out the following game(s), as she may not be prepared. Being considered an excused absence is the coach's discretion. Missing more than one practice or not attending a game may result in removal from the team.

### Game Expectations:

1. You must be present in school by 9am on the day of the game.
2. For away games, you have a 5 minute grace period to meet the bus. If you miss the bus, you must be driven by a parent to the game and will only be allowed to cheer the second half.
3. You must have your entire clean uniform, bow, shoes and poms at all games. If you do not have the entire uniform you will be unable to cheer and must sit beside the coach and cheer from the stands.
4. You must be ready to cheer for the 2<sup>nd</sup> half on time or you will be unable to cheer for the 3<sup>rd</sup> quarter.
5. There should be no socializing with players or the crowd during the game. Socializing with teammates should be kept to a minimum as well.
6. Everyone must follow and respect the captain's decisions.
7. Transportation will be provided by the school and must be utilized by all team members.
8. A parent may drive their child home from a game if they give the proper form, signed by the athletic director and parent, to the coach before the game.

**\*\*Being late or unprepared for a game more than once may result in removal from the team.\*\***

Conduct: Cheerleaders must be a strong representative of MHS and a positive reflection of her teammates in all areas. This includes use of social media, in or out of uniform. Inappropriate language or items shown in a posted photo will not be tolerated.

**\*\*Cheerleaders must have a high regard for academic excellence, regular attendance in school and compliance to all school policies.**

**\*\*Cheerleaders MUST participate in ALL areas...signs, creating cheers and dance routines, fundraising and pep assemblies.**

**Appearance:**

- We aim to be classy at all times. You will hear this a lot, as it is very important to us!
- Small earrings may be worn during practices and games. All other jewelry is prohibited.
- Hair needs to be pulled away from the face.
- Cheerleaders should always be striving to look uniform with their team.
- Appropriate attire must be worn to and from games.

**Parents:** Parents are a very large part of this program. We appreciate any time and support you can give us.

Please understand that a cheerleader may need to be removed from an upcoming game or performance due to lack of preparedness. Please know it is necessary to preserve the integrity, sharpness and synchronicity of the team.

We ask that parents also consider the responsibilities outlined in these guidelines and decide with your child if you both can and should make this commitment.

As a parent, you may or may not agree with every decision made for the team. You may even feel you know a better method or system by which to get things accomplished. We value your opinion and suggestions but we must always make the final decision and ask that any disagreements or differences in opinion of our coaching staff be kept to yourself, as speaking negatively about the coaches, cheerleaders or our activities reflect the entire program, of which your daughter is a part.

Thank you for taking the time to review our regulations.

MHS Cheer Coaching Staff