



Anchor Bay Cheer

Attitude/Behavior

1. As a representative of Anchor Bay Cheer Program, all cheerleaders must conduct themselves in an appropriate manner in school, on the field, while traveling, at games and/or competitions and out in the community.
2. Positive attitude, good sportsmanship, and being a team player are qualities expected of each team member. Failure to exhibit any of these qualities will be subject to consequences determined by coaches.
3. Any behavior that is a detriment to the team aspect or an individual's well being will not be tolerated. All team members must function as a team unit in order to succeed.
4. **Coaches have the right to add or take away performance/competing or game time for any team members. This is based on performance and attitude at practices, games, competitions, school, and outside of school.**
5. Insults, disrespectful behavior, or dishonesty towards a teammate or coach(s) in any way will not be tolerated from any member of the program. Consequences will be determined by the coaches.
6. Athletes will represent the cheer program at all times including but not limited to social media including Instagram, Instant Messenger, Twitter, Face book, Snapchat, etc. These maybe checked and monitored by coaches. Anything deemed unbecoming of an athlete will be reviewed and proper consequences will apply.
7. Social Media bullying, trash talk, or/and fighting will not be tolerated. Any proof of said behavior may hold consequences such as loss of participation or even as much as dismissal from the team.

Communication with Parents & Athletes

1. If the athlete has a problem, question, or concern they will discuss this with the coach **FIRST** at the appropriate time. Time is made by the coach(s) before and after practice for athletes. After doing so, then a parent if needed may contact the coach regarding the issue via email.
2. Parents will adhere to the 24 hour rule and will not confront a coach at a game, competition, or event regarding any issues they feel needs addressed. After 24 hours the parent will communicate with the coach via e-mail in the appropriate way (See page 16-17 of the athletic handbook) to set up an agreed upon time and place to discuss any issues. This discussion will take place at least 24 hours **AFTER** the situation.
3. If a parent needs to contact the coaches for any reason they will do so **via email Varsity Coaches @ anchorbaycheer@gmail.com, JV Coaches @ anchorbayjv@gmail.com and Freshman Coaches @ anchorbayfrcheer@gmail.com**. Coaches will have 24 hours to respond. Please **DO NOT** call coaches unless there is an emergency.
4. Phone calls and text messages from the girls will **NOT** be accepted after 9pm. Returned calls will happen the next day. Unless otherwise instructed by the coaching staff.
5. If needed, leaders will be chosen for the Varsity and JV team. Those chosen will act as the liaison between the coaches and the cheerleaders.

Academic Eligibility

1. School is the Athletes first priority. MHSAA grade guidelines will be followed to ensure eligibility. They must also maintain satisfactory citizenship. (see page 6 in the athletic handbook)
2. Weekly grade check are performed by the athlete bi-weekly. All students must pass all classes in order to participate two grades of "D+" or lower are equivalent to one failing grade.
3. If an athlete's grade drops below eligible level, they will have one week (Sunday to Sunday) to bring their grade up. If the grade does not improve, the cheerleader will not participate in practices or competitions until that grade is reached or the coach has chosen to make an agreement with that teacher.



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Practices/ Gymnastics

1. All practices scheduled by the coaches are mandatory. This includes gymnastics, workouts, and strength training. You are expected to be on time.
 2. **You are to be ready to practice when practice is scheduled to begin. That means mats rolled out, stretching, hair, and social conversation should be completed by the time practice is scheduled to begin.**
 3. Practice end times are when physical practice ends. All cheerleaders are required to stay and clean up the practice area before being dismissed.
 4. Everyone must come to practice dressed appropriately including: correct and assigned practice clothes, shoes, hair tied back, no jewelry or long nails see MHSAA handbook. (Any wrapping/taping by the trainer must be done PRIOR to the start of practice.)
 5. DO NOT make medical or personal appointments on scheduled practice, games and competition days. Make sure your parents know your practice schedule to avoid this occurrence.
 6. The athlete MUST contact the coach PERSONALLY (via e-mail) **prior** to missing a practice or other cheer functions. Failure to do so will result in a no-call/no-show absence.
 7. The student athlete must participate in practices. We will be involved in many weekend games and or competitions/activities during the year, which you must be available for.
 8. You must participate in extra practices as deemed by the coach. You will receive ample time to adjust schedules.
 9. Athletes may not leave any event without informing the coach in person this includes but not limited to practices, games, competitions, and team events.
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Games and/or Competitions

1. Cheerleaders must attend all games and competitions as scheduled.
 2. Cheerleaders must be at the football field or competitive site at scheduled time events. Failure to do so will result in partial/full suspension of a game/competition.
 3. During a game or competition all cheerleaders are to stay in the designated areas assigned by the coaches. During games or competitions cheerleaders are NOT ALLOWED to go into the stands.
 4. During sideline season if a break is allowed from the coaches during halftime all cheerleaders will return to the field ready to cheer the second half of the game when the clock reads 2 minutes left.
 5. A post-game or competition discussion is mandatory for all team members. Cheerleaders are not dismissed until the conclusion of this meeting and clean up of event.
 6. **Cheerleaders MUST ride and travel on the bus provided by the school to and from the event. *Please see Anchor Bay Athletic Handbook.**
 7. **Any other travel arrangements must have a written note from the parent which has been approved and signed by the Athletic Director and given to the coach. Students CANNOT drive to and from any events.**
 8. **Cheerleaders who are unable to perform at game or competition must still sit in uniform on the sidelines with the coaches. Failure to comply with this will result in immediate dismissal from the team.**
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Anchor Bay Cheer

Absence Policy

1. Tardiness may result in team's practice being extended the amount of minutes that someone is late. Minutes will be added together pending numerous late people. This rule affects the entire team. **DO NOT BE LATE!! ☺**
 2. Two tardies = one unexcused absence.
Being late over 30mins with no call or email to coaches = One No Call/ No Show
 3. There are three kinds of absences: excused, unexcused, and no-call/no-show.
 - a. Excused:** This means that the coach is aware that you will not be in attendance and has approved your absence. There is no penalty for this type of absence.
 - b. Unexcused:** This means that the coach has been notified prior to practice but has decided that the reason for the absence does not warrant it to be excused. The penalty for this type of absence may result in removal from performance at any event.
 - c. No-call/No-show:** This means that you failed to contact the coach **PRIOR** to the designated meeting time. **There is no excuse for this type of absence and the penalty is severe. Penalty for this type of absence may result in removal from any event. Second offense may result in removal from the program.**
 4. To participate in an event the athlete must be in school for a full day of the practice, game, and/or competition. If game or competition are on a weekend you must have been in school for all day on the Friday before.
 5. If a unexcused absence is taken the week of a performance the cheerleader maybe taken out of the said performance at the coaches discretion
 6. To participate in practice after school the athlete must be in school a full day.
 7. Each Cheerleader is allowed 3 unexcused absences per season. If a 4th unexcused absence occurs the cheerleader will be removed from the team.
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Illness Policy

1. If you are sick and must miss more than one practice, workout, gymnastics, game, or competition, you will need to provide a doctor's note to return. You need to go no later than the day after the missed event.
 2. Your attendance is expected at practice unless you are physically unable to do so. If you miss a full day of school, you are not allowed to attend practice. This may result in removal from any event.
 3. A headache, stomachache, or cold does not constitute an excuse to miss practice.
 4. The Athlete must contact the coach **PRIOR** to **each** practice. For example-if you are sick on Tuesday, do not assume that the coach knows you are still sick on Thursday. **Coaches expect an e-mail 1 hour prior to a missed practice.**
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Uniforms/Equipment

1. On event days, the athletes will wear appropriate required clothing assigned by the coaches. If it is found that the cheerleader was not in required clothing consequences may be issued that can include but not limited to loss of participation in events.
2. Uniforms property of Anchor Bay Public Schools must be returned to the school at the end of the season clean. If this is not adhered to the cost of replacement uniform will be responsibility of the cheerleader and will be worn for cheerleading activities **ONLY**. **CLEAN** uniforms & shoes are required at all cheer events. Excellent care of uniforms is expected at all times.
3. Any damage or illegal tampering of the uniforms or Anchor Bay Cheer Program equipment will result in the Athlete paying for all damages. Additional consequences may follow at the coaches' discretion.



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Finances

Communication with coaches is the key!

1. Money or payment arrangements for expenses of the sideline or competitive season will be due before the items are ordered. No money/payment arrangement = No order.
 2. Fundraising money of any kind is non-refundable.
 3. If for any reason an athlete gets dismissed from the team or quits all money paid is non-refundable.
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Awards

(Fall Sideline)

1. Participation awards will be provided to all those who participate and compete in 90% of the season and their finance account must be paid in full one week before the awards are issued.

(Competitive Season)

1. To earn a Freshman or JV award the cheerleader must be able to participate and compete in 90% of the competitions of that season. Their finance account must be paid in full one week before the awards are issued.
 2. To earn a Varsity award the cheerleader must participate and is able to compete in 90% of the Varsity competitions of that season and also be eligible to compete at Districts and Regional's along with their finance account being paid in full one week before the awards are issued. MHSAA District, Regionals and States
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Immediate Suspension

1. Blatant disrespect for coach or any other team member.
2. Poor moral conduct.
3. Insubordination.
4. Failure to adhere to absence policy.
5. Alcohol or drug use during season. (see page 10 and 11 in the athletic handbook)
6. Any cheerleader who "walks-out" of practice is choosing to remove themselves from the team.

All team members will be re-evaluated throughout the season to determine their position within the program. Your spot on a team is NOT guaranteed! Coaches reserve the right to change the cheer program (Varsity, JV and Freshmen teams) if the above criteria is not being met.



Anchor Bay Cheer

Cheerleader Name: _____

Please sign below

- ❖ By signing below my child has my permission to try-out to be a cheerleader for the **Anchor Bay** Cheer Program, for the Fall sideline season.
- ❖ I understand that if offered a place on a team he/she must abide by the rules and regulations set forth by the cheer coaches and the athletic directors of **Anchor Bay** Public Schools (**Anchor Bay** High School and **Anchor Bay** Middle Schools.) and be present for all practices, games, meetings, competitions, and team functions.
- ❖ I have read the tryout packet, rules and regulations, and understand that the violations of any of these expectations of the program may lead to temporary or permanent suspension from the team.
- ❖ I have read the financial obligations of this season and by signing below agree to pay the account in full by the end of the current season.
- ❖ I understand that all try-out forms including but not limited to this sheet must be completed by May 24, 2017 or my child will not be allowed to tryout.
- ❖ I understand that my child must attend all tryout sessions (unless excused by the coach) or my child will not be considered for a cheerleading position.
- ❖ I understand that qualified judges will evaluate my daughter/son and we agree to abide by the decision of the judges.
- ❖ I understand that my child will be reviewed by the teachers in their school about their grades, citizenship, and attendance.
- ❖ I understand agree with all costs involved as stated in the try-out forms, and my child will be a part of fundraising.
- ❖ I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and the coach are, how many spotters used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk could also include catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and by signing below agree to not hold **Anchor Bay** Public Schools or any of the coaching staff personnel responsible in case of accident or injury at any time.

We understand the risks stated above. If selected, my child and I promise to abide by the rules and regulations as well as keeping with the integrity of the program set forth by the coaches and **Anchor Bay** Public Schools. By signing below we promise to cooperate and follow the instructions set forth in this packet and of the coaching staff.

Parent Signature: _____ Date: _____

Cheerleader Signature: _____ Date: _____

Parents/Guardians Name: _____

Parents Phone: _____

Parents E-Mail: _____

Home Address: _____ City: _____ Zip: _____

Cheerleaders Phone: _____ Cheerleader Birthday: _____

Cheerleader E-mail: _____