

Solomon Cheer Squad Contract

ATHLETIC AND ACTIVITY PHILOSOPHY

The athletic / activity programs of USD #393 are an integral component of the educational program. Participation in these programs is a privilege. We believe that a comprehensive program of inter-scholastic competitive athletics and activities provides a vital learning experience for all students. It is our belief that participation in these activities promotes principles of leadership, competitiveness, self-discipline, sportsmanship, and prepares students for success after school.

As a member of the Solomon School Cheer Squad, you represent Solomon and Unified School District 393 in everything that you do, especially when in uniform. Your commitment to our team begins the day of tryouts and concludes in May of the following year. We expect that our members conduct themselves in a polite and respectful manner. Being a member of the Solomon Cheer Squad is an honor and should be treated as such.

As a member of the Solomon cheer team, I, _____, pledge to the following:

- To support all Solomon athletic teams
- To promote and uphold school spirit
- To develop leadership qualities
- To develop hard work and self-discipline
- To perform at games, rallies and performances with pride and a positive attitude
- Assist at school and community activities when requested
- To uphold high moral and ethical standards at all times whether on or off campus

Qualifications for Membership:

- Any interested 6th and 7th grade student may try out for the Solomon Middle School cheer team.
- Any interested 8th, 9th, 10th or 11th grade student may try out for the Solomon High School cheer team.
- Candidates must complete and turn in all required paperwork one day prior to trying out.
- Candidates will be eligible for the following squads based on ability and grade-level:
 - High School Squads: 9th 10th 11th and 12th grade students
 - Middle School Squads: 7th and 8th grade students
- Candidates will be judged based on the following criteria:
 - Appearance
 - Showmanship/Spirit
 - Spirit-In

- Flexibility
- Cheer Technique (voice, motions, rhythm)
- Dance Technique (timing, rhythm, coordination)
- Jumps (toe touch is required, any other jumps i.e. herky, pike, etc. will be considered as your second jump/skill)
- Standing / Running tumbling
 - Girls who demonstrate jumps and/or tumbling at tryouts will be required to perform that skill at games
- Facials
- Professionalism

Sections of this contract are excerpts from the Solomon Student Handbook. If found to be in violation of these rules and regulations the consequences may include, but are not limited to: being omitted from a routine/pep rally, additional games and dismissal from the squad.

Rules and Regulations:

The Solomon Cheer Squad contract aligns with the same expectations and policies in the [Student Handbook](#). In accordance with school and district policies, the consumption of drugs, including alcohol, tobacco, marijuana, or any other narcotic will result in administration notification and will follow the District progressive disciplinary policy. In addition, possession of weapons, whether actual or otherwise, will result in the immediate dismissal from the Cheer Squad. Please reference the Student Handbook for more information about the rules and regulations for all students and athletes.

This contract outlines additional expectations which are expected to be followed by all team members, which include the following:

- Members will conduct themselves with integrity, honesty, and ethics while posting pictures and text on social networking sites such as (but not limited to) Facebook, Instagram, Twitter, Snapchat, TikTok. All posts should be consistent with ethical and moral standards of character. Should pictures containing members using drugs or alcohol appear online, administration will be notified and could result in the removal from the squad.
- Excessive personal displays of affection as well as inappropriate behavior in uniform, including outside of school hours could result in disciplinary action and possible removal from the squad.

- To be eligible to participate in cheer activities, members must meet the district eligibility requirements
- In addition to the weekly eligibility requirement for Solomon, members must have a minimum of a 2.5 GPA average in order to participate in cheerleading events and activities.
- Members who do not meet the weekly eligibility requirement will be benched until the next grading period (the following week). If a student does not meet the weekly eligibility requirements for a second grading period in a row (the end of the probationary period), then that student will receive the appropriate amount of demerits and work on academic related materials in order to achieve the 2.5 GPA requirement.
- Any member who resigns or is dismissed from the Cheer Squad will relinquish all participation privileges immediately.
- Any member that quits in the middle of a year will have an exit interview.
- The commitment for Cheer Squad is a year round commitment.
- All students who would like to be a member of Cheer Squad will not be denied because of financial burden. If such a situation exists, please notify the coach to discuss fundraising opportunities.
- Members will not chew gum during any practices or games. Members will not wear jewelry at practice to ensure safety. Failure to comply will result in disciplinary action.

If you are benched you must attend and sit with the Coach. You must wear your uniform just the same as the rest of the team. (uniform, sneakers, hair with ribbon, etc)

Cheer Squads are obligated to perform in pep rallies when assigned. Members may be removed at the coaches discretion.

Medical and Non/Participants:

- Medical notes must be a clear doctor's note with specific release dates.
- The note must have the doctor's office stamp on it or letterhead from the office.
- If an injury causes a member to be out for an extended period of time, the district injury policy will be enforced.
- Members who cannot participate for any reason who are sitting out will have to make up the lost time through written assignments.

*IF YOU ARE ON A MEDICAL EXCUSE AT THE BEGINNING OF THE PEP RALLY PRACTICES YOU WILL NOT BE ALLOWED TO PARTICIPATE IN THE PEP RALLY. Chronic absences cause undue hardship to the other members.

This is a team sport that requires participation of all athletes for safe, proper and effective performances. If a member is released from a medical excuse before the event, they will still participate in practices with the team. It is the coach's decision whether they can be placed in the formation pending the time limit before the event. Members still need to dress out completely.

Practices:

- Members are required to attend all scheduled practices
- Practices are held every Monday and Wednesday morning from 6:15am to 7:15 am
 - *practices are subject to change.*
- All members are required to dress out in appropriate practice wear.
 - Appropriate attire examples include workout shorts, sports bras, athletic shoes, T-shirts, etc.
- Hair must be up and off the face at all times
- All jewelry must be removed before practice begins to ensure the safety of all members per the Kansas High School Activities Association rules and regulations ([KSHSAA](#))
- Athletes will be dressed and ready to practice 5 minutes prior to the start of practice.
- It is the responsibility of Cheer Squad members to remain focused and attentive during practice. Squads are expected to use their time wisely and to be cooperative and productive.
- During practices, cell phone usage will not be allowed, with the exception of emergencies (i.e.: medical emergency, family emergency, etc.) and could result in demerits.

***Members who miss any practices the week of a Pep Rally or performance forfeit their position in the rally. This includes excused absences.**

Uniforms, Accessories, and Appearance:

- Coaches will decide game day attire, hair, makeup, etc.
 - Members may request certain themes/looks through their captains to be approved by coaches 1 day prior to the related event.
- While in uniform, members will not be permitted to wear unrelated uniform accessories, including but not limited to, necklaces, rings, earrings, nose rings, facial piercings, bracelets, anklets. Jewelry is hazardous to cheer related activities, and per the KSHSAA rules and regulations our members are not permitted to wear any in uniform.

- Please bring/wear the following things to every practice. These are all required for everyone's safety when stunting and per KSHSAA rules. If you have any questions, comments, concerns, please reach out to your coaches.
 - Water bottle
 - Shorts/spandex
 - Cheer shoes
 - Sports bra/bra
 - Non-baggy shirt
 - Hair pulled back and out of the face with
 - Jewelry out
 - *No loose or baggy clothing*
 - ****Do not get any new piercings during the cheer season PLEASE!****
 - ****All jewelry must be removed while participating in any cheer related activities per KSHSAA**

Rules**

- Each squad must be in coordinating uniforms at all events, including rallies, games, on and off campus activities, and competitions, with the exception of practices.
- Uniforms are to be worn only for designated school activities and/or representation.
- Under no circumstances will a member in uniform or Solomon attire act in an embarrassing and/or easily misconstrued manner. Such behavior includes, but is not limited to, excessive public displays of affection. While in uniform, members of the Cheer Squad must display pride for not only the school but also for him/herself.
- Each member is responsible to replace any lost, stolen, or damaged Cheer Squad items.
- White ankle socks should be worn with cheer shoes. While in uniform, the only approved shoes are to be worn. All members will wear solid white athletic shoes.
- Uniforms will be checked out at the beginning of each season and returned prior to auditions for the following year. If you would like to keep your uniform, you are more than welcome to purchase your own. If you are wanting to purchase your own, please let the coach know so they are able to provide the cost. **Once ordered, purchased uniforms are non-refundable. If a uniform is lost, damaged or stolen you will need to replace them.**
- You are NOT PERMITTED to let ANY others use your cheer squad supplies. **THIS INCLUDES GAME DAY SHIRTS OR ANY PART OF THE ATTIRE FOR ANY REASON.**

- ***You are not permitted to wear your cheer squad uniform or any attire associating you with Solomon Cheer Squad in any advertisement without expressed written consent from the Activities Director.***

Performances and Activities:

- The Coach will determine game lines. Members will be assigned positions at football and basketball games according to the squad.
- Members must not engage in non-activity related conversation with themselves or spectators during a game, performance, or activity. Unnecessary and excessive conversation will result in disciplinary action.
- Members required to attend activities held off campus must ride the bus or other designated transportation both to and from the activity unless prior arrangements have been made and approved for specific circumstances. Should an alternate arrangement be necessary, written notification is required two days prior to the activity so that clearance may be obtained by the advisor from a school administrator.
- Middle School Members DO NOT TRAVEL to games.
- The High School Cheer Squad will be required to cheer at all football games and all basketball games. Schedules of games to be covered will be given to the Cheer Squad members at the beginning of each season. There will be games/matches of other sports that all or part of the Cheer Squad will be required to attend and support in addition to football and basketball.
- As cheerleaders, we need to be in support of our teams to perform to the best of their abilities. To ensure this, at all sporting events we go to in support of our teams as a squad, members are not to talk to players of the teams we are cheering for (football, basketball, and any other sport we are performing at) before or during the games/events. Once players have been released from their coaches members may visit with friends from the teams.
- Members are expected to help with any set ups, breakdowns, and cleanups of all events we attend. This includes picking up any and all trash whether it is yours or not, bringing in pompoms, signs, speakers and any cheer supplies we may have.
- Members must be spirited at all activities even when the Cheer Squad is treated unfairly by the crowd (ex. booed). Regardless of whether our team is winning or losing by a sizable margin, the Cheer Squad must continue to provide support to all athletes. A strong smile and an appropriate attitude in the face of adversity make all the difference!

- Before games we will arrive 20-30 minutes early (times are subject to change/vary at coaches discretion) to stretch, warm up, stunts, jumps and tumbling. Please make sure you are ready in uniform before we arrive at the meeting location.
 - For home football games, members will be out on the field for runthrough 10 minutes before the game begins. *(time is subject to change per coaches' discretion)*
- During the cheer season, at all halftimes, you are required to be back on the track or the court sidelines with 2 minutes remaining on the halftime clock. We need to get onto the sidelines/track by one minute to be prepared for an opening cheer for the second half. **This includes dancers as well.**
- Basketball season is a challenge for stunting, to be able to stunt during boy's game, any cheerleaders who played in the girls varsity match will be required to warm up before or during halftime.
- ****Any and all skills, stunts, etc. MUST be supervised by a coach or appointed supervisor****

Attendance Policy

- Members will be provided with a monthly practice/game schedule by the coach. It is up to you, not your parents, to let your coach know of a conflict as soon as it arises, not the day of, unless it is an emergency or illness.
- **Excused absences** will include the following: illness to the squad member, family emergencies requiring the student's travel and/or attention, death in the immediate family, pre-approved school sponsored events.
- **Unexcused absences** will include the following: work, sleeping in, choosing not to attend games/practices, last minute notice (anything after 8pm the day before cheer activity/practice/game), telling another cheerleader about your absence.
- All absences will result in demerits with the exception of pre-approved school sponsored events (forensics, speech, band, etc.) and family emergencies (funerals, hospitalized illnesses, etc.)
- If a squad member attends school the day of a game or practice, that member is expected to attend the game or practice or an unexcused absence may be the result.
- If you have a job or other responsibilities, you must realize that all practices, events, fundraisers, camp dates, team meetings, games, etc. come first.
- Personally notify the coach as soon as you know of a conflict or physical conditioning will be required.
- Tardiness will not be tolerated. Tardiness is arriving 1 minute after practice has begun or 1 minute after assigned meeting time on game days or activity day.

- The school's athletic schedule for the entire school year will be given out at the beginning of the school year. Please make the necessary arrangements to ensure your attendance at these events.
- A calendar with our team schedule will be given at the beginning of the month with practice times, concession stands, games, etc. If it is on the calendar, attendance is mandatory. Be sure to ask off of work for these days ASAP.
 - Events are subject to change at the discretion of coaches, any and all changes will be communicated. We understand last minute changes can conflict with some schedules. With this, we expect communication from our squad members in regards to any changes made.

Summer Commitments:

- There may be times during the summer where we will have practices. These practices will be mandatory. We understand that it is summer time and commitments have been made. If you are unable to attend a summer practice, please let us know. It will be your responsibility to discuss with your teammates what you missed and catch up on any missed materials learned.
- One month prior to our cheer camp we will begin weekly practices to create stunt groups and go over the basics and safety of stunting. During this time we will begin learning cheers as well.
- We will be attending K-State's Cheer Camp at Bramlage Coliseum (location is subject to change per K-State's scheduling) *date(s) and time TBD*
- We will send out a form for availability and find a time that works best for the squad. Practices are mandatory. If conflicts arise, please communicate these as soon as possible to your coaches.

** All High School and Middle School squads will be required to attend practices the week before school begins in order to prepare for football season.

Leadership Positions:

- Cheer Squad Captains will be available to those who have been on the team for at least one year, and put in an application for it. An interview process with coaches and any potential candidates will determine who the captain will be. The captain position will be determined and offered only by coaches to which candidate(s) may accept or decline the position.
- Some responsibilities as a cheer captain include the following:
 - Calling cheers during games as well as quarter cheers and stunts
 - Voice of the team and first in command when helping teammates
 - chain of command

- captains first then coaches
 - Delegating responsibilities such as cleaning up after games, putting equipment away, etc.
- **The coaches reserve the right to remove the captains and callers from their position anytime during the season.**

Disciplinary Action:

- Disciplinary action for violation of the membership responsibilities and rules and regulations stated within this contract may result in any of the following:
 - Demerits deemed necessary by coaches per Demerit System
 - Referral to the Athletic Director
 - Sitting out a portion of a game or an entire game
 - Sitting out of a performance
 - Suspension
 - Removal from the squad (Should dismissal occur, refunds for any pep squad related expense: donations, uniform costs, etc. will not be given).
 - Parent contact
- All coaches and any administrator have the authority to enforce disciplinary action.
- Any member suspected of being under the influence of drugs/alcohol will be taken to an administrator who will determine disciplinary action. A Parent Meeting will occur and the Solomon Behavior Policy will be implemented.
- Any squad member that is suspended from school for any reason will also be suspended from the Cheer Squad for the duration of the suspension.

Solomon Cheerleading Squad Merit and Demerit System

Demerits will be used as a disciplinary tool and will be given by the coach(es). Any additional items not mentioned will be dealt with at the coach's discretion.

Three demerits = benched for a quarter

Six demerits = benched for the half of the game

Eight demerits = benched for one game and conditioning

Twelve demerits = benched for two games and conditioning

Sixteen demerits = benched for a two week period and conditioning

Twenty demerits = Immediate dismissal from the team

Suspension: As stated in the contract, suspension means not being allowed to participate at games/cheer activities. **During this time members will continue to practice and must sit with the coach during games/activities in full uniform.**

Suspension rules stated here only apply to our demerit system, this does not include ineligibility or other school stated suspensions

One demerit will be given for:

- Wearing jewelry at practice/games
- Not wearing appropriate clothing/shoes to practice
- An unexcused late arrival or early departure from practice/game/cheer activity
- Talking with friends during practice or a game - 2 warnings from coach, 3rd is demerit
- Returning late from half-time
- Lying
- Not turning in materials or money on time (1 for every meeting day it is not turned in)
- Not having appropriate hair, make-up, shoes or without being fully dressed in the correct uniform by agreed upon meeting time

Two demerits will be given for:

- Unnecessary use of a cell phone during practice or at a game. (ie: scrolling through social media, calling/texting friends, etc.)
- Late notice for missing practice (need to know by 8pm the night before cheer activity/practice/game)
- Absent from cheer related event deemed mandatory from team calendar (family emergencies excluded) ***see attendance policy for more details***

Three demerits will be given for:

- Any marks on the body that can be seen (i.e. hickeys, etc.)
- Public displays of affection in uniform before, during, or after games

- Arguing with other team members or coaches. (Includes written or verbal communication (texting, email, cell phone, etc.)

Six demerits will be given for:

- Unexcused absence from practice/game/cheer activity
- Ineligible - coach(es)/member follow up conversation prior to the following game/activity/practice the member would be returning to will be held.
- Inappropriate pictures/video postings online (i.e. Instagram, Facebook, Twitter, Snapchat, Tiktok, depicting inappropriate, illegal or immoral activity, obscene gestures, etc.)
- Use of foul language or poor sportsmanship (taunting, gestures, etc.) before/during/after games
- Knowingly causing physical contact with another person when done in a rude, insulting or angry manner. (KSA 21-5413 A2)

Twelve demerits will be given for:

- Any inappropriate behavior which reflects poorly on the squad or school.
- Any disciplinary action resulting in suspension from school (ISS,OSS, failed drug test, etc.)

Eighteen demerits will be given for:

- Any illegal activity will result in immediate dismissal from the team.

Demerits will be erased at the beginning of each sports season (going off of football and basketball seasons).

If 6 demerits were given for a certain offense it carries over and merits cannot erase them.

If a squad member is dismissed or quits the squad all money fundraised or turned in for costs will not be reimbursed, loaner uniforms must be returned to the school promptly. All decisions by the coaches and principal are final.

Merits are given for conduct above and beyond the expectations of a cheerleader. Coaches may give additional opportunities to earn merits as they see fit. Merits can only be earned if demerits are present.

- 1 Merit

- o Working extra hours at a required activity (one extra hour=one merit)
- o Volunteer hours (pre-approved by a coach/valid with signature; one hour = one merit)
 - After school program, solomon rec, etc.
- o Locker decorations (1 merit per sports team)
- o Helping with a JH cheer practice (pre-approved by a coach/valid with signature)
- o White card (3.0-3.49 GPA)

■ 2 Merits

- o Perfect attendance at school for each 9 weeks
- o Perfect attendance at all practices/games/activities for each 9 weeks
- o Making posters for sports and activities throughout the school (like tryout posters)
- o Red card (3.5-3.99 GPA)

■ 3 Merits

- o Gold Card (4.0 + GPA)

- Merits cannot remove or clear a member from their consequence once they have already started serving that consequence.
- Merits cannot carry over after the end of a 9 week period.
- Merits can only cancel demerits earned during the same 9 week period.

Finances, Fundraising, and Donations:

Our Cheer Squad appreciates and thrives on member and parent participation. We will actively fundraise to help cover the costs of items for the members of the squad. Further donations will also be accepted to maintain our program and assist any athlete in need with the utmost discretion. Should dismissal or voluntary-departure from the Cheer Squad occur, no refunds will be given.

The Basic Experience of being a Solomon Cheer Squad Member allows every athlete to have access to basic necessities that coincides being apart of a team, such as:

- The supervision of a credentialed teacher
- A safe practice space

- The ability to cheer and perform at games and rallies

Everything included in the Basic Experience as a squad member is as follows:

- Enhanced Experience (with donations and fundraising; this allows opportunities for our squad members to get required parts of the uniform without paying directly out of pocket, as well as the opportunity to get gear for themselves *i.e. backpacks*).
- All social events
- All squad bonding activities
- All equipment (signs, sound systems, batteries, etc.)
- All homecoming activities (food, flowers, wreaths)
- Special events (senior night, banquet, etc.)

Fundraising Opportunities

If any other fundraising opportunities become available, events may be added to this list to ensure every member has the opportunity to the Enhanced Experience.

- Butterbraids
 - individual fundraiser for personal costs such as liner, shoes, camp cost, etc.
 - selling butter braids and cookie dough door to door
- Solomon Fest
 - team fundraising event for mini clinic, team gear, etc.
 - face painting with junior high cheerleaders
- Concession Stands
 - team fundraising event for mini clinic, team gear, etc.
 - working a basketball/football game selling food and drinks
- Little Caesars Pizza Kits
 - individual fundraiser for personal costs such as liner, shoes, camp cost, etc.
 - Selling make your own pizza kits online

Cheer Costs:

Camp - \$60

Shoes - \$50

Crop Top liner - \$16

Team Shirt - \$30

Spandex - \$8

Soffe Shorts - \$10

White ankle socks - \$5

Cheer Bow - \$20

Total Cost - \$199

returners do not need to buy all new gear unless they wish to replace something

If any piece of a school loaned uniform is damaged, lost, or stolen, it is the squad member's responsibility to replace the damaged/lost/stolen item. Uniform replacements: \$150.

****Members must complete a full season, cheering for both football and basketball, in order to letter.***

Sections of this contract are excerpts from the Solomon Student Handbook. If found to be in violation of these rules and regulations the consequences may include, but are not limited to: being omitted from a routine/pep rally, additional games and dismissal from the squad.

By signing below, I hereby acknowledge that I have completely read and fully understand the contract and its expectations of its members.

Parent/Guardian Printed Name _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Athlete Printed Name _____ Date: _____

Athlete Signature _____ Date: _____