

2019-2020 Andrew Jackson Middle School

Cheerleading Program

Rules and Regulations

This informative document is intended to facilitate a complete understanding of the rules, regulations, and policies of the Andrew Jackson Middle School Cheerleading Program. It shall serve as a contract and guide for Cheerleading Squad Members and their parents/guardians and is subject to necessary changes as required or directed. Members of the AJMS Cheerleading Program shall first be law abiding citizens of the nation, state, and city; and secondly, shall be exemplary representatives of AJMS.

1. Purpose

- 1.1. The primary functions of the AJMS Cheerleading Program are to support the girls and boys basketball teams, serve as school ambassadors, and build school spirit.
- 1.2. The cheerleading squad has the responsibility to promote and uphold school and team spirit for those we encounter, show and further encourage and develop good sportsmanship by example and positive interactions between sports teams and cheerleading squads, and foster excellent public relationships in Titusville and Brevard County Public Schools communities.

2. Eligibility

- 2.1. Cheerleading will not interfere with student educational responsibilities, progress, and success.
- 2.2. Every cheerleader's first responsibility is to their academic program.
- 2.3. Cheerleaders must maintain a minimum 2.0 GPA and satisfactory conduct at all times during the entire school year in order to participate in AJMS Cheerleading Program activities and remain on the squad. Cheerleaders are students first and athletes second.
- 2.4. AJMS cheerleaders must support the Andrew Jackson Generals above all other teams including other cheerleading events or other teams/squads outside of AJMS.

3. Code of Conduct

- 3.1. Cheerleaders will abide by Brevard County Public Schools Student Code of Conduct at all times as representatives of Andrew Jackson Middle School. This applies before and after school; during all student and cheerleading activities, and while on any Brevard County Public Schools property. It is important for students and parents to understand that the behavioral expectations placed upon them by the AJMS can extend beyond the classroom and the school campus. Pursuant to Florida law, the school board has the authority to withhold participation privileges from students.

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- 3.2. All AJMS Cheerleaders have the responsibility to support, reflect, and project the goals and ideals of Andrew Jackson Middle School. Cheerleaders will actively build and show school spirit.
 - 3.3. All squad are required to maintain and uphold the upstanding reputation of AJMS Cheerleaders through their own personal conduct. All cheerleaders will be good public relations and ambassadors for the school and its athletic program.
 - 3.4. Cheerleaders will be respectful, polite, friendly, and full of school spirit as the most identifiable ambassadors for the school and athletic programs.
 - 3.5. Cheerleaders will respect themselves and each other in their attitude, effort, speech, and actions.
 - 3.6. All cheers, chants, dances, and music shall be positive and reflect good sportsmanship. Suggestive words and motions shall not be used.
 - 3.7. Cheerleaders actively influencing the positive conduct of spectators by only cheering in a positive manner and not cheer against the other team or in response to an opposing player's mistake.
 - 3.8. All cheerleaders will be respectful of game officials, administrators, coaches, athletes, cheerleaders, and spectators. Cheerleaders will accept the decisions of game officials and discourage disagreement of fans by initiating positive chants or cheers. Cheerleaders will ignore, dissuade, and not engage with negative responses at events and not become involved in such actions themselves. Any problems must be reported to the coach immediately.
 - 3.9. Obnoxious behavior will not be encouraged nor permitted under the guise of school spirit.
 - 3.10. Cheerleaders may not use cell phones during practices, games, pep rallies, performances, and other scheduled cheer except when directed or approved by coach such as during bus travel or to contact parent. This includes time between games. Coach is not responsible for cell phones.
 - 3.11. Cheerleaders should not visit and talk to friends and family members during games and performances. It is appropriate to wave and say hello, but not to engage in conversation when you are supposed to be cheering and focused on the game, performance, or activity. If it is urgent and cannot wait until half time, parents should see coach to pull cheerleader aside.
4. Safety Guidelines
 - 4.1. All cheerleaders must have a current physical examination on record. Physicals are valid for one year.
 - 4.2. Cheerleaders will practice only under the direct supervision of the coach.

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- 4.3. The coach will supervise all practices, games, pep rallies, performances, and other scheduled cheer events. Squad members will be under the supervision of teacher/administrator/volunteer responsible for optional volunteer events.
 - 4.4. Squad members will not be released to practice tumbling without the direct supervision of the coach.
 - 4.5. Squad members will not perform tumbling at AJMS Cheerleading practices, games, pep rallies, performances, and other events that are deemed unsafe by coach administration.
 - 4.6. Cheerleaders must properly warm up and stretch to prevent injury prior to participation in all practice and performances of any kind.
 - 4.7. Training in proper cheering and dance technique is mandatory and will be learned at camp and followed.
 - 4.8. Cheerleaders must be safely and appropriately dressed as further defined in the Appearance/Uniform section.
 - 4.9. No jewelry is allowed as further defined in Appearance/Uniform section.
 - 4.10. Bathroom breaks should be limited to before games and hospitality time. Cheerleaders should never go to locker room or restroom without a buddy for safety reasons.
5. Travel
- 5.1. Cheerleaders will sit together as a squad and travel to away games via school bus chaperoned by the cheer coach.
 - 5.2. Cheerleaders must take all belongings on the bus for away games. The school and locker room will not be open for access after away games when the bus returns to the school.
 - 5.3. Cheerleaders must follow all bus safety rules, keep all body parts and objects inside the bus at all times, and be courteous to the bus driver.
 - 5.4. There will be no loud talking or music without headphones while traveling to away games on the bus. Cheerleaders will respect the necessary focus and preparation time of the AJMS Lady Generals Basketball Team.
 - 5.5. Parents must promptly pick up their child from AJMS when the bus returns. Parents should be waiting when the bus arrives.
 - 5.6. Cheerleaders may ride home from away game with parent if checked out by signature with coach prior to leaving. Students may not ride home with anyone else without prior written permission from parent.
 - 5.7. Riding the bus is a privilege and cheerleaders will lose that privilege if rules are broken. Rule violations may result in demerits and/or benching from the bus and game(s).

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6. Attendance

- 6.1. Cheerleading is a team sport and full squad attendance is vital for success.
- 6.2. Every cheerleader is expected to arrive on time and attend every mandatory event including but not limited to: meetings, all practices and games, cheer camp, pep rallies, parades, in-school functions such as student assemblies and incoming 6th grader performance, registration, fundraisers, and other events deemed mandatory by the coach or administration.
- 6.3. Cheerleading camp summer attendance is mandatory to participate. If a student is unable to attend the camp, the student is ineligible to try out for the squad.
- 6.4. Mandatory summer cheerleading camp dates are provided at the Cheerleading Tryout Mandatory Information Meeting prior to tryouts.
- 6.5. During the school year, a cheerleader is unable to participate in after school activities if more than half of the school day is missed. Benching may be an acceptable form of participation.
- 6.6. Cheerleader must notify coach of future absence as soon as it known to minimize impact to squad and facilitate planning.
- 6.7. Cheerleaders must respect the time of each other and coach. Communication with coach is key.
- 6.8. Cheerleaders are encouraged to participate in other extracurricular activities, but they must not interfere with their AJMS cheerleading duties and responsibilities.
- 6.9. AJMS activity conflicts will be coordinated with instructor and coach.
- 6.10. Outside activity practices, games, performances, competitions, and events associated with competitive cheer, dance, sports, etc. are not excused absences.
- 6.11. Coach reserves the right to call practices necessary for preparation.
- 6.12. If a cheerleader misses a practice prior to a game or performance, they may not be able to perform per the discretion of the coach (based on reason for absence, past attendance, and impact on squad performance). Cheerleaders not performing may assist coach or possibly worked into a partial role per the coach's discretion.
- 6.13. Unexcused absences due to vacations and personal events without prior notification will result in disciplinary action as defined in Discipline and Demerits section. Communication with coach is key.
- 6.14. Excused absences include family emergencies (example: hospitalization, accidents), funerals, extreme illness, or physician appointments. In the event of an emergency, please contact coach as soon as possible to confirm. Documentation or doctor's note may be required to excuse an absence for validation or required for release after injury or extreme illness.

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- 6.15. Routine medical appointments are important for health and wellness, but should be scheduled to avoid conflicts as much as possible. A doctor's note may be required to excuse an absence.
7. Appearance/Uniform
 - 7.1. Cheerleaders must be neatly presented and medically fit.
 - 7.2. Cheerleaders must wear uniform to participate in games and activities as directed by coach.
 - 7.3. You must be in FULL uniform the entire school day. Cheerleading uniform consists of all AJMS Cheerleading apparel and equipment including skirt, shell, jacket, briefs, socks, shoes, bow, spirit clothing, megaphone, and poms and must be worn appropriately and completely.
 - 7.4. Cheerleaders are responsible for all items from receipt until end of season school year. Note that many items are custom and significantly more expensive than original purchase price to replace, and some items will not be available for replacement at all.
 - 7.5. All parts of cheerleading uniform must be free of wrinkles, clean, and in good condition. Dirty shoes, falling hems, deodorant streaks, food stains, etc. are unacceptable. Appropriate undergarments must be worn and straps not visible.
 - 7.6. Cheerleading jackets should be worn over the uniform while eating to prevent food spills on uniform.
 - 7.7. Cheerleaders wearing any item of squad identification MUST always conduct themselves in a manner that is becoming of a Jackson General. Cheerleaders will not let anyone else wear or use other cheerleading items.
 - 7.8. During game season and other times throughout the year, cheerleaders will be required to wear assigned spirit apparel. Cheerleaders will wear assigned spirit apparel every Friday during game season.
 - 7.9. No jewelry of any kind (including watches, rubber or ribbon bracelets, etc.) is to be worn during practice, camp, games, or any other activity in uniform. Do not get a new piercing during the season.
 - 7.10. Make-up should be neat and age appropriate.
 - 7.11. No tattoos are to be visible while in uniform or participating in squad events. Do not get a tattoo during the season.
 - 7.12. Cheerleaders may not have artificial nails or nails longer than the tip of the finger at practice, camp, games, or any other activity in uniform or wear colored polish while in uniform.
 - 7.13. Hair must be worn up in a ponytail for practice, camp, games, or any other activity in uniform unless directed otherwise by the coach. Hair must be worn the same by entire squad on game day. Variations such as braided bangs must be approved

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by coach. Game day and performance hair must be out of your face with bangs and hair slicked back and ponytails must be neat, secure, and not needing further attention. Short hair ponytail difficulties will be addressed individually by coach. Cheer bows are considered part of uniform and must be worn appropriately in the hair. Hair colors that do not occur naturally are not acceptable in uniform. (Highlights are fine, but no blue, pink, purple, etc.)

- 7.14. Poms and megaphones must be kept in backpack/bag or assigned locker. They can be very disruptive and should not be brought out in a classroom, hallway, cafeteria, patio, etc. for ANY reason.
- 7.15. Please be responsible for all of your belongings. All cheerleaders are able to rent a locker first semester.
- 7.16. Cheerleaders must dress appropriately and bring megaphones and poms as directed for practice. Cheerleaders must wear athletic shorts (no denim, zippers, or buckles), shirt (no tank tops or visible bra straps), socks, and athletic/cheer shoes to practice.
- 7.17. Gum chewing and candy stained mouths/faces are not acceptable during games, practices, cheer camp, or other activities as directed by coach. Cheerleaders must remove gum before leaving last class on game day.
- 7.18. Appearance and uniform violations may result in demerits and possible nonparticipation/benching if uniform incomplete or unsafe.
8. Cheerleading Squad Captains
 - 8.1. Cheerleading squad captains will be selected by coach.
 - 8.2. Captains must lead the squad by example in upholding the highest standards of conduct, respect, responsibility, dedication, school spirit, and following the rules and regulations of the AJMS Andrew Jackson Generals Cheerleading Program.
 - 8.3. Captains have additional responsibilities to the team and are expected to attend every activity possible, especially additional optional performance activities to lead the squad.
 - 8.4. Captains will lead with enthusiasm, positivity, and respect to fellow cheerleaders.
 - 8.5. Captains will lead squad warm-ups and conditioning as directed by coach.
 - 8.6. Captains will welcome visiting squads and set a good example of friendliness and hospitality.
 - 8.7. Captains will assist coach in formation placement and changes, selecting which cheers, chants, dances, time-out spirit bursts, etc. to perform and rotate responsibility as directed by coach.
 - 8.8. Captains do not have the authority to excuse absences or handle discipline issues within the squad. However, they are expected and required to notify coach of any problems with the squad.

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- 8.9. Captains will assist the coach in communicating information to the squad as needed and directed. Most communication will come directly from the coach via e-mail, text, newsletter, or communication application, but captains may be needed to help disseminate information via phone call tree, etc.
- 8.10. Captains will lead the squad in the absence of the coach and cheerleaders are expected to respect the captains and follow their direction.
9. Discipline and Demerits
 - 9.1. As stated in Section 3.0 Code of Conduct, cheerleaders will abide by Brevard County Public Schools Student Code of Conduct at all times as representatives of Andrew Jackson Middle School. This applies before and after school; during all student and cheerleading activities, and while on any Brevard County Public Schools property. It is important for students and parents to understand that the behavioral expectations placed upon them by the AJMS as cheerleaders can extend beyond the classroom and the school campus. Pursuant to Florida law, the school board has the authority to withhold participation privileges from students.
 - 9.2. The following represents the minimum requirements of the district and school policies and additional categories may be added and enforced at any time at the discretion of the coach and/or administration. Any unaddressed or additional infractions will be discussed with the cheerleaders as they occur. As previously explained in earlier sections, assigned activities include practices, cheer camp, games, pep rallies, parades, and other activities scheduled by the coach or administration.
 - 9.3. It shall be squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and correction of negative trends. Demerits will be given for violations to the squad rules and regulations. Conditioning may be assigned in lieu of demerits for minor infractions at the discretion of the coach.
 - 9.4. Cheerleaders and parents must practice time management and should stay aware of activity schedules to avoid scheduling appointments or vacations during these times. If a cheerleader must miss an assigned activity, student must bring in a note from parent or guardian for it to be excused. Communication with the coach is key. Notify the coach before the missed activity (days, not hours) as absences impact the entire squad. Double demerits will be given for unexcused tardiness and absences. Practice is very important and MANDATORY.
 - 9.5. Upon accumulation of 15 demerits, cheerleader may be benched for next game and parent notified. Benched cheerleaders will sit by the coach in full uniform and not participate.

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- 9.6. If there is a reoccurring issue with a cheerleader, parents will be contacted and a meeting held with coach, parent, cheerleader and possibly administration if necessary. Participating in AJMS Cheerleading is an honor and privilege and not a right. There is no time for “mean girl drama or discord” within a group or squad of this size and visibility and it will not be tolerated. Cheerleaders orchestrating and participating in such behavior will be dismissed from the squad.
- 9.7. If a cheerleader receives 2 or more detentions after the basketball game season, they will not be permitted to participate in any more activities with the cheerleaders for the remainder of the year. In addition, seventh graders may also not be eligible for the next school year AJMS Cheerleading Program and eighth graders will not be given a recommendation for a high school cheer squad.
- 9.8. The following are grounds for possible IMMEDIATE EXPULSION from the squad for the remainder of the school year and possible ineligibility to try out for the following year per the discretion of the coach and AJMS administration and consideration of offense severity and prior behavior.
- Accumulation of 40 or more demerits
 - Level 2, 3, 4, or 5 student behavior as described in the Brevard County Schools Code of Conduct
 - Failure to maintain scholastic or conduct eligibility. (U or 2 or more N’s in conduct)
 - School suspension
 - Excessive detentions

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9.9. Demerit Schedule

Violation	Demerits	Notes
Gum/candy	5	
Jewelry	5	
Appearance/Uniform/Poms/Megaphone	5	
Late to assigned activity	5	
Not in assigned spot during activity	5	
Leaving assigned activity without approval	5	
Late pickup from assigned activity	10	May be benched if repetitive or excessive
Missing assigned activity without PRIOR approval from coach	10	Benched if 2 or more assigned activities missed without prior approval
Disrespecting coach	10	
Deliberate failure to follow direction	10	
Detention (lunch/teacher)	10	May be benched depending on severity
Admin/Extended Detention	10	May be benched depending on severity
Posting inappropriate photo, language, or comments on social media about others (especially teammates)	10	Benched for next game

10. Financial Obligations and Fundraising

- 10.1. Cheerleading is a very expensive sport and is not funded by Andrew Jackson Middle School or Brevard County Public Schools.
- 10.2. The mandatory expenses vary with each cheerleading season and are subject to change.
- 10.3. Mandatory expenses are clearly presented in detail at the AJMS Cheerleading Tryouts Mandatory Parent Information Meeting prior to each season tryout.
- 10.4. Parents/guardians must sign the AJMS Parent Permission and Responsibility Statement acknowledging costs and due dates.
- 10.5. All payments to AJMS must be made in cash or certified check per BPS.
- 10.6. If payments are not paid in full by due dates, items will not be ordered and student removed from squad.
- 10.7. Payments are not refundable if cheerleader is removed from squad.
- 10.8. Cheerleaders are required to participate in fundraising.
- 10.9. Fundraising is necessary to pay for the AJMS Cheerleading Banquet and awards costs and any other squad needs.

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I, _____, have read the 2019-2020 Andrew Jackson Middle School Cheerleading Program Rules and Regulations in its entirety. I have a copy of the document and fully understand that it serves as a contract as to what is expected of me as an AJMS Cheerleader. I agree to do my best and abide by these rules as an AJMS Cheerleader, and I understand the consequences that may occur for any infractions.

Print Cheerleader Name	Cheerleader Signature	Date
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I, _____, have read the 2019-2020 Andrew Jackson Middle School Cheerleading Program Rules and Regulations in its entirety. I have a copy of the document and fully understand that it serves as a contract as to what is expected of my child as an AJMS Cheerleader. I agree to encourage my child to abide by these rules, and I understand the consequences that occur for any infractions.

Print Parent/Guardian Name	Parent/Guardian Signature	Date
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This contract is binding from the day it is signed on or before May 9, 2019 until the last day of the 2019-2020 school year.