



Oak Harbor High School

Cheerleading

1. Do what is right
2. Do your best
3. Do not do anything that will hurt or dishonor you or your team

OAK HARBOR HIGH SCHOOL CHEERLEADING

WILDCAT CHEERLEADING EXIST

- To encourage school spirit and pride in Oak Harbor High School.
- To promote physical and mental development.
- To develop lifelong values and skills.

WILDCAT CHEER PROGRAM VISION IS

- To provide opportunities for participation in a wide variety of activities during every sport and competition season.
- To be an integral, well-coordinated part of the secondary school curriculum.
- To assist participants in the development of athletic and leadership skills.
- To develop effective time management strategies
- To develop socially through cooperation, competition and appropriate standards of behavior.

WILDCAT CHEER PROGRAM MISSION IS TO:

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Promote friendship with each other and with schools with whom we compete, perform and go to camp.
- Promote the development of lifelong values and skills.

EDUCATIONAL VALUE TO OAK HARBOR HIGH SCHOOL

Membership on a cheer squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. The attitude, dedication, and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the cheer squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

GOALS

- Cheer at volleyball, soccer, football, wrestling, girls' & boys' basketball games
- Participate in & support Homecoming Week.
- Support and perform at pep and recognition assemblies.
- Provide to the school when needed
- Compete at local, regional, state & national cheer competitions.
- Perform community service under the umbrella of Oak Harbor High School cheerleaders.

WILDCAT CHEER PROGRAM CODE OF ETHICS:

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school, district and league rules.
- Show courtesy to all visiting teams, competitors, hosts and officials.
- Respect the integrity and judgment of all sports and competition officials.

WILDCAT CHEER PROGRAM STANDARDS:

Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Standards is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual spirit leader. Participation in spirit leading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the school personnel when a spirit leader violates the rules and regulations.

ELIGIBILITY

- For each grading period, members must be passing in all classes.
- Members must maintain good citizenship marks, attendance, class performance and teacher recommendations during the time on the squad and for try-outs.
- All members must have a physical and signed contract on file with the athletic department before practices begin.
- All members must sign and abide by the athletic code of OHHS.
- Cheerleading must take priority over all other extra-curricular activities (including jobs) for the entire time of commitment.
- All practices, camp and games are mandatory.
- All members are expected to take part in fundraisers.
- If you were a member of the squad during the previous season and you chose to quit, you will be ineligible to participate during the next season.

EXECUTIVE BOARD

- The coach will select the executive board.
- The board will consist of 3 to 4 captains.
- Responsibilities of the board are motivation, leading squad at games, liaison between coach and squad, liaison with the leadership class, completing the

needed forms for all finances, help and support team members to perform the needed tasks of a cheerleader at Oak Harbor High School. (See captain's handbook)

CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection is not allowed in uniform, at games or in school setting. (Hand holding is ok)
- Proper appearance is required at all times, with clothing appropriate to the occasion
- By being part of the spirit squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of Oak Harbor High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating
- Each case of discipline will be judged individually. The advisor/coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary situation.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.

ABSENCES

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- Absences must be excused prior to practice/game. You must have a note from a doctor if you had an appointment or a call or note from you or your parent if you are sick. Call must be received at least 30 minutes prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an automatic notice of probation for not calling. 2 offenses will result in suspension from games.
- Missing a scheduled practice the day before a game will result in the individual not performing/cheering at the game.
- Absences due to work schedules are unexcused. Jobs must work around the cheer squad schedule.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence. You will also not be able to cheer at the game.

PRACTICES

- Practices are mandatory.
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Hair needs to be out of the eyes and in a secured ponytail if shoulder length or below.
- Chewing gum or eating during practices is prohibited
- No jewelry
- All taping or visits to the trainer must be done prior to start time.
- NO SITTING. You will not be allowed to sit during practice unless directed by your coaches or your captains. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, tumbling, new cheers, etc. Side conversation during practice especially during stunts, will result in team laps after practice.
- Make a habit of bringing a notebook and/or calendar and pen to practice. You will need to write down important times and dates.
- If you have to miss practice for any reason, you are required to call the cheer coach at least 30 minutes prior to the start of practice. Failures to notify your coach will result in an automatic notice of probation for not calling.
- If you do not attend at least 3 classes the day of practice, you cannot attend practice. Coach needs to be notified by either you or your parent. Call must be received at least 30 minutes prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an automatic notice of probation for not calling. 2 offenses will result in suspension from games.
- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- For any reason if a cheerleader is not able to practice, she/he will not be allowed to sit on the side. She/he must actively help where's needed as instructed by the coach.
- Missing the last practice before a game, performance, competition will result in eligibility to participate.
- Safety is our first priority. No excessive horse-playing. Never stunt without the coach present.

GAMES

- All games are mandatory
- Members are required to arrive at least 45 minutes before the game time.
- All taping or visits to the trainer must be done prior to the "45 minute before game" time.
- All spirit squad members must know all the cheers and routines for the game. Sitting out is unacceptable.
- Members are required to dress in full uniform.

- Hair must be pulled back away from the face and secured in a ponytail if shoulder length or below. Bangs must not cover the eyes. Hair ties need to be uniform.
- Make-up should be worn in moderation.
- No jewelry or nail color. Nails need to be athletic length.
- No chewing gum or eating during games.
- Socializing with friends while the game is in progress is not allowed.
- If you do not attend at least 3 classes the day of the game/competition/performance, you cannot attend event. Coach needs to be notified by either you or your parent. Call must be received at least 30 minutes prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an automatic notice of probation for not calling. 2 offenses will result in suspension from games.
- During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game and help where needed.

UNIFORMS/APPEARANCE

- Uniforms are provided by the school and must be cleaned and pressed.
- Team athletic shoes must be clean
- All Spirit Squad members must have the same uniform look.
- Do not use profanity, or misbehave in any of your cheerleader apparel (uniform, T-shirts, jackets, warm-ups) or while representing OHHS at any event
- No jewelry is allowed during practices, performances or games.
- You may not wear your cheerleader uniform on off-campus, to any event, parades, competitions, etc. without the permission of your coach.
- All OHHS issued uniforms/bags will be collected at the end of the season. You are responsible for all items. If returned dirty or torn, you will be billed and not permitted to tryout for the next season.
- Do not wear colored bras under uniforms. If you wear a strapped bra be sure to wear nude colors or clear straps. A strapless bra is appropriate if needed.
- Fingernails must be sports length. Nail polish, if worn, must be clear or natural color
- No gum chewing during practices, performances or games.
- All phones must be turned off during practices, performances or games.
- Hair must be in a secured full ponytail if shoulder length or below. Bangs must be out of the eyes.
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you or at any other time other than cheer activities.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days. Failure to do this will result in not cheering at the game.

PERFORMANCES AND CHEER LINES

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

TRANSPORTATION

- Cheerleaders are not allowed to drive to away games or competitions. They must ride in either school transportation or authorized transportation.
- Cheerleaders must be fully dressed in uniform or warm-ups including cheer shoes when they arrive to ride the school transportation. Hair must be up. This is to promote team unity and identity.

DISCIPLINE POLICY

The following violations will be grounds for immediate dismissal from the spirit squad.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances.
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member.
- Stealing or breaking the law

The following policy has been developed as a tool to promote teamwork, equity, self-discipline and responsibility.

- DISRESPECT for any team member or coaching staff @ any time warrants dismissal. There will be NO talking back or rude comments.
- If you are suspended (permanently or temporarily), or dismissed from OHHS, you will be dismissed from OHHS cheerleading.
- Disciplinary action for failure to follow other rules will result in additional conditioning, community or campus service, or other assigned duties.

Disciplinary action may result from the following:

- a. Tardiness
- b. Wearing jewelry (ALL JEWELRY IS INCLUDED NO EXCEPTIONS!!!!!!)
- c. Using profanity in uniform
- d. Untidy uniform
- e. Talking to fans or other cheerleaders excessively during games
- f. Not being on-line before game or after half-time
- g. Display of unsportsmanlike conduct
- h. Uncooperative attitude
- i. Eating or drinking on floor/field (during games or practices)
- j. Absent from games, practices or other OHHS/Cheerleading functions
- k. Cell phones turned on at any OHHS sponsored event (practice, games, community service, etc.)

CHEER PROGRAM FINANCES

- Uniforms are required for participation on the spirit squad and are provided by the school.

- Uniforms are to be kept in good condition and clean at all times. The individual, at their own expense, will replace uniforms ruined, lost or stolen.
- Camp attendance is mandatory in order to participate on the cheer squad. Camp fees are the responsibility of the member.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered.
- Deposits made for cheer clothes, shoes, trips, competitions and/or camps are non-refundable.
- Additional expenses such as hair ties, camp clothes, and team sweats are the responsibility of the squad member.
- Competitions, including regional and national are the responsibility of the squad and team member.
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.
- All fundraising money marked for a cheerleader will be used to pay for cheerleader's bill and any extra will be forfeited by her if she is suspended or quits the squad.

ACKNOWLEDGEMENT

I have read and understand the Oak Harbor High School Cheer Squad Contract. I agree to follow these standards and policies and cooperate fully with the other members of the spirit squad and the coach.

Cheerleader's signature

Date

I have read and understand the Oak Harbor High School Cheer Squad Contract. I agree to support these standards and policies.

Parent's/Guardian's Signature

date