

DAHS 2007 CHEERLEADING TRYOUTS

Dear Parent/Guardian:

Your child is interested in becoming a member of the DuBois Area High School cheerleading squad. If she makes the squad, your child must assume specific responsibilities and obligations in order to qualify for and remain part of the squad.

After reading the attached information and fully understanding the rules and regulations which govern this program, and your child has complete understanding of her responsibilities, please sign and have your child sign and return the following:

1. Handbook Acknowledgement Sheet
2. Informational sheet
3. Bottom part

These papers must be returned to the coaches on Monday, February 26, 2007, at the first practice.

Being a member of the DAHS cheerleading squad has many rewards and is a valuable learning experience. It also means a lot of hard work and long hours. Please take the time to discuss this with your child before she makes a commitment. Your child will be notified by mail as to whether or not she makes the squad. In this letter, we will give a date for a parent/cheerleader/coaches meeting to discuss the program and its requirements.

Thank you for allowing your child to participate in tryouts. We look forward to working with her. If you should have any questions, please contact Lauren Aughenbaugh via email: laughenbaugh@dasd.k12.pa.us

Sincerely,

DAHS COACHING STAFF

Lauren Aughenbaugh & Elaine Fike

DAHS CHEERLEADING



DAHS CHEERLEADERS EXIST FOR THE FOLLOWING REASONS:

- To encourage school spirit and pride in DuBois Area High School and the community
- To promote sportsmanship by example
- To promote physical and mental development
- To develop lifelong values and skills

OUR PROGRAM VISION:

- 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
- 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

DAHS 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 DUBOIS AREA 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 cheerleading. 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 football, wrestling, girls' & boys' basketball games
- Participate in & support Homecoming Week
- Support and perform at pep and recognition assemblies
- Compete at local, regional, & state cheer competitions if on the competition squad
- Perform community service when required

DAHS 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, judges and officials

Respect the integrity and judgment of all sports and competition officials

DAHS CHEER PROGRAM STANDARDS AND REGULATIONS:

Cheerleaders understand that team work and the maintenance of discipline are the key to the success of this program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the rules and regulations 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 cheerleading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the school personnel when a cheerleader violates the rules and regulations.

ELIGIBILITY:

For each grading period, members must be eligible according to school requirements. All members must attend class on time and maintain adequate grades and proper behavior. 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 DAHS. All practices, camp and games are mandatory. All members are expected to take part in fundraisers. If a member is ineligible, she must attend school-sponsored tutoring until she has shown improvement and is off the ineligibility list. Remember: school comes first!

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 are never considered appropriate, especially in uniform, at games or in school. Proper appearance is required at all times, with clothing appropriate to the occasion. By being part of this 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 recognized as a representative of DuBois Area 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 or not cheating. Each case of discipline will be judged individually. The coaches, with the assistance of the administration if deemed necessary, have the final decision in any discipline 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. Absences should always be avoided when possible. Absences must be excused by a note from a doctor if you had an appointment or a call from your

parent if you are sick.

Missing a scheduled practice the day before a game will result in the individual not performing at the game, unless cleared with the coaches ahead of time.

Absences due to work schedules are unexcused. Jobs must be worked around the cheerleading schedule. However, work is also important. Please learn to manage your time effectively.

Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.

PRACTICES:

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.

There is no chewing gum or eating during practices.

No jewelry.

Safety is our first priority.

Bring water to drink.

Come to practice ready to practice.

Do not bring outside problems into practice.

Come with an open mind.

Be respectful of the opinion of others.

Accept constructive criticism.

GAMES:

All games are mandatory.

Members are required to arrive at least 30-45 minutes before the game time.

All squad members must know all the cheers and routines for the game.

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. Hair ties need to be uniform.

Make-up should be worn in moderation.

No jewelry or nail color. Nails need to be athletic length.

There is not chewing gum or eating during games.

Socializing with friends while the game is in progress is not allowed.

UNIFORMS:

Uniforms are provided by the school and must be cleaned and pressed.

Team athletic shoes must be clean.

All squad members must have the same uniform look.

No jewelry is allowed during practices, performances or games.

Fingernails must be sports length. Nail polish, if worn, must be clear or natural color

No gum chewing 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. Sweat suits and sweatshirts are considered to be part of your wardrobe and should not be worn by anyone other than you.

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. If going home with a parent/guardian, the cheerleader must turn in a note to the Athletic office two days BEFORE the game. You are not permitted to ride home with friends or boyfriends. You are to take school transportation.

DISCIPLINE POLICY:

All cheerleaders are mandated to follow school policy at any school-sponsored events. It is up to the coaches and Athletic Director to dismiss any cheerleader if she is found to be in violation of appropriate behavior: 3 unexcused absences, excessive tardiness, failure to cooperate, failing grade point average, or failure to follow team policy.

Members should be present at all scheduled practices.

During game suspensions, the squad member will sit in uniform with the coach/advisor for the time designated by the offense.

A cheerleader may be pulled from the sidelines during a game due to improper behavior and will sit with the coaches for the entirety of the game.

A parent/coach conference may be scheduled as a result of disciplinary action to discuss behavior and punishment.

The consumption or use of alcohol, tobacco, and/or drugs is against team policy. If you are caught using any of these, disciplinary action will be taken.

If a member quits during the season, she cannot try out the following year.

If a member is tardy to practice or a game she will bear the following consequences:

1 late: warning; 2 lates: member will sit out for half a game; 3 lates: dismissal.

CHEER PROGRAM FINANCES:

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

Uniforms are to be kept in good condition and clean at all times. Uniforms/poms ruined, lost or stolen will be replaced by the individual at their own expense.

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, 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 are the responsibility of the squad and team member.

Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.