

Liberty High School

Spirit Program Handbook



2023-2024

Liberty High School

Thank you for expressing interest in the Liberty High School Cheerleading Program! This handbook is designed to communicate the commitment and expectations set forth by the program. It is required for every athlete and parent to read this handbook in its entirety. Please feel free to ask questions as they arise via email to the address provided below, as it is imperative that all members understand the development and implementation of this program. It is very important to understand that being a member of the Liberty High School Cheerleading team is a MAJOR time and financial commitment. If selected to be a member of the program, it is the athletes responsibility to attend **ALL** practices, games, and competitions, set by coaching staff as they are mandatory. Work and outside commitments will NOT be a valid excuse for an absence during the cheer season (August-March). If you are unable to make the time commitment, please do not try out. Cheerleading is a privilege, not a right and may be revoked at any time if deemed fit by the coaching staff. It is the job of the coaches to build a program and place the athlete on the team they feel will best suit the athlete and program. Coaches are looking for athletes who will go above and beyond expectations, and demonstrate positive attitudes, perfect attendance, good academic standing, hard work and advanced skill level. Athletes should expect the sport to be physically demanding. Please review the information in this packet with your son/daughter in its entirety, as there are several items that cheer candidates must complete prior to tryouts.

Sincerely,
Rayelle Bailey
Head Coach

Mission and Philosophies

Liberty High School Mission Statement

The mission of Liberty High School, an innovative, safe, and inclusive community, is to inspire and equip all learners with relevant academic knowledge, virtuous character, and social-emotional skills to successfully pursue the path of their choice as contributing citizens of a continuously changing world.

Philosophy of Athletics at Liberty

Interscholastic athletics is an integral component and a complement to the educational goals of Liberty High School. Participation in athletics should be a part of the educational process and the development of lifetime values of good sportsmanship, character, physical development, coordination, and interest in sports. Liberty High School adheres to the rules and regulations of the Colorado High School Activities Association and the philosophy of that entity. The athletic programs at Liberty High School are designed to provide the opportunity for students to excel and participate in programs which are designed to foster the growth and well-being of the individual student. Within the constraints of facilities, budget, personnel, and time, the program will seek to develop the highest possible level of achievement within the student's potential. Winning, which develops school pride, is built on the concept that the programs are student centered and assist that student in reaching their full potential. However, winning at the expense of sportsmanship, ethical conduct, and learning will never be the driving force of the athletic programs at Liberty High School. Athletes should realize that they are representatives of Liberty High School and should conduct themselves accordingly. They should strive for excellence in their academic studies and their chosen athletic event. All athletes should be willing to devote the necessary time and effort to maximize their potential and to develop their physical skills and abilities. It is the goal of Liberty High School's athletic programs to prepare students to take their place as contributing members of society with both physical and academic skills which will allow for a fulfilling life.

Liberty Cheer Program Coaching Philosophies:

Coach Rayelle's Philosophy:

Allow me to introduce myself. I am Coach Rayelle. This is my 7th season of Coaching Cheerleading Sideline and Competition. My coaching philosophy involves mutual respect, commitment, and dedication on behalf of each athlete to prepare, participate and grow as a cheerleader. I want our cheer program to focus on character-building and improving cheerleading skills. We will develop good discipline, a strong work ethic, loyalty, honesty, and teamwork. I will teach athletes to set goals and keep these goals and focus and achieve them as a team. The purpose of the program is for each student-athlete to have fun and enjoy themselves while maintaining our expectations for the program. Our cheer program enriches and better the lives of each athlete as it is an integral part of the family at Liberty High School.

An Explanation of Teams

Varsity/Competition Team:

will consist of no more than 16-28 members composed of freshman through seniors. Our team is focused on competitions. This team will:

- Sideline cheer at varsity football games in the fall season, varsity boys' and girls' basketball games in the winter season, in addition to a variety of other sporting events on a rotating basis. These other sporting events might include, but are not limited to volleyball, wrestling, soccer, etc.
- Perform at home halftime shows and assemblies.
- Compete at league, regional and state competitions.
- The Varsity team will attend 3-5 competitions/events in the 2023-2024 season. Projected competitions will begin the last week of October and include the CHSAA State Spirit Competition in December.

Junior Varsity Team: To be determined

****Should the team earn an opportunity to attend regional or national competitions, fundraising efforts will be made to offset the cost****

PHYSICALS

If you are accepted into the program, you must complete the Liberty High School physical/ participation form by August 2023 to participate all season. **THIS IS YOUR NOTICE TO GET A PHYSICAL AS SOON AS POSSIBLE.** The physical must be good for the entire 2023-2024 season (through March 2024). **The physical and participation form can be found online on the LHS Athletics homepage.** Please turn these required forms in as soon as possible according to the guidelines on the LHS Athletics homepage.

Operating Principles

Commitment Requirements

Upon making the team, the cheerleader is committed to the entire season. Athletes that fail to uphold this commitment and choose to leave under unapproved conditions, he/she may NOT try out for the Liberty Cheerleading Team the following year. Athletes may request a meeting with the coaching staff to discuss the option to regain eligibility to tryout, but it will be the coach's discretion whether to grant approval for future tryouts or not. Varsity cheerleaders who do not finish the season WILL NOT be eligible to letter. **In addition, any monies paid will not be refunded and the cheerleader is responsible for paying for all consumable goods that have already been ordered, as well as camp and choreography fees.**

Academics

Academics will ALWAYS come before athletics. With that being said, it is the responsibility of the athlete to learn and establish time management skills in order to maintain good grades, in addition to being an active member of the squad. Tutoring should be scheduled around team practices. If an athlete will be tardy to practice due to meeting with a teacher after school, they must have prior approval from the coach and bring a time stamped note from the teacher you met with to practice. Failure to do so will result in disciplinary actions. Excessive tardies will not be tolerated! Homework club DOES NOT count as an excused absence. Making up work during practice time will not be an excuse if the cheerleader has failed to do their work during the allotted time (ex. Skipping practice to work on a project you did not complete on time, causing you to be ineligible). Athletes have time to work on assignments and homework around team practices and events, utilize this time wisely.

School Attendance

It is required that athletes attend school the day of an event or the Friday before if the event falls on a weekend, in order to participate. All absences must be EXCUSED through the attendance office and cleared with the coach prior to the missed school day. Athletes must attend three quarters of the school day in order to participate in practice/games/competitions. **Absent from school the entire day, means no practice, no game, no competition.**

Schedules

A schedule of practices, games, and competitions will be on our google calendar given at least two weeks prior. Please understand that things do happen and changes may arise due to rescheduling of games, weather, etc. The coaching staff will notify athletes as soon as they are made aware of any changes in the upcoming schedule and it is the responsibility of each athlete to communicate the changes to their parents. Practice times are subject to change throughout the season. Practice times may vary due to practice space and need. The duration of team practices may also change from week to week. It is the cheerleader's responsibility to clear all other schedules, as cheerleading takes priority over work, other activities and athletics. If there are any schedule conflicts, the cheerleader is REQUIRED to fill out the absence request form and notify the coach **2 weeks** prior to the event they will miss, via email. Keep in mind, filling out the absence request form does not excuse an absence.

Absences & Tardies

Whether excused or not, absences and tardies adversely affect the overall performance of the WHOLE TEAM. Absences and tardies (excused or unexcused) can result in the cheerleader not being able to participate in team events such as, weekly games, competition and/or performances. Cheerleaders removed from participation are required to attend all event(s) from which he/she was removed and support their teammates from the sideline/bench. Excessive absences and tardies will not be tolerated and can be dismissed from the program if deemed necessary by the coaching staff. If the athlete arrives to practice more than 10 minutes late, without a note from a teacher or a doctor, it will be considered an absence. Failure to notify the coach prior to the start of practices, games, events, etc. will receive an unexcused absence. Tardies and absences negatively impact the team, and can result in being dismissed from the team. Academic obligations with proper documentation from a teacher, illnesses, and family emergencies (immediate family) will be considered an excused absence. DO NOT schedule doctor's appointments during practice, as the absence of one person affects the entire team. Proper notice of the absence must take place prior to the practice/event taking place, not the day of the scheduled absence. It is the cheerleader's responsibility to notify the coach of their absence from school and should not ASSUME they know they were not at school that day. Notifying the coach of your absence at the start of practice is not acceptable. The parent and/or athlete must communicate with the coach directly prior to the athlete's absence or tardy, telling a captain or other teammates will not be accepted. Please keep in mind that the Liberty Cheerleading coaching staff holds the right to remove an athlete from the routine, if deemed necessary. The final decision will be made by the coaching staff and will not be up for discussion. The coaching staff is responsible for making decisions that are best for the team as a whole. DO NOT ask the coaching staff about another athlete's absence, as we will not facilitate conversations that pertain to someone else's child.

Cheerleaders will be allowed a total of 3 absences, excused or unexcused, during the season, but cannot be used two weeks prior to a performance, competition, assembly, halftime, or other team event. Absences two weeks prior to any performance, competition, etc. will be removed from the routine. More than 3 absences can/will result in program dismissal.

WORK AND OUTSIDE COMMITMENTS WILL NOT BE CONSIDERED AN EXCUSED ABSENCE - LEAVING EARLY OR ARRIVING LATE AS A RESULT OF WORK OR OUTSIDE COMMITMENTS, IS UNACCEPTABLE.

In the event of an absence, it is the cheerleader's responsibility to speak to a captain or teammate to learn what was missed BEFORE THE NEXT PRACTICE. If the cheerleader arrives at practice without learning the missed material, they may be asked to sit and it will count as an absence.

Behavior and Appearance

As a cheerleader, we cheer for many different sports. Cheerleaders need to take the initiative to learn about the sporting events for which they will be cheering. **KNOW AND UNDERSTAND THE GAME.** In order to lead the crowd, it is important that cheerleaders know what is going on at all times, especially for the safety of athletes themselves and those around them. If a cheerleader is unaware and not paying attention to what is going on, they will be benched until they are able to prove knowledge of the sport(s). Cheerleaders must remain in their assigned formation and be focused on the game in which they are cheering for. The use of cell phones, eating, and doing homework, will not be done during any game, and will only be permitted during halftime. If cheerleaders abuse the use of cell phones during halftime, that privilege will be revoked. Excessive talking or goofing off will result in the cheerleader being benched for that game and/or future events. Leaving the event for food and/or drinks **IS NOT PERMITTED.** Cheerleaders will be given a set time to report back to the track during halftime, if they fail to arrive at the designated time/area, they will be benched for the remainder of the event. If the team is scheduled to perform during halftime, they are required to stay with the team and will not be allowed to leave during halftime. In addition, the team is required to stay and support the performance of the Dance team on the track. Cheerleaders will only leave after being dismissed by the coach. Cheerleaders are required to eat before a game or event. Limit the activities that tend to give the wrong impression about cheerleaders, such as putting on lip-gloss, talking/texting on your phone, or excessively messing with your hair. If the cheerleader does not know the required cheers or routine for a game, they will be benched until the material is learned. Cheerleaders are responsible for learning the cheers on their own!! If a cheerleader fails the cheer test, they will be required to retest and will not be allowed to participate on the sidelines until they pass. Cheerleaders must have good personal hygiene and uniforms/practice wear must be clean and neat whenever worn. We are a team and everyone will dress as a team in **ALL** aspects of our uniform. If a cheerleader fails to wear or is missing parts of the designated uniform, they will be benched. Nail and hair color must be natural colors. Vibrant neon nail and hair colors will not be allowed in uniform.

Practice

Cheerleaders are required to wear their designated practice wear for every practice. Prior to receiving team practice wear, cheerleaders can wear athletic clothing (absolutely no baggy clothing). Cheerleaders can wear a T shirt or tank top, shorts/nike pros, socks, and cheer shoes. Cheerleaders must have appropriate length nails - does not extend passed fingertips, **ALL** jewelry out, which includes plastic plugs/spacers, and hair **UP** out of the face. Athletes who fail to follow CHSAA or National Federation Rules and Guidelines, will not be allowed to participate. Practices will be closed to friends, family members, parents, and the public. This excludes program volunteers, which may happen to be a parent. Please note, volunteers are district approved and can be present under the supervision of the coaching staff.

Games

Cheerleaders are required to arrive **30 minutes** prior to the start of the game (arrival time may vary depending on the events of the game). **Cheerleaders are to arrive in full uniform, hair up out of the face, jewelry out, nails trimmed to an appropriate length - neutral color nail polish is okay, remove anything else, have all parts of the uniform, white socks, shoes on, proper bow, makeup done, etc.** Showing up to a game and/or event unprepared will result in the cheerleader sitting for the first quarter. Upon arrival, the team will begin their warmup, stretch, review game day plan, set signs/poms/flags/etc. and warm up stunts. PLAN AHEAD - traffic jams, new area, and give yourself enough time to go to the bathroom before we begin team warm up. Athletes are required to wear the assigned uniform, hair up with assigned bow, bear socks, cheer shoes, and poms. Always have the following items in your cheer bag: Warm Up (Pants and Jacket), gloves, all bows, extra hair ties, bobby pins, brush, and extra clothing in case of bad weather. All team members will dress the same at games or they will be benched.

*Coaches/Captains will assign cheerleaders to help with game day props (signs, flags, etc). This is a responsibility that cheerleaders need to take seriously, as any damages due to lack of care or lost program/school owned items, will result in the athlete having to pay to replace the items.

Game Day

All cheerleaders are required to wear the assigned uniform (must have the ENTIRE uniform on). This includes cheer shoes, or cheer articles of clothing, designated by the captains or coaches, and cheer bow. NO gaudy jewelry and hair can be worn down if it is worn tastefully during the school day, but must be all UP if an event is taking place during school (pep rallies, assemblies, etc). Cheer shorts are NEVER acceptable to wear during the school day. If it is cold, cheerleaders can wear their warm ups or team sweatshirt/hoodie only.

Competition

Assigned uniform, hair ALL UP with assigned bow, team t-shirt, and entire warm up, if applicable. ABSOLUTELY NO JEWELRY, fingernail polish or glitter. Nails must be sport length (fingertip length). Acrylic nails for a special occasion such as homecoming or prom, they must be removed/trimmed to the appropriate length before the next practice. Piercings and long nails are a major safety hazard and the cheerleader will not be able to participate! Covering piercings with tape or bandaids, IS ILLEGAL. Coaches should not have to remind athletes about nail length or to remove jewelry/piercings. Athletes who refuse to follow and abide by the rules, will be removed from the team.

Transportation

Transportation to all games, events, and competitions will be the responsibility of the cheerleader. In the event transportation is provided, athletes will be required to ride the bus as a team to the event. If transportation is only provided for one way, athletes must be checked out by THEIR PARENT, unless the proper paperwork is submitted and approved by the athletic office, where the athlete will receive a signed letter to provide to the coach before they will be allowed to leave with someone other than their own parent. Oral permission will not be acceptable. Athletes will not be allowed to leave

events with anyone other than the approved adult specified on the signed travel form from the athletic office. Please plan accordingly as coaches are not able to provide transportation for their athletes.

Physical Fitness/Strength and Conditioning

The cheerleading program is built on the philosophy of progression and increasing fitness through healthy means. Upon making the squad, cheerleaders will begin strength and conditioning training in the summer as a team, and are highly encouraged to complete home workouts to prepare for monthly fitness testing once the school year begins. Summer practices and workouts are not mandatory, but strongly encouraged. The safety of each athlete is our number one priority, and it is the cheerleader's responsibility to notify the coaching staff immediately, to ensure the coach is able to react appropriately to each situation and determine a course of action. All injuries are reported to our athletic trainer, who will inform the athlete and the coaching staff on how to proceed, and if the athlete needs to be seen by a doctor. If the school trainer or a physician removes a cheerleader from a practice/game/competition, the cheerleader MUST obtain the trainer or physician's clearance before he/she may return to play. Cheerleaders who seek out the trainer for injuries must adhere to the trainer's guidelines on participation. If a doctor or trainer has requested an athlete not participate due to an injury, the athlete MUST provide a copy of the doctor's note to myself and the athletic trainer before they return to play. The coaches are unable to release a cheerleader to practice/compete without proper documentation.

Communication

The primary form of communication will be between the athletes and coaches. We will communicate with parents to provide updates and upcoming events, however, it is the cheerleaders' responsibility to share all information with their parents. Lack of planning on your part does not mean an emergency on our part. Be RESPONSIBLE and take ownership of your own communication. DO NOT ask another cheerleader or parent to communicate something to the coaches such as being late or absent from a practice or event. As maturing young adults, we expect the cheerleader to communicate with the coaching staff directly when needed. Notifying a captain or teammate and not the coach will result in disciplinary action. All athletes are expected to be honest with the coaching staff at all times. Communication with the coaching staff needs to be done via email or district approved app that the program uses as soon as possible and no later than 2 weeks in advance. It is the responsibility of the cheerleader to relay messages from the coach to their parents. With that being said, the coaches will send out emails, but want the cheerleaders to take the initiative to communicate updates to their parents as well. Coaches may be contacted through text message or phone call for emergencies ONLY. Please refrain from texting a coach information that can be sent in an email. Any communication conducted in a manner that is not done through email or the approved app, will not receive a response. We understand that occasional conflicts do arise, however, they are NOT to be brought to practice, events or competitions. In the event that a conflict arises, cheerleaders are expected to come directly to the coach if the issue could not be resolved without coach involvement. In addition, we ask that parents and athletes follow the 24 hour rule, meaning you must wait 24 hours before contacting the coach about an issue/disagreement you may have. If a parent or athlete would like to meet with the coaching staff to discuss any concerns/etc, please email the coach to set up a meeting. Meetings/discussions will not occur during team practice. Coaches will keep business hours and will not be available on Sundays. **We will not meet to discuss team placement.**

Athletes and their parents are REQUIRED to adhere to the proper chain of command:

1. Athlete to Coach
2. Parent to Coach
3. Athlete, Parent, and Coach
4. Athlete, Parent, Coach, and Athletic Director

It is expected that personal conflicts are dropped and the team is put above such conflict. If a MAJOR conflict arises between athletes, the coach must be informed immediately to allow the coach staff to effectively manage the situation and ensure that the proper chain of command is followed.

Personal Conduct

Athletes are expected to represent themselves and the Liberty Cheerleading Program to the highest degree. Cheerleaders are to be positive, honest, respectful, loyal, supportive, and most importantly, A LEADER! Everything you do not only reflects upon yourself, but also your team, program, your coaches, the athletic program, Liberty High School, and the community. As a cheerleader, you have many eyes on you at all times, and are expected to have high moral values and make wise decisions. To be a respectable program, we must conduct ourselves with class and poise.

Cheerleader Expectations

- Exhibit Positive Sportsmanship
- Be a Role Model & Leader at all times
- Responsible
- Positive
- Be Respectful to Everyone - LHS staff, classmates, teammates, and parents,
- Encouraging
- Supportive
- Be Professional

Cheerleaders are required to participate in all spirit days at school (Homecoming week, etc.).

Unacceptable Behavior - Zero Tolerance

- Avoid any and all secluded group/private discussions that may reflect negatively on the program. Inappropriate behavior of any kind will not be tolerated.
- Public Display of Affection (PDA) in or out of uniform is NOT acceptable and will not be tolerated. This includes kissing and hugging all over one another, grabbing/groping, etc. Open display of affection can be easily misconstrued.
- Disrespectful behavior to a parent, teammate, classmate, teacher, etc will result in serious consequences and possible suspension/removal from the team.
- Speaking negatively about anyone. KEEP YOUR OPINIONS TO YOURSELF. Always remember, if you don't have anything nice to say, then don't say it at all!
- Putting others down.
- Bullying/Cyber Bullying - WILL NOT BE TOLERATED

- The use of ANY alcohol or tobacco products, including vapes and will result in consequences/ possible dismissal from the team.
- Speaking poorly about other teams/coaches/athletes

We cheer for one team, not against each other. Cheerleaders will refrain from celebrating the misfortune or defeat of another person, team or program. The Liberty Cheerleading Team will accept placements and awards with dignity and class, and congratulate other teams on their achievements. Competition time is team time, and athletes are expected to remain with the team and coaches before and during the competition. No visiting or sitting with spectators, boyfriends/girlfriends, during game and competition time. The team will sit together without outside interruptions. Athletes are not allowed to have their phones during practices, games, competition/performances. If there is an emergency, the parents can contact the coach.

YOU ALWAYS HAVE AN AUDIENCE, EVEN IF YOU ARE NOT PERFORMING!

Discipline

Cheerleaders are expected to adhere and abide by all rules and guidelines set forth by Liberty High School and the Cheerleading program at all times, both in and out of uniform, including social media. Cheerleaders are expected to be loyal to their school, teammates, and to their common purpose. Behavior that is detrimental to the team will not be tolerated. Insubordination between members including but not limited to: social media posts, verbal/physical derogatory expressions, physical or verbal altercations are considered inappropriate conduct and WILL NOT BE TOLERATED. Violation of any rules is considered detrimental to the program and will result in disciplinary action. Disciplinary actions will be determined by the coaching staff and could result in dismissal/removal from the team. Behavior that is detrimental to the team will not be tolerated. Consequences could include and not limited to: verbal warning, written warning, parent meeting, extra conditioning, suspension from practice/games/ competitions, and could result in removal from the team.

Examples of detrimental that affect the team/program:

- Tardies and Absences - All events including practice, games, and competition.
- Safety Violations - Jewelry, chewing gum, nail length, hair down, stunting safety, etc. Uniform Violations - Failure to wear appropriate clothing or shoes to practices, school, games, competition, etc.
- Behavior Violations - Insubordination/talking back, causing conflict with others (coaching staff, team members, classmates, teachers, administration, volunteers, etc.), eye rolling, fighting, ISS, OSS, bullying, speaking poorly about teammates/coaches, etc. Social Media Violations - Inappropriate posts, bullying, negative posts/comments towards other team members, cheer program, coaches, school, etc.
- Substance Abuse - ANY form to include but not limited to drinking, drugs, vaping, etc.

Financial Obligation

Please be aware that cheerleading is an expensive activity, but every effort will be made to keep costs down. This list is to inform parents of the anticipated financial obligations associated with the cheerleading program. If, after reviewing the list, you feel you cannot afford this cost, please speak with the coaching staff as soon as possible to discuss possible financial arrangements. We will do our best to help with other financial arrangements because we do not want anyone to be excluded from the cheerleading program due to monetary issues. PLEASE BE PROACTIVE and speak with the coach if needed. Your athlete **WILL NOT** be able to tryout if there is an outstanding balance from the prior season. Once orders have been placed, it is the responsibility of the cheerleader and his/her parents to make the payments, even if the cheerleader quits. YOU WILL BE RESPONSIBLE FOR PAYING FOR ALL ITEMS THAT HAVE ALREADY BEEN ORDERED, and we will not refund any monies paid. In addition, fees for choreography, camps, etc. are NON REFUNDABLE. All payments must be turned into the head coach. The business office does not track balances or payments made, so please contact the head coach for any questions regarding accounts. In the event of an outstanding bill or other school fines, a cheerleader will not be allowed to tryout for the team the following year. The outstanding balance will be posted to the athletes account, and will not be eligible to future tryouts until the balance is paid. Athletes with a past due balance can/will be benched, unless arrangements have been made. *See attached fee breakdown.*

Fundraising

Individual fundraising options may be offered throughout the year to help offset the cost of cheer. Please recognize that there are no guarantees regarding how much money a given fundraiser will make and there is no guarantee all fundraisers will take place. Parents and cheerleaders will be informed of all mandatory and non-mandatory fundraisers. If you choose to pay for your athlete in full, it is still strongly encouraged that you still attend future fundraisers. Mandatory fundraisers will be determined by the coaching staff. We are open to fundraising ideas and suggestions. We need the help of parents for these events.

Booster Club

Helps support the Liberty High School Cheerleading program. We ask that all members of the Liberty Cheerleading program participate and help with all fundraisers. The funds raised by our booster club benefits the entire team which is why it is important everyone participate in all fundraisers. Lack of participation will result in less support from the booster club and require program fees to increase per athlete. In order for our booster club to continue supporting our cheerleading team, Our program might be asked to volunteer to help boosters in various ways.

Eligibility

Academic excellence is an important aspect of this program. In order for our program to conduct quality academic success, all Liberty High School Cheerleaders must maintain eligibility at all times in all classes throughout the season. If you fail a (1) class at the end of the semester, participation will be suspended for a period of time, determined by the coaching staff. D's and F's are not acceptable and can result in being benched from activities until the grade is brought up. Three occurrences of being benched (consecutive or nonconsecutive) will result in program suspension.

It is the CHEERLEADER'S RESPONSIBILITY to speak with their teachers if the grade is incorrect. Students must follow the process outlined by the athletic office/CHSAA to prevent being ineligible. Cheerleaders must be proactive and communicate with the coaching staff what their grades are and what they are doing to fix them. It should not be a surprise to the coaching staff when the grade report is received. There will be consequences for athletes who fail to communicate future ineligibility to the coaching staff.

Participation/Lettering Requirement

Varsity cheerleaders will receive an athletic letter at the end of the cheer season, as long as they maintain a good standing throughout the entire season. A good standing includes but is not limited to no disciplinary action throughout the year, cheered at ALL games, competed in ALL competitions, cheer fees are paid, not involved/causing team drama, respectful, great attendance, etc. If the athlete quits or is removed from the team, they will not be awarded a letter. Emergency/unforeseen situations may arise during the season and it is the coach's discretion whether a cheerleader will be awarded a letter or not. A banquet will be held at the end of the season to recognize all cheerleaders, and will receive letters and other awards earned during the season. If a cheerleader is moved from the Junior Varsity Team to the Varsity Team and cheers at the Varsity level for MOST of the season, they will receive a Varsity Letter. If a cheerleader is moved to the Junior Varsity team and cheers on Junior Varsity for MOST of the season, they will not receive a Varsity Letter.

Captain's Expectations

Captain candidates will be required to complete the Captain Application. The application is composed of many parts, one being an essay that they present to the team, creating a cheer/chant and dance. Team Captains will be chosen and will be announced prior to camp. Depending on the team size, there will be 2 to 4 captains. In order to be eligible for a captain position, candidates must have stellar leadership qualities, a phenomenal attendance record, a great rapport with ALL cheerleaders, a role model at all times, excellent grades, be a current junior or senior, have limited outside obligations, and represent the program to the highest degree at all times! This position is an honor and must be earned. Captains need to know how to speak to their teammates without being rude or backward with their comments. Captains must demonstrate a knowledge of skills (tumbling, stunting, competition, sports knowledge, and rules of the team), be respectful, and hardworking. Captains will be responsible for planning various activities throughout the year and must be able to help start/lead practices, keep cheerleaders in line at games, call cheers at games, and be able to motivate their teammates. If the athlete is selected to be a captain for the season, the captain and their parent must sign a captain's contract. If the captain does not follow the procedures and expectations set forth in the contract they will be removed as captain at any point during the season. Junior and Senior Cheerleaders on the Varsity Sideline and Varsity Competition team interested in being a captain will have to write an essay on why they want to be a captain, how the team can benefit from having them as their captain, and how they can help the team be successful. All candidates will receive a Captain Application to fill out and complete in order to be considered.

Parent Responsibility

Cheerleading requires a GREAT deal of time, commitment, and dedication from both the parents and athletes. Before tryouts, read and consider all information provided before allowing your son/daughter to try out. When conflicts arise, as they occasionally do, I, the parent/guardian of _____, promise to abide by the following guidelines. I recognize that failure to do so will affect my athlete's participation in this program. The first infraction will result in my child and myself not participating in any spirit activities and practice for two weeks. The next infraction will result in the removal of my athlete from the spirit program.

When my athlete is frustrated with the program, the coach or a teammate, I will support her need to vent to me. I will listen and offer constructive comments to help my athlete resolve the conflict themselves. If my athlete finds conflict with a teammate, I will encourage a positive discussion between the two athletes. I will refrain from escalating any situation my athlete is experiencing, by talking to other members of the team, their parents, or the coach.

I will recognize that it is not my place to criticize or critique individual members of the team, the team as a whole, choreography, or the program.

If I am frustrated with the program, I will talk directly with the coach.

To meet with the coach, I will first send an email requesting a meeting and the reason for the meeting. I will not address the coach with my concern in any manner other than through this request. I will wait 48 hours, or through the weekend if on a Friday, or through the break if on a school break for a response. I will not send a second email until this time has passed.

I will refrain from calling any coach on her personal cell phone, unless there is a severe injury or life or death situation.

Email is to be used for all concerns, Booster Club issues, scheduling questions, etc. This is in an effort to protect the coaching staff's personal time.

I will not attempt to discuss any athlete, except for my own child, to other parents, team members or the coach. I will respect the coaching decisions made and will allow the coaching staff to do their job without interfering. If, after meeting with the coach to discuss concerns, I still have questions, I will contact the Athletic Director via email, copying the coach. Athletic Director, coach and I will then meet to attempt resolution. If at that time, I still have concerns, I will then email the Principal, copying both the coach and the Athletic Director. We will all meet to attempt resolution.

Any concerns I bring forth must have factual documentation.

When meeting with the coach, I will refrain from accusations and harmful language. I will speak with respect and consideration. Personal attacks of coaching staff, administration, or athletes, will not be tolerated, and can result in program dismissal.

By signing below, you agree to abide by the guidelines provided above and understand your responsibilities as a parent. Failure to do so will affect my athlete's participation and risk your athlete being dismissed from the Liberty High School Cheerleading Program.

Parent/Guardian Signature Date _____

2023-2024 Liberty High School Cheerleading Athlete Contract

Athlete Name: _____ Grade 2023-2024: _____

By signing your initials next to each item, I understand and agree to the following:

I understand that team selection is conducted by judges and the coaching staff, and all decisions are final. I understand that the coaching staff is responsible for making all final decisions, which will be in the best interest of the team. I understand that the coaching staff will set all formations and positions, determine eligibility, and make decisions about choreography. _____

Liberty High School Cheerleading is a year round sport and I thoroughly understand and agree to fulfill the commitment. _____

I will advocate for myself and communicate directly and appropriately with the coach throughout the season. I will always communicate with my coach myself, first. My parents will get involved with my question/confusion/ situation only after my coach and I have begun to work through the situation. _____

I will arrive at all assigned events 30 minutes early ("on time") fully prepared. I understand that I may be dismissed from all LHS events after we have debriefed and cleaned up our practice/team area. _____

I understand that I need to be at all assigned LHS events. I will stay for the entire duration of all events and always give my best while I am there. _____

I will use all practice time wisely. I will apply myself at practice and I will respect the instructor, coach, or peer leading practice. I will never disrupt practice. I understand that I will be asked to leave practice if I am talking and socializing during practice time.

I am committed to checking my phone, email, and the team website frequently for team updates, as I am responsible for always knowing my LHS schedule. I understand I have no excuse for being unaware. _____

I am expected to conduct myself in a manner that positively represents Liberty High School, our LHS cheerleading program, and our community. _____

Gossip and or negative social media posts about any LHS cheerleading members, coach, or the program is not tolerated and may be grounds for dismissal. _____

I will follow the school and LHS dress codes at all times. I will wear the assigned hairstyle and clothing to all practices and performances. I understand that if I am not wearing the correct apparel or do not have the correct hair/make-up, that I will be benched from the game/event. _____

I understand I must communicate with the coach at least two weeks in advance of any upcoming known tardies or absences that may affect practices, games or competitions.

I understand the discipline and expectations and will abide by them at all times, if at any point in time I do not abide by the rules set forth I understand it may be grounds for dismissal. _____

I will abide by all rules set forth by Academy School District 20, LHS Parent/Athlete Handbook, The Liberty High School Student handbook, and the Liberty Cheerleading handbook. _____

I **WILL NOT** get tattoos or new piercings during the cheerleading season. _____

2023- 2024 Liberty High School Cheerleading Parent Contract

Name: _____ Date: _____

By signing your initials next to each item, you understand and agree to abide by the following:

I understand that teams are coaches and judges selected and all decisions are final. I understand that the coaching staff is responsible for making all final decisions, which will be in the best interest of the team. I understand that the coaching staff will set all formations and positions, determine eligibility, and make decisions about choreography. _____

I recognize it is not my place to criticize or critique individual members of the team, the coaching staff, the Liberty High School Cheerleading program, team policies and expectations or choreography. _____

When my athlete is frustrated with the program, coach or a teammate, I will encourage my athlete to communicate directly with the coach first. _____

I will allow my athlete to work out conflicts with the coach. If I email the coach, I understand the coach will respond within the next 48 hours (or on Monday if emailed over the weekend). However, I know the coach is looking for my athlete's personal responsibility and would like my athlete to take the initiative. _____

I agree to follow the proper chain of command and I will express any concerns I have directly to the coach first, but will do so during an appropriate time. Discussing personal issues and/or grievances with the coach at games, competitions, and any team events are not considered appropriate. I will email the coach first and if need be set up a meeting with the coach to discuss any issues that may occur and need to be discussed. _____

I will refrain from calling any coach on their personal cell phone, unless there is a severe injury or an emergency that needs immediate attention. _____

Email is to be used for all concerns, issues, scheduling questions, etc. This is in an effort to protect the coaching staff's personal time. _____

If, after meeting with the coach to discuss concerns, I still have questions, I understand that the Coach will contact the Athletic Director via email. The Athletic Director, coach and I will then meet to find a resolution. _____

Any concerns I bring forth must have factual documentation. _____

When meeting with the coach, I will refrain from accusations and harmful language. I will speak with respect and consideration. Personal attacks of coaching staff, administration or athletes, will not be tolerated. _____

I WILL NOT discuss any athlete (other than my own child), the program, or the coaching staff to other parents or team members. Gossip is deemed childish and will not be tolerated. I will be a positive role model for my athlete. _____

I will respect decisions made by the coaching staff and will allow the coaching staff to do their job without interfering. I will respect the decisions made about how the program is run, uniforms/clothing, hair/makeup, scheduling of practices, competitions, grade eligibility, an athlete's ability to participate in games/competitions/events, and team placements. I understand that these decisions are entirely up to the coaching staff. _____

I understand that it is not my place to offer "coaching" suggestions. However, I will be encouraged to get involved from a volunteer stand-point to provide team unity opportunities. _____

I am responsible for all individual costs for the 2023-2024 Cheer Season. _____

I will make all payments in a timely manner, adhering to the due dates. If I need to set up a payment plan, I will contact the coach immediately following the parent meeting. I will adhere to the due dates of my payment plan. _____

I will not restrict participation in LHS Cheer as a punishment for my child. This does not punish one athlete, but an entire squad since there is no substitute for your athlete. _____

I will check ALL emails, calendars, schedules etc. for any and all updates and oversee time management with my athlete. _____

I will encourage positive sportsmanship for my athlete. Our teams are expected to accept awards and placements with dignity and class regardless of the results and we expect the same from the parents. _____

I understand that unforeseen circumstances do occasionally happen and interim changes to this document may occur at the discretion of the coaches and administration.

I will abide by all rules set forth by Academy School District 20 Parent/Athlete Handbook, The Liberty High School student handbook, and the Liberty High School Cheerleading handbook.

ATHLETE ACCEPTANCE & ADHERENCE TO CONTRACT

I, _____, have read the Liberty High School Cheerleading Handbook as well as the Liberty High School Athletic Handbook in its entirety and understand the contents. By signing this document, I agree to abide by the policies, procedures and expectations set forth by the Liberty High School Cheerleading program, NFHS, CHSAA, and the Liberty High School Athletic Department. I understand that not following rules/guidelines set forth in the handbook could result in dismissal from the team. I understand that all practices, games and competitions are **mandatory**. I will give my best effort and attitude in order to make our team the best possible. I am eagerly looking forward to becoming an active member of the 2023-2024 Liberty High School cheerleading team.

Athlete Name Athlete Signature Date

PARENT/GUARDIAN ACCEPTANCE & ADHERENCE CONTRACT

I, _____, have read the Liberty High School Cheerleading Handbook as well as the Liberty High School Athletic Handbook in its entirety and understand the contents. By signing this document, I agree to abide by the policies, procedures and expectations set forth by the Liberty High School cheerleading program, NFHS, CHSAA, and the Liberty High School Athletic Department. I agree to the responsibility, time commitment and financial obligation my child is undertaking by becoming a Liberty High School Cheerleader. I understand that my athlete will not participate if fees are not paid. If selected, my son/daughter has my permission to become an active member of the 2023-2024 cheerleading team. I agree to fully support my child in fulfilling their commitment. I understand that being a Liberty High School Cheerleader is a commitment on the part of the parent as well. I understand that when representing Liberty, I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in their contract, that is constantly negative, or acts in a manner that jeopardizes the name and reputation of the Liberty Cheerleading Program, will be subjected to removal from the team with no refund. I am aware that cheerleading requires an enormous time commitment and lots of dedication from both cheerleaders and parents. I will support the program and my son/daughter 100 percent.

Parent/Guardian Name Parent/Guardian Signature Date

2023-2024 Season Cost

Cheer Items	Quantity	23-24 New Female Athletes	23-24 Returning Athletes	23-24 New Male Athletes
Comp Uniform	1	Program Provided	Program Provided	Program Provided
Blue Uniform	1	Program Provided	Program Provided	Program Provided
White Uniform	1	\$220.00	Owned	\$220.00
Nike Warmups	1	\$200.00	\$200.00	\$200.00
White Poms	1	\$25.00	Owned	N/A
Varsity Shoes	1	\$105.00	\$105.00	\$95.00
Nike Backpack	1	\$60.00	\$60.00	\$60.00
Practice/Camp Outfit	3	\$80.00	\$80.00	\$80.00
Team pullover	1	\$50.00	\$50.00	\$50.00
Bow (Girls)	2	\$50.00	\$50.00	N/A
Socks	3	\$10.00	\$10.00	\$10.00
Megaphone (Boys)	1	N/A	N/A	\$25.00
Kiddie Camp Tees	1	\$15.00	\$15.00	\$15.00
White Body Liner & Under Garments	1	\$30.00	\$30.00*	N/A
Personalized Spirit Box	1	\$100.00	\$100.00	\$100.00
Total Clothing & Uniform Cost		\$945.00	\$670.00	\$855.00
UCA Camp	1	\$450.00	\$450.00	\$450.00
Competition Choreography & Music	1	\$200.00	\$200.00	\$200.00
Supplies for Banquet, Team Bonding, etc.	1	\$60.00	\$60.00	\$60.00
Total Camp & Competition Fees		\$710.00	\$710.00	\$710.00
Program Total		\$1,655.00	\$1,380.00	\$1,565.00

*Returning cheerleaders if you need to replace an item already purchased it will be added to your fees

Costs listed below are subject to change.

If uniforms that are provided by the program are lost, not returned, or otherwise damaged, the full price of a replacement uniform will be charged to the athlete's PayFort account. Uniforms must be washed on cold and hang dried

\$95 Athletic Fee is separate from these costs, and is paid to the school at the beginning of the school year.

All checks should be made out to Liberty High School and turned into the head cheer coach. Please see below for payment due dates. Parents may opt to pay the total camp and clothing amount in full, or break it up into payments, but must adhere to the payment schedule listed below.

June 15th: \$331 for new athletes // \$276 for returning athletes

July 15th: \$331for new athletes // \$276 for returning athletes

August 15th: \$331 for new athletes // \$276 for returning athletes

September 15th: \$331 for new athletes // \$276 for returning athletes

October 15th: \$331for new athletes // \$276 for returning athletes

Athletes who quit mid-season will still be responsible for accrued financial obligations.