

# The King's Academy Cheerleading Program Guidelines 2021-22

## Purpose

The mission of The King's Academy athletic department is to provide an excellent athletic experience with eternal impact. The Lions' Cheer program accomplishes this by glorifying God through promoting school spirit, developing spiritual growth, servant leadership and pursuing athletic excellence.

## Philosophy

As a team at TKA, we value growth in skill, but more importantly, growth in Christ. As the girls learn how they can best support our school teams, it is our desire that they also become leaders in their student body—promoting and exhibiting unity, integrity, purity & Godly character.

## Cheerleader Objectives

TKA cheerleader objectives are to develop spiritually while using your talents to glorify God, to develop physical skills through conditioning, good health habits and safety, to make a serious commitment to Academics and to develop as leaders in the school and community through service and character.

## Squad Objectives

Squad objectives are to work as a team, emphasize squad safety, support the school through game-cheering, pep rallies, posters, banners, or team encouragement, develop skill through tumbling classes, cheer clinics and camps, improve competition—Improving technique and skill level, as well as, grow program unification (MS,JV, Varsity Football & Basketball and Competition teams).

Each prospective cheerleader AND parent must initial each section indicating you have read and understand each point. The rules and regulations and the parent/cheerleader contract must be signed in order to be eligible to try out.

### **I. Eligibility**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Prospective cheerleaders must have at least a 2.0 GPA to try out.
- B. Cheerleaders must maintain the same GPA as any other TKA athlete. They must maintain a cumulative 2.0 GPA each quarter (our school handbook supersedes all Academic standards explained in this manual).
- C. Each cheerleader must maintain good standing in regard to regular attendance and should adhere to school policy regarding tardies and absences.
- D. Team leadership positions, (such as captain and co-captain), will be chosen by the coach and/or team members.
- E. Varsity FB & Competition Cheerleaders and their parents should be ready to fulfill all of the necessary financial responsibilities of each of the following:
  1. **Summer cheerleading camp will be contingent on administrative approval in the midst of pandemic concerns**
    - **July 12<sup>th</sup>-15<sup>th</sup> 2021 (Rosen Shingle Creek, Orlando, FL) –Parents are required to attend with their athlete. Rosen is offering a room rate of \$136/night plus tax and resort fees for athletes to attend.**
  2. Cheerleading fees: includes cheerleading fees, uniform rental fee, Registration, practice apparel, bows, parent spirit shirts, body liner, bloomers, shoes, warm up etc. (These can be added to your tuition statement).
    - i. Football only Fees (MS, JV or VAR) = \$1290 / Varsity Competition Fees = \$1590
    - ii. FEES will not be pro-rated for any reason, including leaving TKA in the middle of the commitment, quitting, moving, grades, etc.

### **II. Uniforms and Appearance**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. The Coach has the final say on uniform selection & Uniforms will conform to the approval of the administration.
- B. Uniforms cannot be altered unless approved by the coach.
- C. No jewelry of any kind may be worn at practices or games. This includes earrings of any kind and watches. Injuries can occur because of jewelry. FHSAA rules do not allow any jewelry to be worn. We follow all of FHSAA guidelines.
- D. Hair must be clean and well groomed. Hair must be worn up, away from face prior to the start of games or practices.

### **III. Practices**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Cheerleaders are to be present and prompt for all scheduled practices and games. Excuses must be given to the coach in writing 24 hours in advance of the practice or games (Text or Email is acceptable). Each girl must dress out for every practice.
- B. Practices may be held Monday—Thursday and possibly on Saturdays for the Competition squad. Times and days will be set by the coach and calendars will be posted with plenty of notice.
- C. Cancellations of practices are only with approval of the coach.
- D. If a cheerleader needs to stay after school for tutoring or making up a test, she will need to let the coach know before tutoring begins.
- E. A cheerleader may not miss any part of cheerleading practice because of other classes or clubs without PRIOR approval—i.e. music, dance, etc....

### **IV. Absences**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Excessive absences and conflicts may result in removal from squad. Schedules are given well in advance to prioritize Cheerleading Commitment.
- B. If a cheerleader leaves school due to illness or any other reason, she should inform the coach before practice begins.
- C. Each coach will keep a record of absences & tardies (Three tardies will result in one absence. Three absences equal NO Varsity Letter).

### **V. Behavior at Games**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. If a girl does not arrive on time to warm up, she may be asked to sit out a portion of the game.
- B. Cheerleaders are responsible for finding out what time they need to arrive at any game, whether home or away.
- C. Home games—cheerleaders are responsible for their own rides after home games.
- D. Away games—all cheerleaders must ride the bus to and from away games unless parental request in writing is given to the coach. (For riding home only). **All athletes ride the bus together TO away games.**
- E. At away games, girls should stay in large groups or as a squad. Your coach should ALWAYS know where you are. NO EXCUSES.

- F. Cheerleaders may not chew gum while cheering—whether at a game or at practice.
- G. Cheerleaders should know what time they need to be ready to cheer following half-time. Cheerleaders may be asked to sit out a portion of the second half if they are not ready by the assigned time.
- H. Cheerleaders should make sure that they have a ride home immediately at the end of a game or returning from an away game. It is not fair to ask the coach to wait any amount of time until a ride arrives. The coach will be available to wait 15 minutes after the end of the game to wait for parents to arrive. If you require a longer period of time, a note must be sent to the coach prior to the game.
- I. Grooming should be done before the game and at half time, not during play or time outs.
- J. There should be no talking to the crowd or other cheerleaders when a game is in session.
- K. Cheerleaders who cannot cheer because of an absence or detention must attend the game in uniform.

## VI. CITIZENSHIP AND CHARACTER

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Building school spirit, while demonstrating strong athletic excellence is what cheerleading at TKA is all about.
- B. Any practice missed because of detention will result in an unexcused absence.
- C. TKA Cheerleaders represent TKA to the community. The following guidelines must be followed when off campus:
  - 1. All cheerleaders must dress appropriately and modestly at all times.
  - 2. All cheerleaders will be held to the TKA handbook code of conduct policies regarding alcohol, drugs and tobacco use. Any such behavior, whether at a cheerleading function or otherwise, may result in dismissal from the team.
  - 3. Cheerleaders are expected to conduct themselves with modesty, integrity and good moral character at all times.
  - 4. Cheerleaders are ONLY allowed to wear their uniform while cheerleading (i.e. Cheerleaders are not permitted to wear their uniform out to dinner after a game.)
- D. Any cheerleader receiving a suspension from school will receive absences for any practice or games missed.

## VII. Chain of Command

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. All requests, complaints, etc., about the squad, should be taken directly to the head coach.
- B. Cheerleading coaches may feel the need to make changes to the TKA cheerleading program during the year. Changes can include moving a cheerleader from one team to another. Changes will be done for the benefit of all the squads and will be communicated appropriately.

## VIII. Competition

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. All competitive cheerleaders are required to attend choreography. **A calendar will be communicated on a regular basis to allow plenty of time for scheduling.**
- B. Placement on the competitive team is based on cheerleading skills and maturity to handle the program.
- C. Competitive cheerleaders are required to attend all competitions. The schedule will be chosen by the head coach at the beginning of the school year. Here are the **anticipated** competition dates.
 

i. Local Competition / Head to Head	TBD
ii. Local Competition / Head to Head	TBD
iii. Local Competition / Head to Head	TBD
iv. FCC Nationals (Orlando, FL)	12/30/21 (New Year's Eve) – 1/2/22 - <i>no vacations 12/27-1/2</i>
v. FHSAA Regionals	TBD
vi. Local Competition	TBD
vii. FHSSA States	TBD
- D. Competitive cheerleaders must stay in the hotel with the rest of the squad. They must travel to and from the competition with the squad.

## IX. Football Program

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. In an effort to subsidize cheering costs for the competitive program, each cheerleader is asked to sell program advertisements equal to or more than a total of \$400. Varsity Competition cheerleaders must sell \$500 in program advertisements. In the event that the total minimum amount is not raised, your cheerleader will be responsible for the remaining amount.
- B. Program advertisement sales above the minimum amounts, will go directly to offset your individual cheerleader's fees.

## X. Practice Transportation

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. School-provided bus transportation is mandatory to and from cheerleading practices off campus.
- B. Cheerleaders may not ride with other students to *offsite* practice facility.
- C. Cheerleaders may be picked up from *practice location* with coach or advisor permission. If leaving *off site practice space* with a student driver, a note from parents of each student involved must be provided.

## XI. Communication

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Our primary source of communication is REMIND 101. Please text @tkachee to 81010. You will receive a response back and simply respond with your full name (parent or cheerleader). You are then signed up to receive one way mass texts.
- B. Our next sources of communication are e-mail and cell. Please feel free to contact any of the coaching staff at any time.
 

Jennifer Allen (Varsity Comp):	561.662.9551	<a href="mailto:cheerlikethis@bellsouth.net">cheerlikethis@bellsouth.net</a>
Christina Reickel (Varsity FB/BB):	561.202.4856	<a href="mailto:cheerwellington@aol.com">cheerwellington@aol.com</a>
Marlene Gaffney (bus driver):	561.762.5287	<a href="mailto:marleneson@aol.com">marleneson@aol.com</a>
Sherma DelTergo (MS/JV FB):	561.252.9567	<a href="mailto:shermadeltergo@gmail.com">shermadeltergo@gmail.com</a>
Chelsea Martin Weniger (MS):	561.779.7900	