

Cheerleading

Rosa International Middle School

INFORMATION

PACKET

2011- 2012



Diane Zeltner

Dzeltner@chclc.org

Winter . 2011.

Dear Parents and Guardians,

*Welcome to another exciting season of cheerleading at Rosa International. As always your continued support is greatly appreciated. We would not be able to run a successful program without your commitment and sacrifices. Your child's safety, welfare and enjoyment are always our main focus. In order to ensure a safe and productive season, we have drafted a code of conduct that we expect to be followed by each cheerleader. We would like you to read over this contract with your child in order to familiarize yourself with what is expected. After reading please sign and return the lower portion indicating that you and your child have read and will adhere to the Code of Conduct. **Please note that under any circumstances no cheerleader will be allowed to participate without this slip.*

Cheerleaders are required to wear maroon or blue bloomers under their skirts. The bloomers may be purchased at any dance/sports store. We are also asking that cheerleaders wear a white shirt under their shells, white sneakers and white socks during games and pep rallies.

*We realize that the season is long and appreciate your commitment as well as your child's to this sport. Please read and return the **Code of Conduct** form as soon as possible. Should you have any questions or concerns, please feel free to contact us. We look forward to a wonderful season with you and your child cheering on ROSA!*

Sincerely,

Diane Zeltner

DZeltner@Chclc.org



Rosa International Cheerleading Code of Conduct Information

I. Practice

Practice is an important component to any learning experience. A dedicated and hardworking demeanor is expected and necessary in our cheerleading program. At cheerleading practice new cheers, dances and routines are taught and refined. Since cheerleading is a TEAM sport, absences not only affect the performance of the individual but also the entire squad. Monthly practice schedules are always given out and are located in Ms. Zeltner's classroom (A108).

Four unexcused absences from a practice or game will result in expulsion from the team. Excused absences are illness, absence/sent home from school, doctor's note, or parental note. If a cheerleader knows ahead of time that s/he will miss practice a note from a parent should be given to Ms.Zeltner.

- ❖ Cheerleaders should arrive ready to practice @ 3:10 pm unless a coach is properly notified.
- ❖ Cheerleaders are expected to come to each practice in appropriate clothing. This may include sweat pants, yoga pants, t-shirts , etc. This does not include Uggs, jeans or tight fitting clothing. Please remove all jewelry and metal hair clips before practices and games.
- ❖ It is recommended that each cheerleader carry a water bottle to practice.

II. Games

Cheerleaders are required to attend all 3:30 boys' and girls' basketball games to cheer on Rosa. There are approximately three games per week and are subject to change. The games are usually 3:30-4:30. If a cheerleader cannot attend a game, a note from a parent should be provided the week of the game.

- ❖ Cheerleaders are to report for games dressed in a clean uniform with hair pulled up or off their face.
- ❖ No Cheerleader is permitted to wander the school during athletic events.

Cheerleaders are to be picked up after games but may be dismissed earlier for parental convenience or to take the late bus.

III. Behavior/Academics

Being a student-athlete at Rosa International Middle School is a privilege. You are not only representing your team, coach and school but your community . Their behavior should be exemplary. Academics are also an important component of Rosa and require discipline in balancing curricular and extra-curricular activities.

- ❖ Cheerleaders are to be respectful of their teammates, school and school authority at all times. Any member who is not will face disciplinary action such as suspension or expulsion from the team.
- ❖ No cell phones or music related electronic devices are to be used during practice or athletic events.
- ❖ Academics are the priority. Any cheerleader who is failing or in danger of failing will be asked to concentrate on his/her studies; however, a cheerleader will be allowed to rejoin the squad once they are passing.

IV. Uniforms

All athletes are responsible for the equipment and uniform issued to them including careful laundering. All cheerleaders are expected to pay in full for any cost or damaged items. The school has purchased cheerleading shells and skirts. In addition, we have purchased poms in maroon and blue to enhance our performance. These items are costly and we ask that they be kept and treated carefully. Shoes, bloomers and white shirts are the property of the cheerleader. If these items cannot be purchased, please contact the coach.

- ❖ Skirts and shells are numbered. Each cheerleader will be issued a numbered uniform. The same numbered uniform must be cleaned and returned at the end of the season.
- ❖ Uniforms are to be washed cold, gentle cycle and line dried. **PLEASE DO NOT put uniforms in the dryer, they will shrink.**
- ❖ If uniforms are not returned, records can be withheld and participation in another activity may be halted. If a uniform is lost, it will have to be purchased by the cheerleader.
- ❖ Cheerleaders are asked to wear all white sneakers for games (or as close to all white as possible).

V. Cherry Hill District Policy on Cutting

The Cherry Hill School District "cut" policy remains that each coach keep a maximum of 25 players per sport. Because of this policy, we will need to hold try outs and may need to cut players.

** After reading this packet carefully, please sign the form located on the following page. This will indicate that you and the cheerleader agree to follow the Code of Conduct. The signed slip should be returned to Ms. Zeltner. If this is not returned, cheerleaders will not be permitted to engage in any cheerleading activity.

Cheerleading Season 2011

Student _____

Advisor _____ Grade _____ LC _____

Home Phone _____ Parent Cell Phone _____

I have read the **Rosa Cheerleading Information Packet** with my child _____ . We agree to the above terms and regulations. We also understand that failure to do so may result in disciplinary action such as suspension or expulsion from the team.

Parent signature Date

Student signature Date

*Please note: ** A monthly practice schedule of games and practices will be provided at the start of our cheerleading season.*

****There will be (approximately) 3 evening games starting at 5:30 pm at Rosa. Transportation by parents will need to be provided for cheerleader for drop off and pick up.*