



Rocky Mountain High School
Meridian, Idaho

A large, stylized graphic of a grizzly bear's head, rendered in shades of purple and yellow, serves as a background for the title. The bear's face is purple with yellow outlines and highlights, and it has a white muzzle and a yellow nose.

ROCKY CHEER HANDBOOK

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I. Article I - Mission & Purpose

- a. The Rocky Cheer Program involves members who hold themselves to the highest standards of conduct, achievement, and performance, as they stand as leaders in the school and community. This program will develop a sense of good sportsmanship among students, and maintain a positive relationship between schools. Each individual member will possess a positive attitude, be a positive role model in & outside of school & the program, maintain a unity amongst their team, and develop a sense of hard work ethic for full program achievement. Each member will strive in all circumstances to uphold the policies set in place, support one another, and achieve our goals.
- b. The main purpose of the Rocky Cheer Program is to generate school spirit, influence positive sportsmanship, and support activities and athletics sponsored by the IHSAA.

II. Article 2 – Conduct

- a. General Conduct
 - a. The Rocky Mountain High School cheerleaders hold a position of visibility among their peers and must therefore be excellent examples of conduct.
 - I. This includes, but is not limited to:
 - a. Academics, attendance, punctuality, attitude, sportsmanship, school spirit, and performance.
 - b. Cheerleaders must also follow the guidelines set forth by the Rocky Cheer Handbook, the Rocky Mountain High School Student Handbook, and adhere to any and all school, district, or IHSAA rules.
- b. Team Conduct



- a. Essential elements to maintaining a successful cheerleading program include:
 - I. Unity, respect, support, and hard work
 - a. It is a privilege, not a right, to hold membership within the Rocky Cheer Program. Those who find it necessary to complain & make excuses, be dishonest to coaches and/or teammates, show disrespect, perform below their potential, talk excessively during events, break rules, or demonstrate negative attitudes will face serious consequences. These behaviors will not be tolerated, and you will be dismissed from the team for such actions.
 - i. No warnings will be provided, THIS IS YOUR WARNING!
 - b. Cheerleaders are expected to lift their teammates up in times of turbulence, in addition, continuously encourage them to always perform at their best.
 - I. All team members must always set an example for their teammates by consistently contributing and showing their team unity, respect for others, and support towards other members, captains, and coaches. And lastly, continuously working hard to prove that strong work ethic not only guarantee's personal success, but team success.
 - a. Team members must discourage teammates from rebelling against these codes of conduct and any other negative behaviors.

III. Article 3 – Academics and Attendance

- a. All team members will abide by the IHSAA Academic Requirements, listed below
 - a. Must be passing 5 or more classes with a 2.0+ Grade Point Average
 - I. Any cheerleader will be removed from the team if you do not maintain these requirements for both 1st and 2nd semesters.
 - a. You will be required to submit a copy of your report card at the end of the school year, and at the conclusion of first semester the following school year.
 - i. Although you may reach academic requirements during tryouts, you will be dismissed from the team if your final report card at the end of the school year doesn't meet IHSAA Academic Requirements.
 - b. Grade checks will be at random during the school year.
 - I. If at any time you do not meet these requirements you will be placed on probation.
 - a. Probation will last until grade requirements are met *see pg.11 for probation details
 - b. If you have not met these requirements by the end of the semester, you will be dismissed from the team
- c. You must follow attendance policy for Joint School District No. 2. This policy is found in the RMHS Student/Parent Handbook.
 - I. It is mandatory that you are in attendance the entire school day on the day of a performance (includes games & assemblies).
 2. It is mandatory that you are in attendance the entire school day prior to a weekend event (i.e. Saturday competition, so you are in school the full day on Friday)

- a. If you are absent you will not be able to participate in any of the above events mentioned.
- b. If at any time you are exceeding absences (based off the RMHS absence policy) in any of your enrolled classes, you will be placed on probation until you can show consistency in your attendance.
 - i. Exception - Dr. approved absences

IV. Article 4 – Priorities

- a. Cheerleading is a year round sport that requires a great deal of time. All cheerleaders must be extremely organized in order to balance the demands of cheerleading.
- b. All team members must follow the Order of Priorities listed below:
 - a. Order of Priorities
 - 1. Academics & Attendance
 - a. In the event a cheerleader falls behind in her class work or has excessive absences, the advisors classroom will be available during lunch time to receive assistance or get caught up on class work
 - i. Coaches at anytime, have the right to require any cheerleader to attend mandatory lunch study hall to assist in their academic improvement.
 - 2. Rocky Cheer
 - a. Cheerleading must be the number one priority behind academics. In order for the Rocky Cheer Program to be successful, we must have each member make the program, and their involvement in the program, a top priority.
 - 3. Other Extra Curricular Activities
 - a. A cheerleader may have the opportunity to participate in other sports, clubs, etc. that do not conflict with the responsibilities of cheerleading.
 - i. Approval must first be obtained from the cheer coaches.
 - 4. All other commitments must not take precedence over the cheerleading schedule.
 - a. The following are examples of other commitments that **must not conflict**:
 - i. Yearbook, choir, newspaper, speech/debate, drama, church activities, drivers education, babysitting jobs, all other jobs, All Stars cheer or dance teams, vacation, doctor’s appointments, homework, make up work, etc.

V. Article 5 – Team Structure

- a. Squad Composition
 - a. Freshman Squad comprised of qualified Freshman only.
 - b. Junior Varsity Squad comprised of qualified Freshman, Sophomores and Juniors only.
 - c. Varsity Squad comprised of qualified Freshman, Sophomores, Juniors, and Seniors.
- b. Coaches
 - a. Coaches are able to assign and enforce discipline for cheerleaders on any squad. Though individual coaches are responsible for designated teams, the coaching staff represents a united front and will work together to uphold the standards of the program.
 - 1. The coaching staff is listed below:
 - a. Tobruk Everman – Program Advisor, Varsity Coach
 - b. Khara Westergard – Varsity Head Coach
 - c. Jenny McKee – Head JV Coach
 - d. Kristine Andrew – Head Freshman Coach
 - e. Charity Tucker – Tumbling Coach
- c. Level of involvement
 - a. All Cheerleaders will stunt, tumble, cheer, and dance. There are no exceptions! Cheer coaches will determine where cheerleaders fit best in all formations, stunt groups, tumbling passes, and competitive routines.
 - 1. The coaches reserve the right to remove any athlete from any routine, including competition, in the event the athlete is not making strides to contribute to the overall progress of the team.
 - a. Cheerleaders are expected to willingly assume their positions and will forfeit their squad membership otherwise.

VI. Article 6 - Finances

- a. Cost & Payment Method
 - a. \$800 - \$1500
 1. Pays for summer camps, uniform/attire expenses, competition fees, and travel costs.
 - a. Other expenses may be incurred throughout the year with ample notice.
 - i. If payments are of a particular hardship contact the Ms. Everman.
 2. Each team member will be provided with a personal account, and a monthly payment schedule of which the head coach will maintain.
 3. Payments will be due at the first of the month and can be mailed or dropped off.
 - a. Mail to Tobruk Everman, or drop off in Tobruk Everman's mailbox, in the front office.
 - i. Parents will not deal with the school bookkeeper directly; instead Ms. Everman will collect funds & keep track of monies received and credit to the appropriate account.
 - ii. These funds will then be deposited by Ms. Everman to the bookkeeper for bookkeeping records, purchase orders, check requests, etc.
 - I. Parents, at any time, can inquire about the general cheerleading account by contacting the bookkeeper directly.
 - b. In the event a cheerleader's account is not current, the cheerleader will not be able to cheer until her account has been reconciled. At the conclusion of the school year if a cheerleaders account is still not current, the athlete will receive a fine from the bookkeeper and will not be able to receive their yearbook until the fine is paid.
 - c. In the event a parent has overpaid on an account that money will carry over into their account for the next cheer year. If the individual does not participate in the program for the next cheer year they will receive a reimbursement check from the school by the end of the school year. However, if you account has a positive balance due to fundraising efforts that money will not be paid out for reimbursement.
 - b. Payment for removed team members
 - a. If a cheerleader leaves the program during mid season they are expected to pay off their account at that time. Any items or services that were not received during the cheerleader's time within the program will be removed from their account balance, with the exception of the \$50 choreography fee.

VII. Article 7 – Fundraisers

- a. Various fundraisers will take place throughout the year to offset the expenses of the program needs. All cheerleaders and parents are expected to participate in all fundraising efforts. Money raised will go towards the program, not the individual cheerleader. However, opportunities for sponsorships will be available for those in need, but please note that the first sponsorship you obtain will go to the program and any thereafter ½ will go to the program and ½ will go to the cheerleader receiving the sponsorship.
- b. All cheerleaders are required to be involved in all fundraisers.
 1. Parents may be asked to become involved, depending on certain needs.
 - a. The following fundraisers are schedule for the '09 –'10 year:
 - i. June = Cub Clinic at Rocky Mountain High School
 - ii. June = Grizzly Golf Tournament at Banbury Golf Club
 - iii. August = Spirit Item Sales at Registration
 - iv. September = Grizzly Grub Tailgate Party
 - v. October = Homecoming Dance
 - vi. March = Legacy Spirit Cheerleading Competition
 - I. Parental support will be required for all fundraising activities.
 2. Based on need, fundraised money will be used for the following items:
 - a. For the 2009 – 2010 season some of the needs are as follows **listed in order of priority*
 - i. coaches stipend (\$5,000)
 - ii. coaches travel for summer camp & competitions (\$1500)
 - iii. uniform purchases (\$2,000)
 - iv. tumbling mats (\$500)
 - v. game day cheer boxes (\$1,000) **varsity only*
 - vi. competition entry fees (\$3,000)
 - vii. tumble time sessions (\$5,000)
 - viii. competition choreography fees (\$3,000)
 3. Fundraising has many benefits, for all program participants. Our goal is to limit the number of fundraisers we have, by making each fundraiser as successful and 'profit focused' as possible.

The more money we are able to raise during fundraising, the less money individual families will have to pay for their child's involvement in cheerleader.

4. Some of these items will be an initial expense for each cheerleader, as it will listed on their bill. However, as fundraising efforts begin and money comes in, we will begin to slowly remove those expenses from your bill as we earn enough money through fundraising to pay for those items (as seen above).

VIII. Article 8 - Summer

a. Practice

- a. All cheerleaders are expected to attend summer practices to improve skills.
 1. The summer practice schedule is as follows
 - a. Summer practices start in June. Schedule will be provided 2 weeks prior to 08-09 school year being let out.
 - i. No practices will run for the 4th of July holiday.
 - ii. Practices will start up again in July until we leave for summer camp on. **Summer camp is July 27th – 30th in Utah.**
 - iii. We will continue practice after camp
 - b. Each cheerleader is required to provide 2 weeks of notice prior to an absence. ~Follow absence procedures in Article 13 for absence requests.
 - c. It is imperative that all cheerleaders attend summer practices. We will be working to build team unity, team skills, and individual skills. The coaches are aware the summer is time for family vacation, driver's education, or jobs, etc. However, we would prefer you schedule these events around cheerleading as best as possible. We will however be understanding about absences as long as we receive at least 2 weeks' notice.
 - d. Please do your best to avoid making family vacation plans or any other plans that would conflict with cheerleading during and the week before camp. We will be preparing for summer camp at this time and it is imperative that each athlete is present for practices so they too can be a part of team performances that will be choreographed for summer camp. If in the event you have a conflict, and we receive 2 weeks' notice, the coaches will understand. However, your child will not be able to be a part of the choreographed performance that will be performed the first night of summer camp.

IX. Article 9 - Summer Camp

a. UCA Overnight Camp

- a. All cheerleaders will travel to the University of Utah to attend a summer camp.
 1. This camp is a **mandatory** event, all team members are required to attend.
 2. Camp is scheduled for:
 - a. July 27th – 30th
 - i. We will travel as a team in a chartered bus from RMHS to Salt Lake City, Utah on July 27th.
 1. Cheerleaders will stay in secure, adult supervised, dormitories on the campus of the University of Utah.
 2. We will return on July 30th
 3. Details related to the event will be provided as it nears.

b. UCA Stunt Clinic

- a. All cheerleaders will attend the UCA Commuter Stunt Clinic.
- b. This clinic is a mandatory event, all team members are required to attend. ~Follow absence procedures in Article 13 if a conflict exists.
 1. Clinic details to come:
 - a. Cheerleaders will not be staying overnight.
 - b. Transportation & Food will not be provided.

X. Article 10 –School Year Practice

a. Schedule

- a. May be up to 6 days a week
 1. Saturday practices will be scheduled one - two times per month. The number of Saturday practices may increase during competitive season.
- b. Each cheerleader is expected to attend every practice.

Reference Article V for more details.

Also, coaches to provide practice schedules *per Article VI.3.i.*

- I. Due to space availability, practice times are tentative. Advanced notice will be provided, when possible, to inform of any schedule changes.
 - a. Cheerleaders are expected to work around other commitments so they are present at any practice that has been rescheduled.
 - i. Monthly calendars will be distributed at least one month in advance.
 - ii. Text messages, phone calls, and emails will be the form of communication for any re-scheduled events.

XI. Article II – Games

a. Coverage

- a. The main purpose of the Rocky Cheer Program is to generate school spirit, influence positive sportsmanship, and support activities and athletics sponsored by the IHSAA.
 - I. Although cheerleaders will not attend all Rocky Mountain High School activities and athletics, they will promote all events in different manners.
 - a. The following are the athletic events the cheerleaders will cheer for:
 - i. Football, Volleyball, Boys Basketball, Girls Basketball
 2. Below is a tentative schedule for school year games **all schedules are subject to change*
 - a. Varsity
 - i. Monday: Off
 - ii. Tuesday: Volleyball & Basketball
 - iii. Wednesday: Off
 - iv. Thursday: Volleyball & Basketball
 - v. Friday: Volleyball, Basketball, & Football
 - vi. Saturday: Volleyball & Basketball
 - b. Junior Varsity
 - i. Monday: Off
 - ii. Tuesday: Volleyball & Basketball
 - iii. Wednesday: Off
 - iv. Thursday: Volleyball, Basketball, & Football
 - v. Friday: Volleyball & Basketball
 - vi. Saturday: Volleyball & Basketball
 - c. Freshman
 - i. Monday: Volleyball & Basketball
 - ii. Tuesday: Off
 - iii. Wednesday: Volleyball, Basketball, & Football
 - iv. Thursday: Off
 - v. Friday: Occasional
 - vi. Saturday: Off
 3. Game dates, locations, and times are tentative. Schedules are being adjusted on a regular basis by the coaches and athletic director. For example, it is likely that in the event that a game is cancelled, a regular practice will be held in its place. If changes occur, advanced notice will be provided, when possible, **but is never guaranteed.**
 - a. Cheerleaders are expected to work around other commitments so they are present at the game that has been rescheduled.
 - i. Monthly calendars will be distributed by your coach at least two weeks in advance.
 - ii. Text messages, phone calls, and emails will be the form of communication for any re-scheduled events.
 - I. Game schedules are posted on the internet at www.highschoolsports.net for your convenience.

b. Travel

- a. Freshman will not travel
- b. Junior varsity will only travel to Meridian School District away games that start after 5pm.
 - I. Transportation will not be provided
- c. Varsity will travel within the Meridian School District, Boise Area, & Idaho Center in Nampa.
 - I. Transportation will not be provided
- d. Varsity will travel to other out of area events (i.e. Caldwell, Nampa, Mt. Home)
 - I. Transportation will be provided

- a. Meridian School District doesn't allow any athlete to transport themselves to any event outside of the Boise/Metro area.
- b. Transportation will be arranged by the head coach.
- e. Bus Transportation
 - 1. When bus transportation is required to an event, all members who are expected to cheer at that event must ride the bus to and from the event. Parents may take their own child home from an event if they make arrangements with the cheer coaches prior to leaving. Parents must check cheerleaders out in person (notes and phone calls are not acceptable). Cheerleaders who arrive at an event via bus may never ride home from the event with friends or parents of another cheerleader.

Note: The reality is that athletes will likely have a cheer related event every day of the week (game, practice, etc.). In addition, they will likely have a Saturday commitment at least one Saturday a month. The fall season will consist of Volleyball games, Football Games, and Practices. The winter season will consist of Boys Basketball games, Girls Basketball games, practice, and competition. The winter season is much more hectic and time consuming than the fall season. In addition, the commitment level increases based on the team you are a part of. Freshman have less commitments than JV, and JV has less commitments than Varsity. It is highly discouraged that athletes work during the fall and winter seasons, along with make other commitments to take drivers education, all star cheerleading, youth group, etc. We are asking a lot of these athletes! The commitment to cheerleading, along with keeping up with school is more than most teenagers can handle.

XII. Article 12 – Competitions

- a. Competition
 - a. All cheerleading squad members in good status will compete, and will receive the privilege of representing Rocky Mountain High School at local, state and out of state cheerleading competitions.
 - b. The coaches reserve the right to remove any athlete from any routine, including competition, in the event the athlete is not making strides to contribute to the overall progress of the team.
 - c. Choreography and music will be determined & taught by coaches. Cheerleaders will be permitted and encouraged, at times, to contribute choreography. This choreography will be reviewed by a coach, and changes will occur to meet the needs of the team.
 - 1. Scheduled competitions for the 2009 - 2010 season will be determined within the year.
 - 2. Please avoid planning family vacations after December of 2009. 2010 will bring vital competition practices in which we will need every teammate to be at every practice.

XIII. Article 13 – Absences

- a. Cheerleaders must be in attendance for all practices, games, camps, competitions, fundraisers, and any other scheduled events.
 - a. The absence of only one member, at any time, drastically affects the entire team and any arranged performances on that day.
 - b. All other commitments, as mentioned in Article 4, must not conflict with the cheerleading schedule.
- b. Absences are unexcused, unless the absence has been approved following the procedures below:
 - a. Email **YOUR** direct Head Coach: Frosh = Kristine, JV = Jenny, & Varsity = Khara
 - 1. The coach consider request and determine acceptability.
 - a. An email response will be received as soon as a decision has been made.
 - i. This request **must be received at least 2 weeks prior to the absence**, otherwise it **will not be considered**.
 - 1. If you do not receive a confirmation for this request please follow up with coaches, in addition you are expected to still be present at the scheduled event.
 - a. In the event an absence is NOT approved, you will be required to attend the scheduled event.
 - b. If you choose NOT TO ATTEND even though the absence wasn't approved, you will receive an UNEXCUSED ABSENCE.
 - b. The above procedure isn't necessary in the event of extenuating circumstances (i.e. severe illness or family emergencies).
 - 1. If these circumstances prevail, contact your direct coach immediately so understandings can be made.

XIV. Article 14 – Team Leaders

- a. Captains
 - a. Captains will be selected by coaches, with minimal team input. After sufficient time has passed, and coaches have had the opportunity to evaluate each member's leadership skills, they will reflect on their observations and ask for team input.

- b. Captains will be considered only from those expressing a desire to be captain and who agree to the responsibilities that being a captain entails.
 - 1. Captains are responsible for game action leadership, informing squad members of events or new information, and helping coaches. These captains shall help enforce all of the rules and procedures, be reliable and dependable, and be the pinnacle example of great attitude, encouragement, work ethic, kindness and respect.
 - a. Captain(s) failing to fulfill their responsibilities will be removed and another captain will be selected.

XV. Article 15 – Relationships

a. Procedures

- a. Please follow the order of authority when addressing a concern

1. Parents

- a. Parents are asked to address the direct coach first. If at the time you cannot contact them or get in touch with them, forward your concern to the program advisor.
 - i. Parents are asked to never go directly to the athletic director, school principal, or district office.
 - 1. More often than not these issues can be resolved respectfully & immediately so it doesn't conflict with the ultimate goal of the program.
 - a. If necessary a meeting will be schedule to address the concern with the appropriate school staff, parents, and (if necessary) athlete in which the concern is involved.

2. Athletes

- a. Address captains with your concern. Never address this concern without providing a reasonable solution.
 - i. Captains will then direct concern and solution to coaches.
 - ii. Coaches will determine the best procedure for addressing the issue.
- b. If the concern involves captains, please come and discuss the issues with your direct coach.
- c. Problems & concerns should never be discussed during a Rocky Cheer event.
 - i. All issues should be taken care of outside of cheer time.
 - ii. Make arrangements with the appropriate person(s) to address the issue.
- d. Never complain, act negatively, or show disrespect towards anyone at anytime because of an unresolved issue.**
 - i. This behavior will not be tolerate and could lead to benching, probation, or dismissal.

b. Coaches – Parents

- a. The Rocky Mountain High School Cheer Coaches are united in purpose and will jointly determine the policies and procedures of the Rocky Cheer Program. Each coach is able to assign and enforce discipline for cheerleaders on any squad. Though individual responsibilities are assigned, they represent a united front. All questions and concerns from parents should be directed towards the team's direct coach, then the program advisor.
- b. We ask all parents to be supportive of the cheerleading program and to promote a positive environment where the objectives of the cheerleading program can be met. All decisions are made by the cheerleading coaches and such decisions must be respected.
 - 1. Coaches will make all efforts to keep parents informed of schedules, fundraising, and discipline issues regarding their own student-athlete.
 - 2. Parents are encouraged to attend competitions for support, but please be respectful of the time your cheerleader needs with their team as well as time that the coach needs with the team. Designated times will be allotted for your cheerleader to visit with you, but much of the competition you will not have access to your cheerleader as they will be preparing. Please don't take offense as we eat as a team, sit together, warm-up together, travel together, etc...
- c. Open communication between parents and coaches is highly encouraged on matters of great concern. *Example: bullying, illegal activity, etc.* We welcome & encourage parents to be involved in the program. Parent involvement is necessary for program success. Parents are expected to assist in fundraising events, along with team bonding activities. We thank you in advance for your help and can't wait to see your support out on the field, in the stands, and behind the scenes! Go Grizzlies!
 - 1. Please, do not question or confront any coach during a practice, game, or competition

- a. Privacy is required for all circumstances, so parents are asked to contact the coach immediately to discuss your concerns. At this time the concerns will be addressed, and discussed with the specific team coach, and/or administration.
 - i. Please follow appropriate Procedures, part a of *Article 13*.
- c. Athletes - Coaches
 - a. The Rocky Cheer Programs coaches are all highly qualified professionals. Coaches are hired based on credentials and are to guide the program in all aspects as they see fit. All athletes are to conform to their lead and must respect each coach, and respect the job they are hired to do.
 - 1. All cheerleaders are to give their undivided attention to coaches during instruction.
 - 2. Athletes may never argue with coaches. Concerns are to be addressed privately.
 - 3. All team members must show respect to all decisions and discipline enforced by coaches.
 - 4. Coaches are open to any suggestions, if an athlete arranges an appropriate time with the coach to address the issue.
 - a. At no time should be any athlete address their concerns during the duration of a Rocky Cheer event.
- d. Captains – Athletes
 - a. All team members are asked to allow the chosen captains to do the job they were assigned to do.
 - 1. All cheerleaders are to give their undivided attention to captains during instruction.
 - 2. Athletes may never argue with their captains but are to discuss problems with maturity.
 - 3. All team members must show captains respect at all times, as they will show respect in return.
 - 4. Make suggestions to captains, as captains will come to coaches with questions and concerns as a voice for the team
- e. Athletes – Community
 - a. All team members must be courteous and cooperative with the following:
 - 1. Administrators, teachers, visiting players & coaches, visiting cheerleaders & mascots, officials, fans, parents, and all other community members.
 - b. All team members are a role model to their peers, adults, and youth in the community.
 - 1. Good decision making skills are necessary to fit the role of a Rocky Mountain High School Cheerleader.
 - a. There is a zero tolerance policy for all illegal behavior.

XVI. Article 16 – Expectations and Disciplinary procedures

- a. Documentation
 - a. The cheer coaches will record and document absences, tardies, and all other incidences where expectations were not met. Cheerleaders are expected to observe all rules given throughout the year
Note: The Cheer Coaches reserve the right to amend the disciplinary actions as needed
- b. Discipline
 - a. The following behaviors and actions will not be tolerated:
 - 1. Phone use (including texting) during games and/or practice
 - 2. Tardies
 - 3. Being unprepared for practice (no shoes/shirt/shorts. Gum. Jewelry. Bathroom use in the first 30 min.)
 - 4. Not fulfilling required committee duties
 - 5. P.D.A. (Public Display of Affection) at anytime in and out of uniform
 - 6. Showing poor sportsmanship at events and functions
 - 7. Using profane or vulgar language/hand signs during practices, games, events, on school properties, or while in uniform at any time
 - 8. Failing to wear proper support on an injury during practices, games, and performances. Braces must be brought at all times and worn when appropriate.
 - 9. Being out of uniform at any time when assigned uniform has been set (i.e. school (game day) gear, required practice clothing, game day uniform, travel clothing, etc.)
 - 10. Losing a uniform article/cheer attire
 - 11. Stunting or tumbling without the supervision of a cheer coach (other designated adults will not be placed under responsibility for monitoring stunting and tumbling and cheerleaders may not stunt or tumble under their supervision.).
 - 12. Performing illegal stunts and tumbling as outlined in the NFHS Spirit Rules of Safety
 - 13. *Missing the bus to away games or functions (including camp).

14. *Showing disrespect to cheer coaches or other cheerleaders –removal from the squad may result as severity occurs
 15. *Unexcused absence/Missing a practice, game, event, or function without an absent request and approval.
 16. *Failing to follow proper check-out procedures when leaving away events.
 17. *Failing to follow away-game travel rules of conduct and behavior
 - a. Consequences for the above actions will involve conditioning and extra training assigned by the coach on duty
 - b. Benching, if necessary, can occur, especially for items *13-15
 - i. *Note: Benching means members are required to wear warm-ups to home games and events, and sit by the coach – not in the stands with friends or family.*
 - ii. *Benched members are to assist RMHS cheerleaders with sidelines as they sit in the stands.*
- b. Probation
 - I. Will result for the actions listed below.
 - i. *Note: Probation means a cheerleader is benched for all games and performances for the remainder of the quarter, but will still participate in practices and fundraisers.*
 - ii. *Probationary members will follow the same guidelines for benching while at a scheduled game.*
 - a. Failing resolution of a repeated offense or problem, after benching.
 - b. Failing to maintain a 2.0 GPA.
 - c. Possessing any F's, No Credits, or truanancies.
 - c. Automatic removal
 - I. Will occur for the following actions:
 - a. Failing to attend summer camp unless for an extenuating circumstance approved by head coach.
 - b. Intentionally inflicting harm on other cheerleaders while stunting, tumbling, etc.
 - c. Failing resolution of a repeated offense or problem after placement on probation.
 - d. Failing to maintain a 2.0 GPA after placement on probation.
 - e. Possessing any F's, No Credit, or truanancies after placement on probation.
 - f. Using illegal substances or alcohol at any time.
 - g. Conduct unbecoming of an ambassador, representative, and example for high school aged appropriate behavior.
 - h. Any MDV (Major disciplinary violation [MDV's] according to the School District's discipline policies) deemed severe enough, whether or not it involves cheerleading (i.e. fighting, truancy, insubordination, etc.).
 - i. Refusing to follow policies and procedures of Rocky Mountain High School as outlined in the student handbook.
 - j. Cheating on schoolwork in any way, shape, or form.
 - k. Receiving more than one unexcused absence from a cheer event.
 - d. Travel
 - I. Cheerleaders traveling for cheer events who are in violation of rules and policies may be sent home at the parent's expense on public transportation and/or turned over to the proper authorities for action. The coach will contact the parents if such action becomes necessary. The coach may impose other necessary disciplinary measures for inappropriate behavior if necessary.
 - e. School Attendance
 - I. Cheerleaders must attend 4 periods of school in order to cheer a scheduled game on that same day/night (this does not include practice), even if there is parental excuse through the attendance office.

XVII. Article 17 – Uniform Guidelines

- a. Practice Uniform
 - a. Cheerleaders must wear clothing that allows movement, but is not baggy or bulky (sweatshirts and heavy pants fall under this category).
 - b. Shorts and a t-shirt are preferred, and are required for flyers.
 - c. Hair must be secured, cheer shoes must be worn, and gum & jewelry is prohibited.
- b. School Attire on Game Days
 - a. On the day of a game, cheerleaders will be required to wear matching clothing (may include uniforms) to school as determined by the coaches & captains.
 - b. In the event uniforms are assigned, cheerleaders are required to wear their warm up pants underneath their skirts.
- c. Game Uniform

- a. Cheerleaders are expected to wear the uniform/Rocky Cheer attire indicated on provided calendars, and will be expected to be completely ready upon arrival and start time.
- b. The following will be enforced by coaches:
 - 1. White no-show socks, cheer shoes, and briefs must be worn at all times.
 - 2. All bra straps and sports bras should be covered by uniform at all times.
 - 3. Warm up and Poms must be available to wear/use if necessary.
 - 4. Hair should always be worn up with designated bow and flyaway pieces secured out of face.
 - 5. No gum or jewelry of any kind is ever permitted.
 - 6. Nails must be kept trimmed and short for safety purposes.
 - 7. All glitter is prohibited; shimmer make up is the only exception.
 - 8. All items necessary for games must be carried in the team bag; no other bags may be substituted.
 - 9. Probationary members are to wear warm ups to all required events and are not allowed to wear the game day uniform unless permitted by the coach on duty.
- c. Uniforms must be well maintained. Performance Uniforms will be purchased back from the cheerleader by the school. Cheerleaders are responsible for having the uniform cleaned and pressed. Any uniform with destruction will not be considered for purchase.
- d. Any lost Rocky Cheer attire, or uniform, must be repurchased at the expense of the individual cheerleader immediately.
- d. Travel Attire
 - a. In an effort to look professional and uniform, cheerleaders must arrive at games and travel on busses/airplanes in their assigned cheerleading apparel, with hair and makeup done.
 - 1. Other articles and accessories should be carried in the designated cheerleading bags.
 - 2. No "non-cheer" clothing, shoes, bags, hair ribbons, etc. will be tolerated while traveling.

XVIII. Article 18 – Health and Safety Guidelines

- a. Injuries/Medical Conditions
 - a. Members are expected to maintain their health and strength to have the ability to tumble, stunt, dance, and cheer.
 - b. If medical conditions arise that interfere with the safety and function of a cheerleader, proper precautions to protect the safety of the cheerleader and other team members must be taken.
 - 1. *Note: Please do not tryout if existing injuries or situations prohibit you from vigorous exercise or if physical limitations do not allow extreme impact due to stunting and tumbling.*
- b. Serious Injuries
 - a. Unfortunately, due to the nature of cheerleading, serious injuries can occur. If a member becomes injured and is unable to train with the cheerleading team, or if at any time coaches suspect it is unsafe to allow a cheerleader to perform, the cheerleader must comply and refrain from restricted activity until a medical release note is submitted by a physician to clear that cheerleader back into activity.
 - 1. The cheerleader must then prove, through conditioning and training that they can return to full performance. In the event a minor injury occurs, a cheerleader will need a medical note that provides specific limitations.
- c. Prevention
 - a. All efforts will be made to prevent injuries by following the National Federation of State High School Associations Spirit Rules of Safety.

XIX. Article 19 – Team Unity

- a. Cheerleading is a year round sport. A family cohort is developed throughout the year. Cheerleading is different than any other sport or activity. If you are not keeping the peace, you do not need to be a cheerleader. If you have a problem with something or someone, come and get it resolved instead of festering drama. If something is bothering you, you may resolve it with the coach privately, and not during class/cheer time. No matter the issue or severity of emotions, respect and civility must always be maintained. If you find yourself having an issue with everything, check yourself. Accept that you do not need to know everything. Often times, cheerleaders do not understand decisions made ranging from routines to discipline for others. Remember details are not your concern. Cheer coaches are the only ones with all information regarding situations, problems, and reasons for all things regarding cheerleading and cheerleaders. If an explanation is requested privately, all information may not be disclosed (because of confidentiality), though efforts will be made to ease the concern. Coaches may occasionally ask opinions from cheerleaders but will remain the executive decision makers and authority. Decisions might not please everyone. Do not fester problems, gossip, or work up other team members during cheer events or outside of cheer. We are all together too often to not be having

fun. Be a problem solver, not a problem. Remember **a great year does not come without effort**. We all have to make the best of it and make it great.

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