



TEACH Cheer Code of Conduct Handbook

TEACH Guardians Athletic Department



TEACH Athletic Mission Statement

The mission of our TEACH Guardians Athletic Program is to teach our student athletes the benefits of competition and understand its redemptive value. While TEACH Athletes will be taught to win, we must have a higher purpose in competing: glorifying Christ by using our gifts, having self discipline, developing Godly character and displaying good sportsmanship and teamwork.

TEACH Athletic Philosophy

TEACH Athletics believes sports are an integral part of the educational process. We believe that when teamed with an academic education as well as spiritual guidance, athletics is an important portion of the growth and development of young people. Academic performance will take precedence over performance on an athletic court. While we invite all students to participate in many of our athletic programs, athletics is not required nor is it a right; participating in athletics is a privilege and should be viewed as such. We will strive to be the most competitive athletic program we can be. This means that physical ability to perform athletic tasks will be a major factor in determining the makeup of our teams as well as the amount of playing time a student athlete may receive at any given time. However, physical ability is not the sole determining factor that coaches will use in shaping teams and allowing playing time. Hard work, loyalty, dedication to the program and being coachable are just a few more factors a student athlete should focus on.

TEACH athletic program is not run as a recreational program. We will be competitive at the highest level possible. We will not sacrifice moral values, Christian principles or safety in order to be more successful, but we will make every effort to build a successful program at every level.

Cheerleader Handbook Purpose

The purpose of the TEACH Cheer handbook is to familiarize the TEACH community, cheerleaders and parents of the direction of our cheer program. The guidelines within the handbook are important and will be followed. Responsibilities and rules of conduct for cheerleader and parent are defined within. This code is established by the cheer coaches and TEACH Athletics. Each student presenting herself as a candidate to cheer as well as her parents must agree to abide by this code

Role of Cheerleaders

Cheerleading is a team sport! Each and every cheerleader is important to their team. Being a part of a team is a privilege for each student. An important purpose of TEACH cheerleaders is to promote and uphold school spirit, unity and pride, to represent TEACH Guardians to the highest degree.

Attitude is everything. Players should have the attitude that the team is bigger than themselves. Players should exhibit 100% commitment and effort. Sportsmanship is expected both on and off the court. TEACH Cheerleaders represent not only themselves but the entire TEACH organization. Therefore, cheerleaders agree to uphold the following ideals:

- Conduct themselves in a Christ-like manner in regards to coaches, teammates, and others. This includes speech, actions, and attitude. This includes games and practices as well as community and online.
- Never email, text message, Facebook, Instagram, Twitter, Snapchat or use any other form of social media to post negative comments about a fellow cheerleader, coach, or the TEACH Guardians Cheerleading program. No inappropriate posts, photos, tweets and retweets on social media. All social media should uphold TEACH Guardians code of conduct and Christ like behavior. All social media accounts will be monitored.
- I will pay attention at practice and listen to my coaches, always follow directions and strive hard to learn the cheers. Practice is not a social time but a time to give 100% to the team and my coaches.
- I will treat coaches with respect. I will not argue with the coaches. I will learn the cheers with a positive attitude and not question coaches for any reason.
- I will treat my teammates with respect. I will not argue with my teammates. I will not point out the mistakes of my teammates but rather offer only positive and encouraging comments.
- If an issues arises, I will follow proper chain of command in contacting my coach. **I will refrain from gossip regarding fellow teammates, coaches, board or committee members.**
- Practice is mandatory. If a practice is missed when new material is presented, cheerleader may have to sit out the next game.
- I will not use a cell phone during practice or during games without receiving permission from coach.
- No chewing gum is allowed during practice or during games.
- I will not display any public forms of affection while in uniform.
- No smoking, drinking or drugs is allowed at any TEACH event including but not limited to games and practices.
- When on sidelines, no talking between girls, players or family/friends at the games. Between cheers girls need to be in their "cheer stance.". Leaving the sidelines during a game is not permitted except for emergencies or if instructed by coach.
- Arrive on time to games in complete uniform, ready to warm up and remain in uniform until exiting gymnasium. Unless otherwise instructed by coaches, middle school cheerleaders should arrive 30 minutes before the game and high school cheerleaders should arrive one hour prior.
- I will support and endorse all the rules, policies and procedures discussed in the rest of this handbook.

Role of Cheer Parents

A very important goal of middle school and high school athletics should be to make the athletic experience a positive one for the athletes, the coaches, the parents and those who choose to watch our teams perform.

Parents play a key role in this process, not only by their behavior at sporting events, but also in how they support these beliefs at home. Parents and other spectators at athletic events are expected to show good sportsmanship. We should strive to exhibit Christ-like behavior, keeping in mind the influence we have not only on our youth, but also on other spectators, who may or may not know Christ. Pray with us that this team experience will be beneficial for your student and that the Lord will be glorified in the attitudes and actions of their team.

Parents, as role models, should lead by example in order to teach our young ladies how to carry themselves as ladies both on and off the court. Parents and family members agree to uphold the following ideals:

- As a parent I recognize that it is vital that I support the efforts and decisions of the coaching staff.
- As a parent I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all games/practices by showing respect and courtesy to all cheerleaders and coaches. I will refrain from criticizing the efforts of the cheerleaders and the coaches.
- Attendance at practice is a priority for all team members. As a parent/guardian of a team member I will make every attempt to assure that my child will be able to attend all practices and contests. Cheerleaders may sit the bench during games for missing practices.
- TEACH athletics is a volunteer-driven, nonprofit organization and parents are expected to cheerfully volunteer with concessions, fundraising, helping with home game Gate Admission or any other support necessary to run the athletic program.
- I will respect the coaches, TEACH board and athletic coordinators and their authority. I will never question, discuss or confront coaches or board/committee members at a game or practice. If something occurs with which I disagree, I will calmly follow the proper chain of command. I understand instigating or participating in a confrontation in front of any child is never appropriate and will not be allowed.
- I will expect my daughter to follow the code of conduct rules and to resolve conflicts through the proper chain of command without resorting to hostility or violence.
- I will never embarrass my child, another cheerleader or the TEACH Guardians organization by verbally abusing/insulting participants, coaches, board members or other parents.
- I will not force my child into cheering. I will remember that children participate to have fun and the sport is for youth, not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others. If any physical ailment prevents my child from practices or games, I will provide a doctor's signed letter of release allowing athlete to return to cheer.
- I will support and endorse all the rules, policies and procedures discussed in the rest of this handbook.

Cheer Attendance Policy

One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.

***All practices/games are mandatory for all cheerleaders unless pre-approved by coach.**

The following are "excused absences".

1. Family Matters--NOT extracurricular activities
2. Emergencies
3. Contagious Illnesses

(*If not contagious, cheerleaders are expected to be at practice in full practice wear to observe.)

**For an excused absence a notification must be sent to the head coach by text, phone call or email at least 30 minutes prior to practice or game.

**Each cheerleader is permitted 5 excused absences.

**Unexcused absences are not permitted.

**Failure to be in attendance at a given practice where new material will be taught for a possible performance at the "next" game may result in sitting out for that performance.

- No food or gum allowed at practices.
- A drink with a closed top is allowed at practices.
- PUNCTUALITY is required for every practice and game. Always be on time and prepared!
- Once practice begins, remain in cheer stance, ready to learn with no talking until relieved by cheer coach.

PLEASE NOTE: For various reasons, cheer practices are closed practices and will only include the cheerleaders on the roster, the head coach and the assistant coach. Parents are welcome to wait in the lobby.

Two coaches will be present at all times. If for any reason, one of the coaches cannot be in attendance, one parent will be asked to remain in the practice room with the coach.

Cheerleader Appearance

Practices-- Arrive at practice dressed in full practice wear which includes:

- Practice wear top
- Practice wear bottoms
- Practice wear socks
- Hair up in a ponytail, bun or braid with practice bow in hair
- No jewelry of any kind (earrings, bracelets, necklaces, rings, watches or body jewelry)
- Fingernails must be sport length: no long or fake/acrylic nails--NO EXCEPTIONS

Games--Arrive at games dressed in full uniform which includes:

- Shell top
- Body liner
- Trunks
- Skirt (*unless otherwise instructed by coach)
- Game socks
- Water bottles, if brought to games, must be TEACH Cheer water bottle
- Hair in a PONYTAIL with game bow in hair (*unless otherwise instructed by coach)
- No jewelry of any kind (earrings, bracelets, necklaces, rings, watches or body jewelry)
- Makeup worn in moderation and applied BEFORE arriving at gymnasium
- Fingernails must be sport length: no long or fake/acrylic nails--NO EXCEPTIONS
- Nail polish, if worn, must be green, white, black, silver, or french manicure

Outerwear--The only outerwear to be worn to and from games is your Guardians warm up

Cheer Shoes--Cheer shoes are only to be worn inside during practice or games. ALWAYS wear different shoes to and from practice and games.

Roles of Cheer Captains:

1. Must be a senior (*if multiple seniors on the squad, role of captain will be rotated)
2. Cheer captains lead the cheerleading squad out to the court.
3. Cheer captain will stand in the middle on the sidelines.
4. Cheer captain will call "TG" after every cheer.
5. As with all cheerleaders, the job of each cheer captain is never to point out the mistakes of their fellow cheerleaders but rather to consider the interests of others and uplift and encourage their fellow teammates.

*Note all questions pertaining to cheerleading are to go through the coach, not the captain.

Prerequisites and Participations

- Be a TEACH member.
- Attend a scheduled preseason tryout
- Submit signed Statement of Commitment agreeing to contents of Student Handbook
- Submit student online Registration/payment
- High School Squad: 9th-12th grade. Must be 14 by Dec. 31 of cheer season
- Middle School Squad: 6th-8th grade

Risk Factor in Sports

There is an inherent risk involved when participating in sports. Please be aware of this risk and ways to help prevent injury. It is extremely important to report any injury to your coach immediately and to your doctor as soon as possible.

Chain of Command

In the event that there is a question concerning your child, we will follow the chain of command in order to solve any issue. The chain of command is as follows:

1. Player to Coaches
2. Player/Parent to Coaches
3. Player/Parent to Athletic Coordinators
4. Player/Parent to TEACH Board

*Approaching a coach before, in the middle or after either practices or games is not an appropriate time to discuss any matters. Do not text or email your problem. Rather, please email or text your cheer coach to request a meeting time and place to meet with your coaches. A response from your coaches will occur within 24 to 48 hours.

Player Fees

Families will be assessed a player fee which helps cover costs incurred by TEACH athletics to run an athletic program.

Issuance of Team Uniforms

TEACH Guardians does not provide cheer uniforms/equipment. Cheerleaders are expected to purchase any uniforms/equipment which are required by the Cheer coaches.

**Please make sure that all checks are made payable to TEACH Athletics and turned into your head coach NO LATER than the due date. If monies are not handed to head coach, your account will not be credited.

Practices/Games Commitment

Cheer practices and TEACH Guardian games will be posted on the TEACH calendar. PLEASE be aware all practice dates/times as well as game dates/times are SUBJECT TO CHANGE. Cheerleaders are committing to the cheer season running from around Sept/Oct to the end of February.

Disciplinary Policies

Violation of any of the rules and regulations found within this document can jeopardize the privilege of any student to cheer. Punishment is at the discretion of the coaching staff and TEACH athletics.

- Cheerleaders found to be verbally or physically abusive (hazing) to their fellow teammates or coaching staff will be indefinitely suspended and be required to meet with the coaching staff and athletic director. Hazing teammates and/or coaching staff will result in loss of participation time and/or up to removal from team.
- Cheerleaders exhibiting poor sportsmanship towards their own teammates, including but not limited to: rude comments, negative attitudes, rumor fostering, gossiping, etc. will be required to meet with the coaching staff.
 - 1st offense--Verbal warning & parents contacted
 - 2nd offense-Next game benched (see below)
 - 3rd offense--Dismissal from squad
- Minor infractions and behavior problems will be dealt with on a case by case basis with consequences ranging from extra conditioning up to removal from team.

Benched Athletes

Cheerleaders who are benched still need to meet all requirements: full uniform, arrive on time and remain on the bench next to coach.

Leaving a Team

Individuals leaving a squad without the coach's permission or because of Athletic Code of Conduct Rule violation forfeit all awards, banquets and fees paid. Such individuals may not participate on any other athletic team that same sport season and may be prohibited from playing during the next season as well.

Students involved in extra-curricular activities are held to a higher standard. Cheerleaders in uniform or wearing any item of squad or team identification represent TEACH cheer, TEACH Athletics and TEACH Homeschool group. Therefore, team members must always conduct themselves in a manner which aims to display a purpose greater than themselves: glorifying Christ.

We have outlined above the expectations for behavior of student athletes and parents. It is our desire to provide a positive Christian example in practice and during athletic events. We expect TEACH athletic programs to allow students to develop spiritually by demonstrating clear Christ-like behavior.

It is expected and required that, at the beginning of each season, all players and parents review and sign the parent/cheerleader code of conduct agreement consent form. Signed copies will be maintained on file with TEACH Athletics.



TEACH Guardians
Parent/Cheerleader Code of Conduct
Agreement Consent Form

Parent Agreement

I have read the TEACH Guardians Cheer Code of Conduct and understand the policies defined. I understand that my daughter, _____, must abide by the rules and regulations set forth by the coach and administrators of TEACH Athletics. I understand that the violation of any of these rules may affect her cheerleading or lead to temporary or permanent suspension from the team. By signing below, I waive all rights to the TEACH Athletic Department to guide myself and our child, in the sports participated in, to the best of their ability.

I further understand the financial obligations and will be prompt with any requirements for payments. I understand that my daughter must attend all practices and games or she will face the consequences set forth by the Code of Conduct. I agree to see that my daughter follows the Code of Conduct to the best of her ability.

Parent or Guardian Signature	Relationship to Member	Date
------------------------------	------------------------	------

Parent or Guardian Signature	Relationship to Member	Date
------------------------------	------------------------	------

Cheer Team Member Agreement

I have read the TEACH Guardians Cheer Code of Conduct and understand the policies defined. I agree to abide by the rules and understand that I may be placed on probation or permanently removed from the squad for failure to follow the Code of Conduct. I realize that athletic involvement is a privilege and not a right, and carries with it responsibilities. I understand the time commitment and I am willing to attend all required activities. I promise to cooperate and follow the instructions of the coach.

Cheer Team Member	date
-------------------	------