

Rules for Panther Valley Cheerleading 2020-2021

NEW: Parents/guardians and cheerleaders, please read items 1-3 especially.

- Cheerleaders must follow all school athletic policy rules, INCLUDING RULES FOR PARTICIPATION DURING the COVID-19 PANDEMIC.** All school policies can be viewed at www.panthervalley.org. COVID-19 Athletic Guidelines can be found here: http://www.panthervalley.org/UserFiles/Servers/Server_890754/File/St.%20Lukes/COVID19%20Athletic%20Guidelines%20PV%202020.pdf. **PLEASE REVIEW THEM CAREFULLY.**
- ALL CHEERLEADERS WILL BE REQUIRED TO WEAR A MASK** at all times during practice unless it's during a distanced break. Practices will be held virtually or outdoors as much as possible. Cheerleaders should bring their own water or sports drink and are encouraged to bring hand sanitizer. **CHEERLEADERS WHO MAKE A TEAM WILL BE PROVIDED WITH GAITERS AND/OR MASKS FOR GAMES BUT SHOULD HAVE THEIR OWN MASKS FOR PRACTICE.** At this point, only Varsity will be stunting. Masks will be required during stunting at all times.
- CHEERLEADERS WILL NEED TO WEAR LAST YEAR'S SNEAKERS OR PURCHASE THEIR OWN SNEAKERS** because we have no supplies budget this year. We will provide options and links. The estimated cost is \$25. There is no Meet the Panthers, so cheerleaders will NOT be receiving t-shirts, etc. unless the team decides to do a fundraiser for specific items.
- Cheerleaders who travel to a COVID-19 hotspot as determined by PA state guidance will be unable to participate for 14 days.** Unless there is known contact with a COVID positive case, cheerleaders returning after visiting a hotspot will attend practice but sit separated from the team to observe.
- ONLY cheerleaders and coaches can attend practices (no outside observers, including parents).**
- YOU MUST ATTEND EVERY GAME, PRACTICE, COMPETITION, PEP RALLY,** and every other event unless you are ill or there is an emergency. You must MESSAGE A COACH IN BAND APP as early as possible that you will not be attending practice, etc. before the practice begins. All emergencies must be documented by a note from a family member or a physician. Please make every possible effort to schedule non-emergency doctors' appointments and any non-medical appointments either for immediately after school, after practice, or on a day off. Not having a ride is not a reason to miss and will be considered unexcused. Arrange transportation with other cheerleaders, etc. Salon appointments, shopping, etc. are **never** excused absences. **3 unexcused absences will result in dismissal from the team.**
- We must be able to reach you.** You are responsible for joining any groups/pages through which we distribute information. If you lose your cell, etc., you are responsible for letting us know and arranging how you will receive information. You must tell us if your number changes.
- You cannot be in the building unless a coach is present or you have arranged with a teacher to be directly responsible for supervising you during that time.** If you arrive before the coach for any reason, you should wait outside or in your vehicle until the coach arrives. You must be picked up on time.

9. **If you quit or are removed from the team for any reason (other than injury or moving) 2 times, you cannot try out again for a period of 2 years.** Example: If a student quits cheerleading in 8th grade and then comes out again but quits again in 9th grade, she cannot try out again until tryouts her junior year for her senior season. This is extremely rare, but generally those repeat serious offenders are not responsible enough to be part of a team and must make a major sustained change to be considered for the team again.
10. **Infractions will be dealt with at the discretion of the coaches.** Punishments include but are not limited to: moving tables/mats, cleaning up areas, running laps, doing jumps/sit-ups/push-ups/etc., restricted movement at games (must sit by coaches during any non-cheering time), written assignments, extra work at fundraisers, verbal warnings, verbal reprimands, etc. The more a behavior is exhibited, the more severe punishments will become. Repeated offenses can result in dismissal from the team for even minor offenses, and major offenses can result in dismissal after only ONE instance.
If you are not comfortable being disciplined, reconsider joining this program.
11. **If you are injured or having pain, TELL A COACH AND THEN SEE THE ATHLETIC TRAINER AS SOON AS POSSIBLE** to figure out how to treat the injury (stretches, therapy, etc.). If you feel ill, tell a coach. As per the Athletic Department, please do not go to the emergency room or family doctor unless the athletic trainer was not available or you experience severe pain after leaving practice despite having no pain earlier or if the pain becomes severe enough to be an emergency (not just that it hurts if you've seen the trainer already). Generally, family doctors or ER's will simply tell you to sit out for a few days or weeks—they will not treat or rehab your injury. Trainers actually treat the problem.
12. **If you are injured and cannot cheer for any period of time, you MUST continue to attend ALL practices, games, competitions, etc. (in uniform for games and competitions) unless you talk to a coach and receive permission to miss** (for instance, if you miss practice to attend physical therapy). If you are out for the rest of the season, you must talk to your coach to develop a plan for your attendance.
13. **If you quit the team for any reason or are dismissed from a team for any reason, you must return all school equipment (uniforms, bows, etc.) AND you must pay for any costs of equipment like sneakers (anything that was ordered for you or that is not returnable).** Your grades, etc. will be withheld until you fulfill your responsibilities, and legal action will be taken if necessary. Even if you have done fundraisers, you will NOT continue to receive anything bought with Booster Club money. Fundraisers benefit the TEAM. If you are no longer a member of the team, you no longer benefit from fundraisers.
14. Absolutely no physical or verbal abuse of teammates, coaches, players, referees, or others. Bullying will not be tolerated. If you are experiencing a problem, tell the coaches.
15. You must learn the rules of the games for which you are cheering. You must pay attention to the game at all times. If you don't care about what happens on that court or field, you shouldn't be a cheerleader. Game time is not for you and your teammates to laugh, joke, and talk to each other. You are to be watching the game and cheering.
16. **You must use team transportation** unless you submit a signed note or text/message from a parent in writing AT LEAST 24 HOURS PRIOR to the game or function (parents, please note this rule). Exceptions may be granted in case of emergency. You are **not** allowed to leave with a boyfriend, friend, etc. **Please do not put the coaches in a bad position by trying to break these rules.**
17. No gum chewing.
18. No foul language in uniform.

19. **ABSOLUTELY NO DRUGS, SMOKING, OR ALCOHOL.** Engaging in these behaviors presents the threat of serious bodily injury or even death to you or your teammates (especially when regarding stunting) and will result in immediate dismissal from the squad if you attend any squad function, including practice, under the influence of any of these substances.
20. When using social networking sites, please remember that you represent your team and your school. Anything you put on the Internet, even if your account is private, can be copied and repeated or distributed to anyone in the world. Conduct yourselves appropriately in life AND on the web.
21. DO NOT ENGAGE IN ANY BEHAVIOR WHICH COULD RESULT IN DETENTION, SUSPENSION, OR OTHER DISCIPLINARY ACTION in school or at cheerleading functions. You should not be late for school; education is your number one priority. You ABSOLUTELY should NEVER be disrespectful to your teachers or other adults. **5 detentions will result in immediate dismissal from the team (including ones for being late). 2 suspensions will result in immediate dismissal from the team (including for missing detention).**
22. **NO JEWELRY OR NAIL POLISH (other than clear).** That includes stud earrings, nose piercings, belly button piercings, silly bands, etc. The only exception is a religious pendant, etc. which must be **TAPED DOWN UNDER YOUR CLOTHING**. Nails must be kept short meaning you should not be able to see your nail when looking at the palm side of your hand.
23. Hair must be pulled into a ponytail with the distributed ribbons. NO SLOPPY BUNS OR MESSY PONYTAILS ARE PERMITTED, and no hair should be hanging in the face, INCLUDING AT GAMES. For competitions, the coaches will let you know how hair will be done.
24. Make-up should be natural--no heavy eye make-up. No glitter on uniforms.
25. No socializing during practices or games while you are on the field or the bench/court; wait until halftime or after the game. No public displays of affection. This includes holding hands, hugging, etc.
26. Uniforms and official team apparel like warm-ups are to be worn **ONLY** for games, competitions, pep rallies, and parades unless prior permission is granted by the coaches.
27. The coaches are not responsible for personal items left behind at practices, games, or any other functions. Please make sure you take everything home with you when you leave any team activity.
28. GRADES MUST BE KEPT UP IN ACCORDANCE WITH SCHOOL ATHLETIC POLICY. If you need help, ask for it from your teachers, the guidance office, or your coaches. If you become ineligible due to grades, you miss a full week of cheerleading. Once you are on the ineligible list, YOU CANNOT GET OFF OF IT even if you bring your grades up during that week. Most cases of academic ineligibility are due to students simply not turning in work, including make-up work, and that type of irresponsibility will not be tolerated. If you are academically ineligible for more than 2 weeks (consecutive or non-consecutive), you will immediately be dismissed from the team.
29. All cheerleaders must meet reasonable fundraising minimum requirements. **If you owe money to the Booster Club, you cannot try out until it is paid in full.**
30. Remember, the coaches are the final arbiters of the rules.
All infractions of these rules or any other behavior that is deemed inappropriate for a Panther Valley athlete will be dealt with at the coaches' discretion and can result in dismissal from the team.

Please sign, date, and return this page to the coaches ASAP. You can print and return the paper, sign electronically and send as a document, or print and sign and then take a picture or scan the page and send the picture or document to pvcheerleading@yahoo.com or in the BAND app if you were on a team last year.

BY SIGNING BELOW, I CONFIRM THAT I HAVE READ AND REVIEWED THE COVID ATHLETIC POLICY, AGREE TO FOLLOW THE PANTHER VALLEY CHEERLEADING RULES FOR THE 2020-2021 SEASON, AND INDICATE MY CONSENT TO THE REGULATIONS DESCRIBED HEREIN. I UNDERSTAND THAT INFRACTIONS OF THESE RULES CAN RESULT IN DISMISSAL FROM THE TEAM AT THE COACHES' DISCRETION.

_____	_____	Date_____
Cheerleader (print)	(signature)	

_____	_____	Date_____
Parent/Guardian (print)	(signature)	