



SOUTH PAULDING HIGH SCHOOL CHEERLEADING

Team Handbook

2023-2024

Cheer Coaching Staff:

Tatiana Barnes-Blanton – Head Coach

Sakina Bailey

Victoria Sellers

Administration:

Lamarr Glenn – Athletic Director

Ed Thomas – Principal

Support Personnel:

Kaitlyn Camp - Athletic Trainer

Dear Parents and Athletes,

Welcome to the 2022-2023 cheerleading season at South Paulding High School. This handbook has been written as a guide to outline the expectations and guidelines of the Spartans Cheerleading Program. Please read this handbook, as well as the PCSD Student-Athlete Handbook, in its entirety, then sign and return the last page with your tryout packet.

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Parent Guide for the Spartans Cheerleading Program

Parents are vital to the success of any athletic program. They contribute their time, talents, and financial resources to make sure that our teams have a quality experience. The support and encouragement you give your child is invaluable. Additionally, your contribution may be needed in some volunteer avenues throughout the year.

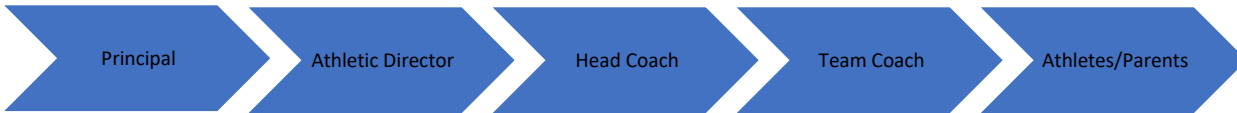
As coaches, we believe in building solid relationships whether it's between a coach and a player, coach and parents, or parents and children. To build solid relationships within our program, you as parents need to understand our expectations of you and your role in the program. We believe their expectations will help all people involved and will build solid working relationships.

Relationships for a successful program:

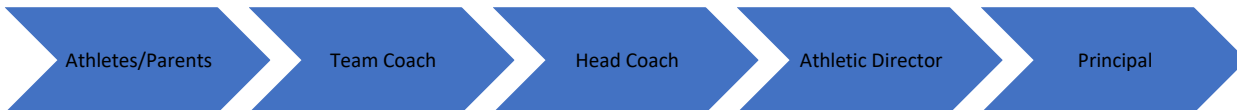
1. Player and coach relationships are the most important relationship in athletics.
 - a. Parents can affect this relationship by criticizing the coach in front of the athlete.
 - b. A parent's responsibility during games and competitions is to encourage their athlete and the rest of the team.
2. Parent-Coach Relationships
 - a. Allow the coach to instruct and guide the team.
 - b. Do not question or confront a coach in the presence of athletes.
 - c. If you'd like to discuss concerns with a coach, email them and plan a time to discuss in a calm, courteous and logical manner.
3. Parent-Player Relationships
 - a. Help reinforce the mission of the program.
 - b. Be positive and supportive.
 - c. Make sure they are part of their teams' group communication as often; information is given to the athlete and not the parents.
4. Sportsmanship
 - a. Parents need to demonstrate good sportsmanship and serve as role models.
 - b. Cheer for our team and not against the opponents.
5. Responsibilities of the Athlete
 - a. Cheerleading is a team sport. Put the team goals, welfare, and success before your own.
 - b. Attend all practice sessions, games, and mandatory team events.
 - c. Be receptive to coaching.
 - d. Be responsible for uniforms and items.
 - e. Represent the team, school and community in a positive light and follow all guidelines set forth for the program.
 - f. Report all injuries to the coach and the athletic trainer.
 - g. As a team, select captains.
 - h. Be a part of your team communication chat. Coaches will be communicating mostly with the athletes, and it will be their responsibility to
 - i. communicate to their parents.

- 6. Responsibilities of the Coach
 - a. Select and encourage athletes to represent the program.
 - b. Determine the style of coaching.
 - c. Teach at practice sessions and monitor at games, events and competitions.
 - d. Determine who plays which role on the squad when it comes to stunting, tumbling, competition roster, etc.
 - e. Establish and enforce team rules.
 - f. Always make safety the top priority.
 - g. Respond to parent emails/messages within 24 (school week) hours.
- 7. Participation on a Team
 - a. It is a privilege, not a right.
 - b. Coaches make final decisions on roles of athletes on the squad.
 - c. Athletes must adhere to rules and accept all responsibilities to maintain a place on the team.
- 8. Practices, games, and competitions
 - a. Practices are closed to spectators.
 - b. Positive support is always encouraged.
 - c. Tardiness and absence are unacceptable.
- 9. Protocol

Athletic Chain of Command



Flow of Communication



TRYOUT INFORMATION

Dates:

(Optional) Conditioning will be TWO DAYS ONLY the week before tryouts. Dates/times to be determined.

- Monday, March 27th, 4:00PM-6:15PM (Tumble tryouts)
- Tuesday, March 28th, 4:00PM-6:15PM (Stunt tryouts)
- Wednesday, March 29th (Cheer, dance and jump tryouts)
- **Wednesday Tryout Schedule (*please arrive 10 – 15 minutes early):**
 - Current 11th Graders – 3:25 PM
 - Current 10th Graders – 4:00 PM
 - Current 9th Graders and 8th Graders – 4:30 PM
- Thursday 3/30 Beginning at 4:00PM (Basketball Cheer Tryouts)

**All athletes will receive a candidate number and tryout in groups of 3-4*

OTHER IMPORTANT INFORMATION

- Monday – Wednesday is for Competition and Football Sideline Cheer ONLY. All candidates trying out for Basketball Spirit Squad need to report on Thursday. This includes candidates that are trying out for BOTH (football and basketball cheer).
- All athletes must be districted for SPHS or be able to show school choice approval.
- Tryouts are closed to **ALL** spectators.
- Athletes are to wear black shorts and a plain white shirt. Shirt must have NO words or graphics. For bottoms, Nike Pros are okay, **BUT** we must be able to tell you have on pants. That means NO oversized shirts. Absolutely, **NO** crop tops or sports bras by themselves.
- Hair must be pulled in a high ponytail away from the face.
- **Absolutely NO jewelry is allowed.** This includes the clear pieces used to hold the hole. ANY and ALL jewelry is against GHSA guidelines.
- The Junior Varsity sideline squad will also be the Junior Varsity competition squad. The ***expectation*** is that all athletes on the Varsity squad can throw a standing and running tuck.
- The ***expectation*** is that all athletes on the JV squad can throw a standing and running back handspring.
- Selection of squads will be based on the following:
 - Execution of cheer and dance taught at tryouts
 - Execution of jump series
 - Stunting/tumbling skill and execution
 - Athleticism and fitness
 - Conduct, attitude, initiative, leadership, teamwork, work ethic, enthusiasm, and coachability.
- Coaches, board members, or athletic director will NOT discuss squad selections.
 - As stated in the PCSD Athlete-Student Handbook, "Choosing members of athletic squads is the responsibility of the coach of those squads. Participation time and specific assignments and positions of the participants is the professional judgement of the coach."
- All athletes and guardians must read the PCSD Student-Athlete Handbook, the PCSD Athletic Code of Conduct, and the SPHS Cheer Handbook thoroughly and sign and return the signature page. **This must be turned in with the tryout packet!**



Varsity Football Schedule
TBD

Varsity typically plays on Friday nights – this could include both Fridays during Fall Break. These games are not excused, and demerits will be incurred for absences.

JV Football Schedule
TBD

JV typically plays on Thursday nights – this could include Thursday during Fall Break. These games are not excused, and demerits will be incurred for absences.

**This section of the South Paulding High School Cheerleading Handbook will be updated once the schedules are received.*



Varsity Competition Cheer Schedule

TBD

Competitions are held on Saturdays. Absences are not excused, even if athletes are alternates.

Junior Varsity Competition Cheer Schedule

TBD

Competitions are held on Saturdays. Absences are not excused, even if athletes are alternates.

**This section of the South Paulding High School Cheerleading Handbook will be updated once the schedules are received.*



South Paulding High School Cheerleading

2023-2024 TENTATIVE Practice Schedule

Varsity Competition

At least three practices a week, including a Saturday morning practice.

Wednesday night practice at Douglasville Cheer Stars, from 8PM – 9PM.

** Saturday morning practices will END once competitions begin.*

Varsity Sideline Spirit Squad

At least two practices a week.

JV Sideline and Competition

At least two practices a week, including a Saturday morning practice.

Wednesday night practice at Douglasville Cheer Stars, from 8PM – 9PM.

** Saturday morning practices will END once competitions begin.*

Varsity Basketball Spirit Squad

At least three practices a week, including a Saturday morning practice.

*****Practices may be added to accommodate the needs of the squad.***

NOTE: Practice times are actual start times. Cheerleaders must be dressed and on the mat by start time or you are LATE.

Practice can change/be cancel/moved and unfortunately sometimes it's on a whim and out of our control. Please make sure that athletes are part of our communication groups to get that information quickly. Most times, information is sent directly to the athletes or via school announcements and it is their responsibility to relay to the parents.

***If we are scheduled for conditioning, that is PRACTICE TIME and demerits will be issued, if missed.**

Practice Expectations

- Be on time. That means dressed and on the mat at the practice start time. This also includes those that have minimum day. Traffic is not an excuse.
- NO jewelry, no exceptions. This includes navel piercings and those that can be "hidden" by your hair. This also includes clear pieces that serve as a retainer to piercings. ALL are against GHSA regulations and will not be tolerated. *If a fine is issued, the athlete/parent will be responsible for paying. If a cheerleader is a cause of a fine, possible termination could occur as expectations have clearly been stated.*
- All cheerleaders, regardless of grade level or seniority, are required to help with mats. This includes rolling them out and putting them up.
- Conditioning during practice is not optional.
- Tardiness and absences are not permitted. All absences/tardies result in demerits unless prior approval from coach has been given or a doctor's note is presented.
- If you have a tardy for academic reasons (making up a test or tutoring), please notify your coach and bring a note from that teacher with the time released.
- If you have school meetings to attend, you need to attend the morning meeting if it's on a practice day.
- If you have an injury or illness that prevents you from participating in any element of practice or a game, a doctor's note must be submitted to a coach. Otherwise, you are expected to participate in all aspects of the practice/games.
- Athletes are expected to exhibit tumbling skills that were shown at tryouts.

Game Day Expectations

- You will meet in the commons after school for a pre-game meal at 3:30PM. Do not be late, (this includes those that have minimum day...traffic is not an excuse).
- Game day attire will be determined by captains and coaches. Those not in compliance will receive demerits.
- Megaphones can be left in the cheer room after games.
- Captains and coaches will have a game day duty rotation schedule. It is your responsibility to check the rotation schedule for your name and adhere to your responsibilities. Those who do not complete their duties will receive demerits.
- It is your responsibility to clean up after yourself at the field, in the commons and anywhere that we meet, including Coach Seller's classroom and the cheer room.

Safety Expectations:

Any injury should be taken seriously by athletes, coaches, and parents. Please note that injuries can occur in all sports, including cheerleading. We do our best to make sure to provide a safe environment for all athletes and coaches. Below are some guidelines we follow for safety.

- All cheerleaders and parents must sign the Concussion form found in the athlete's RankOne account before participating.
- All cheerleaders must complete baseline training with the school athletic trainer before the first practice.
- All coaches are required to complete a concussion training class every year.
- Based on that training, we follow protocol if an injury or potential concussion has occurred.
 - If an athlete shows signs of an injury, the athletic trainer is called.
 - The AT will assess the athlete and determine the next steps.
 - If the injury is concerning, the parent is called.
 - There is a return to play process that we must follow. If the AT asks you to have your athlete checked by a medical professional, you must do so for the AT to release him/her back to sports.
 - If the injury is determined to be serious or life threatening, 911 will be called. A parent, athletic director, and head coach will be notified in this event. The head coach or administrator will ride with the athlete should the parent not arrive in time.
- If you have an injury of any kind, it must be reported to a coach.
- Athletes should pay attention to coaches' directions to avoid injury.
- Please take stunting sessions seriously. If you are not directly involved in a stunt at the time, you should be spotting around another stunt.
- Water is essential, not just the day of a practice or game. It's imperative that you keep yourself hydrated throughout the season, even when it's cool outside.

Other safety expectations:

- Use the buddy system at games (this includes home games).
- All athletes, including mascots, must ride the bus to and from away games.
- After games, all athletes must meet at the designated meeting time and board the bus together (or walk to the building together if it's a home game).
- It is important that you call your rides early enough so that they will be there when the games/practices are over.
- You must leave the campus once practice/games are over unless you are attending another sport or club activity (in this case, notify your coach so that they are aware you are staying).
- During pre-game, you must be in the commons until the entire team is finished eating.
- During the time between pre-game and games, when cheerleaders are getting ready, they should ALWAYS be in Coach Seller's Room or in the 2000 Hall Bathroom.
- Roaming the building during practice, games or pre-game is **NEVER** an option. You must remain with your squad unless permission from the coach is given.
- Never wait outside alone. If your ride is going to be late, please let a coach know as soon as possible.

Varsity Lettering/End of Season Awards

- To letter in a Varsity sport:
 - Athletes must be on Varsity football/competition or basketball squads.
 - Athletes must attend all practices and games.
 - Mascots must participate in at least half of the number of games during a season.
 - Coaches have the final decision on lettering.

- End of season awards:
 - Those not eligible to letter will receive a participation certificate.
 - Those who have already lettered will receive a participation certificate and a bar.
 - MVP – voted on by teammates
 - Coaches Award – chosen by coaching staff
 - Scholar Athletes - awarded to athletes in 10th grade or higher that have a 3.7 GPA or above on the most recent report card.
 - Highest GPA (only awarded on Varsity)
 - Stay humble, work hard, be kind award – chosen by coaching staff
 - 7 Year Spartan – awarded to the athletes that have cheered all 7 years through middle and high school in the Spartan program
 - Coaches may choose to give individual awards as well. These are based on leadership, accomplishments, attitude, and improvement during the season.

Responsibilities of Athletes

- Respect others and yourself.
- Practice hard and take it seriously. *“Practice how you play.”*
- Come to practices and games prepared.
- Report injuries to the coach immediately.
- Respect coaches' decisions.
- Maintain a positive, coachable attitude.
- Remember that a place on the squad one year does not guarantee you a place the next.

Rules and Regulations

- Coaches, board members or athletic director will not discuss squad selection with a parent and/or athlete. If your child does not make a squad, he/she can request to meet with the coach to discuss their own tryout and what they can work on for the following year.
- The JV Football Sideline Squad will also be the JV Competition Squad. You cannot opt out of competing. Doing so forfeits your position on all squads.
- If you are chosen for any squad and are unable to fulfill your responsibilities due to excessive absences, lack of motivation, loss of skills, behavior, etc., you will be removed from all rosters and potentially forfeit your opportunity to try out again the following year.
- Athletes must be GHSA eligible. It is the athlete/parent responsibility to check often and make sure all forms in RankOne and physicals are up to date.
- Updated physicals must be given to the head coach as soon as completed. These must be loaded and filed in the school system.
- Athletes should not participate in any behaviors that would embarrass themselves, the team, their parents, or South Paulding High School.
- No smoking, vaping, drinking, or use of illegal drugs will be tolerated! If this behavior occurs while you are on a team, this will be automatic grounds for dismissal for the school year. If these behaviors occur during the off season, this will result in you forfeiting the opportunity to tryout the following year. You are still a representation during the off season!
- Social media is also a representation...use it wisely, this includes the spam accounts. Your social media accounts should not contain profanity and/or obscene gestures, smoking/vaping, alcohol, illegal drugs, provocative pictures, etc.
- Never demean other sports. You are a cheerleader and should act as so.
- Always model positive behavior on and off the field. Set an example for the younger generation of cheerleaders watching you.
- You are expected to attend all team meetings, workouts, practices, games, and events.

- Absolutely NO jewelry of any kind is allowed. This includes clear retainer pieces. This is a GHSA rule, and we will be fined. *Should a fine arise from a cheerleader not obeying, parents will be responsible for paying that fine and demerits or even dismissal could result.*
- Nails should be short and clear or nude unless prior approval from the coach is obtained. When in doubt, ask a coach before painting them or getting them done. Absolutely NO long, brightly colored nails are permitted.
- For games/events, hair should be worn in the style that captains and coaches decide unless prior approval from the coach is given.
- We will use a non-negotiable demerit system. Demerits are issued based on infractions and will be strictly enforced.
- Athletes are encouraged to participate in other school sponsored activities, but you must make every effort to work your schedule out so that you are not missing cheer practices and events.
- If you are sick and can't attend practice, game, or another event, please message ALL your coaches. Do not tell another cheerleader. If the school nurse did not send you home sick, a doctor's note might be required for missing more than 1 day.
- If you miss school, you may not attend any extracurricular activities that day. If it is not excused, demerits will be issued for missing.
- Students in ISS may not attend or participate in conditioning, tryouts, practice, or games that day. If ISS ends on Friday, students may attend on Saturday
- If you quit a team at any point after making it, you also forfeit the opportunity to try out the following year. GHSA also prohibits athletes from playing another sport during the season that they quit.

SPHS CHEERLEADING DEMERIT SYSTEM



ATTENDANCE

NOTE: Excused absences include illness (must be absent for the entire school day) and attending another school-sponsored event (field trips, participation in other athletic contests, etc.). The cheerleader must produce a note from a parent, doctor, or school activity sponsor the following school day for the absence to be counted as excused. Injury or illness that will require a cheerleader to miss 2 or more consecutive events requires a doctor's excuse. Lack of participation in 2 or more consecutive events without a doctor's excuse will be considered an unexcused absence.

An excuse for a prolonged event (ex: injury requiring no participation for 1 week or leaving town for a family emergency) will be treated as 1 event rather than demerits accumulating for each event missed during that time. For example, if a cheerleader has an injury keeping her from 2 games and multiple practices, her demerits will be recoded as 1 point (excused w/ doctor's note). If she must travel out of town for a family event causing her to miss a game and a practice, the demerits would be recorded as 2 points (excused with parent note).

1. Unexcused absence from a game	5
2. Unexcused absence from practice	3
3. Excused absence from a game with a parent note (unexcused school absences)	2
4. Late to a home game or late for away departure time	2
5. Late to practice or late departure from practice	1
6. Leaving early from a game without permission or not staying to clean up	3

APPEARANCE

7. Improper uniform for practice, game, or in school (poms, briefs, bow, shoes, etc.)	3
8. Improper nail polish (nude or natural colors only)	2
9. Wearing jewelry at practice or games	2
10. Uniform/appearance not clean or neat (hair, shoes etc.)	2

BEHAVIOR

11. Using cell phone at games or practice during undesignated times	3
12. Chewing gum or eating food at undesignated times	3
13. Inappropriate PDA during school, practice, games or while in uniform	3
14. Using inappropriate language during school, practice, or games	3
15. Showing disrespect to coach or squad member	3
16. In-school infraction causing detention	10
17. In-school infraction causing in-school suspension	10
18. In-school infraction causing out of school suspension	20
19. Contract infraction not listed on this form	3
20. Illegal substance abuse	Removal from the squad

CONSEQUENCES

- Accumulation of 10 demerits will result in the cheerleader being suspended for one half of the NEXT game. The cheerleader is still required to dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension.
- Accumulation of 20 demerits will result in the cheerleader being suspended for one FULL game AND an athlete and parent conference. The cheerleader is still required to dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension Failure to attend games during suspension will result in demerits for an unexcused absence.
- Accumulation of 21 or more points will result in automatic removal from the squad.
- All demerits will be erased at the end of the football season.

I have read and understand my responsibilities as a SPHS cheerleader and agree to the conditions set in the contract. I understand that if I do not fulfill my responsibilities, I will receive demerits as per the list above.

Printed Name of Cheerleader

Printed Name of Parent/Guardian

Signature of Cheerleader

Signature of Parent/Guardian

Academics

Your performance in the classroom is more important than your performance on the field and on the mat. You have been gifted with many talents; make the most of them. If you are struggling in a class, speak to the teacher and find out what you can do. You know how you are doing in your classes so there is no excuse to fail a course. If you have any academic problems, the coaching staff will assist you.

- If needed, we will have scheduled study hall days for any cheerleaders failing a class.
 - Anyone failing a class is required to attend. Coaches will notify you if you are required to attend.
 - During those study halls, cell phones are to be placed in your bags and you must be working on something!
- Progress report and report grades are reported to coaches.
 - Coaches will be pulling grade reports regularly.
 - If a cheerleader has a failing grade, he/she will be required to attend tutoring for that class. If tutoring is not offered or does not work with their schedule, they may opt to attend study hall.
 - If a cheerleader fails a class the previous semester, this affects eligibility to participate and possibly try out again.

Financial Responsibility

- Understand that cheerleading can be an expensive sport.
- Payments must be made on time. If you are having a difficult time making a payment, please reach out to Coach Blanton and plan.
- It is our goal to be transparent as well as responsible when it comes to the finances of the cheer organization.
- Payments must be 100% current for your cheerleader to receive uniform/items. Failure to make payments (or reach out to communicate issues) will result in the cheerleader not receiving required items which results in demerits.
- Failure to pay also results in a school fine which prohibits a student from participating in graduation ceremonies.
- ALL high school payments will be made through South Paulding Cheer Board this year, unless otherwise stated.
- If you have outstanding fees from previous seasons, please take care of those before tryouts. The cheer board will not order ANY items for cheerleaders with balances.
- If fees are not paid by the end of the season, end of season gifts will also be held. Senior gifts can also be held due to non-payment.

PROJECTED fees for the 2023-2024 season are as follows:

*Price inside the parenthesis is WITH required fundraisers. Parents are responsible for paying any funds not raised by fundraising.

Squad	Projected Fees	Projected Fees w/ Fundraising
Varsity Competition and Sideline Cheerleader	\$1800	\$1400
Varsity Sideline Cheerleader ONLY	\$1000	\$600
JV Competition and Sideline Cheerleader	\$1500	\$1100
Varsity Basketball Spirit Squad	\$800	\$400

A few things to remember....

- These are **projected** fees. Your cost will depend on what items your cheerleader already has.
- The prices listed for Varsity Competition/Sideline is the **total** price for competition and sideline seasons.
- Basketball Cheer is an additional cost, so that will need to be **added** to fees for any football squads.

First payment of \$500 will be due April 15th, for both Varsity Sideline and JV Sideline/Competition teams.

First payment of \$500 will be due May 15th for BASKETBALL CHEER.

Payment Schedule
April 15 th
May 15 th
June 15 th

Student Name: _____ ID# _____ Grade: _____

(Print)

Paulding County School District Athletic Code of Conduct

	Violation	Consequences
A.	Violation of school rules resulting in In-School Suspension (ISS) or Out-of-School Suspension (OSS) during the season	The student may resume practice when: 1. Released from ISS or 2. The day after completion of OSS.
B.	Violation of school rules resulting in assignment to alternative education.	Dismissed from athletics while attending alternative setting. Once the student has completed the alternative assignment, return based on decision of Principal, AD and coach.
C.	Student has been criminally charged with a misdemeanor, regardless of location or time so long as such charges are pending, or conviction occurs.	School administration and coach will meet with the student and parent/guardian after each offense to discuss the ramifications of their behavior. 1 st Offense- 10% suspension from athletic participation. 10% of competition dates beginning with date of charges. Student will be required to practice and game attendance is coach's discretion with AD approval. 2 nd Offense-Suspension for 25 calendar days and a minimum of 25 % of competition dates, beginning with date of charges. 3 rd Offense-Suspension of 1 calendar year from date of charges. 4 th Offense-Permanent suspension from athletic participation. *If charges are dropped the student is reinstated upon coach's approval.
D.	Student is charged with a felony, regardless of time or location so long as charges are pending or conviction results.	1 st Offense- Suspension of 1 calendar year from date of charges. 2 nd Offense- Permanent suspension from athletic participation. *If charges are dropped the student is reinstated upon coach's approval.
E.	Tobacco use, in season	1 st Offense- Coaches discretion 2 nd Offense- 1 game suspension 3 rd Offense- 2 game suspension 4 th Offense- Removal from team
F.	Sport specific offenses such as missing practice unless excused prior, acting in an unsportsmanlike manner while representing the school in competition.	Consequences could range from suspension from participation to removal from the athletic program. The head coach will have discretion contingent on the approval of the Athletic Director.
G.	Any behavior away from school that results in disciplinary action by school administration, or any behavior at school or away from school which in the opinion of the Principal and or Athletic Director reflects in a negative manner on the school or athletic program.	Consequences could range from suspension from participation to removal from the athletic program. The head coach will have discretion contingent on the approval of the Athletic Director.
<p>Appeal Procedure- Any student and or parent/guardian wishing to appeal an athletic suspension must submit in writing to the Principal the reason(s) why he/she should not be disciplined. Written request (email) must be submitted within one day of the suspension to the Principal and a decision will be rendered within 4 days. A suspension may be deferred while under appeal to Principal. If upheld by the Principal, the parent/guardian may appeal to County Athletic Director the reason(s) why he/she should not be disciplined. This request will then be reviewed a review committee. The review committee will consist of the Paulding County School District System Athletic Director and two (2) system level administrators. The parent/guardian will be provided a written decision from the review committee within a reasonable period. The PCSD Athletic Code of Conduct is in effect 24/7/365.</p>		

I have received a copy of the Athletic Code of Conduct and understand the consequences set forth in the code of conduct.

Student _____ Parent _____ Date _____

Dear Parent/Guardian and Athlete:

The South Paulding High School Cheerleading Coaching Staff asks that you sign and return this form indicating that you have read the PCSD Student-Athlete Handbook, the PCSD Athletic Code of Conduct, and the SPSH Cheerleading Handbook and that you understand the rules and procedures of our program. If you have questions or concerns regarding our team policies, please contact Coach Barnes-Blanton.

Thank you,

SPHS Cheerleading Coaching Staff

We have read the PCSD Student-Athlete Handbook, the PCSD Athletic Code of Conduct, and the South Paulding High School Cheerleading Handbook. We understand the rules, procedures, and commitments of the team. We also understand that failure to follow the rules and procedures could result in disciplinary action or dismissal from the program.

Parent/Guardian Signature _____

Athlete Signature _____

Date _____

CONSEQUENCES

- Accumulation of 10 demerits will result in the cheerleader being suspended for one half of the NEXT game. The cheerleader is still required to dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension.
- Accumulation of 20 demerits will result in the cheerleader being suspended for one FULL game AND an athlete and parent conference. The cheerleader is still required to dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension Failure to attend games during suspension will result in demerits for an unexcused absence.
- Accumulation of 21 or more points will result in automatic removal from the squad.
- All demerits will be erased at the end of the football season.

I have read and understand my responsibilities as a SPHS cheerleader and agree to the conditions set in the contract. I understand that if I do not fulfill my responsibilities, I will receive demerits as per the list above.

Printed Name of Cheerleader

Printed Name of Parent/Guardian

Signature of Cheerleader

Signature of Parent/Guardian