



## 2019-2020 Randolph High School Cheerleader Code of Conduct

**Goal:** To promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs, and to represent Randolph High School well at all competitions.

**Attitude** – Be positive and respectful at all times. A bad attitude will not be tolerated! Cooperation is a must!

**Teamwork** – As a member of the Randolph High School Cheerleading Squads you will work as equals on a team. Hazing, bullying, or any activities where all members are not treated equally will not be tolerated and may result in dismissal from the team.

**Misconduct** - It is an honor to be a Randolph High School Cheerleader. As a cheerleader you are a student-athlete and a student leader. Any behavior, which does not represent Randolph High School and its cheerleaders in a positive way, is considered reason for termination from the team. You are a Randolph Cheerleader while in the classroom, on the playing field, and in your community. You will be held accountable for your actions at ALL times.

**Skipping school, inappropriate public displays of affection, profanity, drug or alcohol use, fighting, inability to maintain minimum GPA, and other major offenses will not be tolerated and will be reason for immediate dismissal from the team by the coach.** Other minor infractions will be handled by our coaching staff and may include suspension from participation in cheerleading activities. As a representative of Randolph High School, you are expected to always bring honor to yourself, your school, your team, and your coach.

**Social Media Guidelines** - Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.

What you post may affect your future! Many employers, college admissions officers, and athletic recruiters review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments and posters).



**Social Media Guidelines (cont.)** The Randolph High School Athletic Department will not tolerate disrespectful comments and behavior online such as but not limited to:

- o Derogatory language or remarks that may harm teammates or coaches; other RHS student athletes, teachers or coaches; and student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.
- o Photos or statements depicting violence, hazing, bullying; sexual harassment; full or partial nudity; vandalism; underage drinking, selling, possessing, using controlled substances; or any other illegal behavior or inappropriate gestures.
- o Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- o Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional.

Think about who you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come.

**Participation** – All cheerleaders are required to participate in all games, practices, fundraising activities, and other events as determined by the coach.

**Appearance** – All cheerleaders are required to be in proper uniform. **This includes a neat appearance and clean uniform pieces and accessories. Personal hygiene is important.** Cheerleaders are not to chew gum, have long nails, or wear jewelry while in uniform or at practice.

**Skill** - Cheerleaders must be athletes. Cheerleading involves aspects of several athletic activities: agility and coordination of gymnastics, stamina of track, strength of body building, vertical leap for jumps, balance and flexibility of dance, etc.

**Academics** – Athletes must follow the school policies and regulations for academic eligibility.

**Priorities** – As a student-athlete, your grades and education are most important. Cheering for Randolph involves more than just football and basketball games; it is a year-round sport. Cheerleading is an incredible amount of hard work and dedication. It requires a real commitment, not just to the sport of cheerleading, but to Randolph High School, your coach, and your teammates. Our practices can be strenuous. We will build endurance, strength, and integrity here at RHS. You will be expected to give 100%. If interested in joining our competition team you must be willing to put cheering for Randolph ahead of all other outside activities, including All-Star teams and jobs.



**Attendance** - Attendance at all team functions is mandatory. Work and non-school activities should not interfere with practice, games, or any other scheduled event. Scheduled appointments should be scheduled for game days prior to a game or non-practice days. The coach must be contacted at least 24 hours in advance if a cheerleader must miss an event. Excused or unexcused absences may result in a cheerleader not cheering at that week's game (at the coaches' discretion). Tardiness of any kind may also result in a cheerleader not cheering at that week's game (at the coaches' discretion). **If a cheerleader is not cheering for disciplinary reasons or is injured, that cheerleader is still required to attend all activities.** In cases of repeated failure to meet expectations, a cheerleader may be suspended from the team and may not be able to dress for an activity.

**Game etiquette** - Cheerleaders are expected to display outstanding conduct and sportsmanship at all times. They are expected to concentrate on the game and to lead the cheers until the final seconds of the game. **There should be no socializing with anyone while cheering.** Realize it or not all eyes are on you while cheering. Public displays of affection of any kind will not be tolerated. You are a representative of Randolph High School and must act in a manner that will make all proud. Cheerleaders must stay together at all times and will only be excused by the coach. If a cheerleader does not return to cheer by the time designated by the coach, she will not cheer the rest of the game. In cases of repeated tardiness, the coach may suspend the cheerleader from cheering.

**Uniforms**- It is an honor to wear a Randolph Cheerleading uniform. It is your responsibility to treat all pieces of your uniform with care. Uniforms, including shoes, are not to be worn except to cheerleading activities. Your uniform may only be worn by you, and may not be borrowed by anyone, including other cheerleaders. Adjustments or alterations to any uniform should not be made without approval from the coach (darts, hems, zippers, etc.). **All uniform pieces must be regularly laundered according to the care instructions. Uniforms are the property of Randolph High School and must be returned CLEANED at the end of the season.** At this time all uniforms will be checked for holes, snags, stains and unapproved alterations. **The cheerleader will be charged with replacement costs for any damages.**

**Transportation** - Transportation to home games is the responsibility of the cheerleader. The district will provide transportation to away games. If a bus is provided for away games, all cheerleaders must ride the bus to and from the game. Your coaches will not be responsible for the transportation of cheerleaders. All of these requirements are implemented to ensure the safety of our athletes. This is of the utmost importance.

**Captains** - Captains may be removed from their title by the coach at any time if they are not fulfilling their duties or if they fail to live up to the expectations set forth in this document.



## **Cheerleading Consequence Chart**

### **Grades:**

Unsatisfactory Grade Report - 1 practice suspension  
Inability to maintain minimum GPA – Removal from team

### **Missed Events (unexcused)**

- 1<sup>st</sup>:** 1 game suspension
- 2<sup>nd</sup>:** Additional game suspension
- 3<sup>rd</sup>:** Removal from team

An absence can only be deemed excusable by the coach who must be notified 24 hours **prior to the absence**. The Coach will determine if it is an excused or unexcused absence. Doctor's Appointments, work, and other non-school related activities will not be excused. If you are absent from one practice during a week you may not be able to cheer at the game or half time routine that weekend.

If a participant is unable to meet the requirements listed in this document (attitude, etiquette, participation, appearance, etc.) they will be dismissed from an event which will result in an Unexcused Absence. This will be done at the coach's discretion.

Your coach is AACCA Safety Certified and vows to put your safety as the number one priority at all times. We will require proficiency before progression and you will never be asked to move forward to a more difficult skill until you are mentally and physically prepared. We expect all practices to be taken seriously, especially when stunting is concerned. We cannot be held liable for negligence or any other claim.



## 2019-2020 Randolph High School Cheerleader Code of Conduct

1. I acknowledge, agree, and represent that I have read and understand the above Code of Conduct as well as the nature of Randolph Cheerleading and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted in a safe environment as detailed by AACCA Safety Standards. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately inform the coach and will not proceed until I am comfortable with the activity.

2. I FULLY UNDERSTAND that (a) Cheerleading involves risks and dangers of serious bodily injury, including permanent DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, and the condition in which the Activity takes place; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the Activity.

3. I hereby release, discharge, and covenant not to sue Melissa Hull, Nicholas Longo, Katherine Vetrone, or any other coaching staff members, the Randolph Township Board of Education, the RHS Cheerleading Booster Club, Inc., members and officers, and if applicable, owners and lessors of premises on which an activity takes place, from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of myself or other participants.

I have read and agree to the terms of this Code of Conduct and understand that failure to meet the expectations outlined in this document may result in my/my child's dismissal from the team.

Electronic signatures of the parent and cheerleader acknowledging and agreeing to the above must be provided on the 2019-2020 RHSCBC Cheerleader Contact/Emergency Information and Agreements Electronic Form prior to athlete participation.