

SHADYSIDE FOOTBALL GUIDELINES & RULES

All COACHES should act with CLASS & DIGNITY AT ALL TIMES. Show RESPECT FOR FELLOW COACHES, PLAYERS, SCHOOL, COMMUNITY & THE GAME OF FOOTBALL. PAID COACHES NEED TO BE AT PRACTICE, MEETINGS & EVENTS AT ALL TIMES. (EXCLUDING EMER. FOR VAC.)
VOLUNTEERS: COMMITMENT to where it's AN ASSET. WE ARE STRIVING FOR SUCCESS AT ALL LEVELS, WHICH INCLUDES VARIOUS FORMS OF ABILITY, STARTING WITH ACCOUNT-ABILITY ETC.!

FOR PLAYER PARTICIPATION, GRADES & ACTIONS WILL BE UPHOLD BY SCHOOL DISTRICT POLICIES & THE STATE GUIDELINES. GRADES ARE & WILL BE THE PARAMOUNT OF EXPECTATIONS! ADDITIONAL RULES-GUIDELINES FOR PROCEDURES ARE WITH PURPOSE HELD TO A MINIMUM. UNLESS FOR WHEN ADDITIONS NEEDED, SCHOOL POLICIES PREVAIL ON MANY.

No Snuff: NO RUBBING AROUND ANY COACHES @ ANYTIME DURING THE SEASON
NEVER WANT TO SEE IN OR AT: SCHOOL. FIELDHOUSE. BUSES. GAMES ETC.
GET THE PICTURE! ANYTIME WE'RE TOGETHER AS A SQUAD REPRESENTING SHADYSIDE FOOTBALL.

No Alcohol: IF WE GET WIND OF ANY WRONG DOINGS, THEN BE CAREFUL OF THE CONSEQUENCES. AGAIN, IT COMES DOWN TO WHAT MEANS MORE TO YOU

No Smoking: MOST OF THESE RULES, LIKE EVEN LAST FEW, ARE SCHOOL POLICIES.

No Drugs: SCHOOL POLICY; AS WELL AS OURS, WILL BE ENFORCED & THEN WHO KNOWS?
*BECAUSE YOU MAY IN TIME SUSTAIN TEAM MEMBERSHIP DOESN'T MEAN YOU HAVE TO PLAY. MAKES GREAT SCOUT TEAM PLAYERS!?

Cussing or Swearing: MINIMAL TO NONE! MAY SLIP IN THE HEAT OF ACTION OR COMPETITION; BUT, DON'T MAKE IT HABIT TALK TO ACT BIG OR G

P2

EARRINGS + JEWELRY: STRICTLY INDIV. PREFERENCE, EXCEPT DURING PRACTICE OR GAMES. THEN OFF OR OUT.

CELL PHONES: NOT ONCE YOU ENTER UNLESS LOCKER ROOM IS WITHOUT COACHES IN A PRACTICE OR GAME SCENARIO. OK ONCE YOU EXIT TO HOME.

VACATIONS: SIGN-UP + PERMISSIBLE WITHIN REASON UNTIL DOUBLES FOR AUGUST.
* ONCE IN AUGUST, IT THAT'S YOUR DECISION THE CONSEQUENCES WILL BE OUR (COACHES) DECISION.

WEIGH IN + ATTENDANCE: DAILY! RECORD WT! PRIOR + AFTER PRACTICE
* CALL PRIOR if sick, APPT. OR EMER. * DAY of competition: sick, family EMER. OR DEAD.
* If NOT AT school, call FOR get MESSAGE to A coach! WANT to KNOW WHY?
* If IN school + UNABLE to PRACTICE THAT DAY (ie: INJURY, sick) COME PERSONALLY + SEE A COACH. DON'T RELAY THE MESSAGE thru ANOTHER PLAYER. AT THAT TIME, A COACH WILL DECIDE if it's BETTER to: 1) GO HOME + REST
2) TREATMENT + 3) DRESS + WATCH.
* LATE + ABSENCES LEAD to REMINDERS: SIMILAR TO SCHEDULE DRILL by ENJOIN. FOR TEAM.
BE ON TIME!

BUS CONDUCT: BE MATURE OR SEASON MAY SHORTEN OR END QUICK!
WE GO AS A TEAM FOCUSED + WITH PURPOSE!
WE RETURN AS A TEAM! ALL ON BUS + HOPEFULLY IN VICTORY MODE
* EMER. FOR IMPORTANT CIRCUMSTANCES NEEDED to OVERRIDE the TEAM BROTHERHOOD

MGR'Y: TREAT WITH RESPECT

FORMS / PHYSICALS: GET THEM COMPLETED + RETURNED "ASAP."

P3

PROBLEMS: Small & Petty: CAPTAINS FOR SR'S MAY ADDRESS

Important Issues For Any Needs: "SEE COACHES FOR Equip. Mgr."

* No Times Do you Bully or Act without Integrity!

* No HAZING or HARASSING FRESHMEN or ANY SPECIAL TYPE INDIVIDUALS.

Locker Room: "Our House"! KEEP CLEAN AS POSSIBLE! Flush Toilet etc.
Cleanup by GRADES WHEN NEEDED + All included at some time.

LOCKERS: Everything inside EXCLUDING POSSIBLY SHLD. pads FOR
Hiking + Room. INSIDE INCLUDES HELMETS + CHAIRS.

Include Notebook (PAPER) + Pens or Pencils AT ALL TIMES.

DRESS AS A TEAM AND Prep (stretch-warmup) AS A TERM. NO

Different Looks or Pretty Boy watch ME Attitudes. NO Different

LT + RT SHOES - Socks - ARM + leg BANDS ETC.

* SHOES + Socks ARE ONLY REQUIRED APPARAL BOUGHT ON OWN.

NO curfew UNTIL Doubles - BUT BE SMART! THEN WITH DOUBLES:

* 11 o'clock UNTIL GAME WKS. WHEN THERE'S A NEXT DAY PRACTICE.

* 10 o'clock PRIOR TO ANY SCRIMMAGE + ANY SCHOOL DAY (REGULAR SEASON) PRACTICE

* 9 o'clock PRIOR TO ANY REGULAR SEASON OR PLAYOFF GAMES.

"QTS - GAMES OR SEASON COULD BE JEOPARDIZED IF CONFLICTED"

"REMEMBER + REMINDER": WHEN + IF ANY INDIVIDUAL GETS BIGGER
THAN THE TEAM, IT'S TIME TO GET RID OF THE INDIVIDUAL.

P.4

LETTERING: TECHNICALLY REQUIRES A MINIMUM OF $\frac{1}{2}$ OF THE # OF QTS. TERM PLAYED. A QT. CONSISTS OF 2 CONSECUTIVE PLAYS! THE PLAYING OF A SPECIAL POSITION THAT LEADS TO THE TEAM'S SUCCESS MAY ALSO CONSTITUTE A LETTER. (e.g) PUNTER. KICKER. LONG SNAPPER Etc). Anything LESS + YET CLOSE IS UP TO THE COACHES DISCRETION.

*QUITTING FOR DISMISSAL FORFEITS THE QUALIFYING REQUIREMENTS.

Lady Tiger Volleyball Team Rules and Expectations

Mission Statement

The responsibility of student-athletes who participate on the Lady Tiger volleyball team extends beyond the court. Each individual athlete will have a role that contributes to the team's success. Players will follow team rules, meet expectations set by the coaching staff, give maximum effort, and maintain a positive attitude.

Rules

1. Give your best at every practice/competition
2. Have fun
3. Be on time (practice, bus departure, matches, etc...)
4. Accept your role

Expectations

In the classroom and community:

- Just as players are expected to give 100% during practice/matches, they are expected to give 100% in the classroom. Work ethic in the classroom carries over to the volleyball court.
- Players must abide by all SHS student handbook rules. Violation of these rules may result in disciplinary action.
- Grade checks will be completed. If a player is not meeting GPA requirements, they will NOT be eligible to play.

Attendance:

- Players are required to attend EVERY practice/match unless they are excused. If you have to miss a practice/match, you must communicate with the coaching staff to have it approved first.
- All players will stay and watch all teams compete (Freshman, JV, Varsity). Players will not be permitted to leave any match early unless approved in advance by the coaching staff.
- Players will sit together during all matches - not with friends or parents. We are ONE team and will support each other.
- Varsity players will support and assist with the JV warmup. Likewise, JV players will support and assist with the Varsity warmup. Assisting players will not be excused until the warm-up is complete.
- If a player is absent from school, they are not allowed to practice or compete in a match that evening per SHS student handbook.
- Any unexcused absence will result in disciplinary action.

Social Media:

- Be positive when talking about your team and school. This is an expectation requested among all athletic teams as we are all playing for Shadyside High School and should support each other in the process.

Personal Conduct:

- Any inappropriate action or language toward another person/team will not be tolerated and will result in disciplinary action.
- Any type of bullying, including but not limited to verbal, social, physical, psychological or cyber will result in disciplinary action.

Practice/Matches:

- **BE EARLY!** Every player should be dressed and ready 15 minutes before the start of practice.
- Players are expected to wear appropriate clothes to practice/matches. This includes court shoes, knee pads, and athletic clothes. If a player needs taped for an injury, she must have it done before practice/matches.
- The net should be set up before the start of a practice/match. Seniors are excused from this duty.
- Respect all equipment. After every practice/match, players must clean up all equipment and put it in its proper place.
- After a practice/match, all players must clean up after themselves. There is to be no trash left in the bleachers, locker room or on the bus.
- Cell phones are not allowed at practice or matches; they must be left in the locker room, hallway, or with a parent.

Attitude/Effort:

- Two things over which every player has control is her attitude and effort. There is **NO** excuse for a bad attitude or lack of effort during practice, matches, or team events. Remember! Body language is a significant indicator of attitude.
- Playing time is **EARNED**, not given. Ultimately the coaching staff will choose the players we believe will give the team the best chance to be competitive.
- Remember that a positive attitude is just as contagious as a negative one. Be positive, enthusiastic, and dedicated when at practice and matches, or with the team.
- Demonstrate sportsmanship at every competition with officials, fans, teams, and coaches.
- Remember, your actions reflect on the entire team and Shadyside High School.

Parent Expectations:

- Be supportive of the team. Use positive words when speaking to a player, parent, or community member about the team. What a player hears at home, affects her attitude and effort at practice.
- Be supportive of the coaching staff. Respect coaching decisions. Allow the coaching staff to correct player mistakes.
- Playing time WILL NOT be discussed. The player, and the player only, is responsible for meeting with a coach to discuss playing time.
- Parents are not to approach the coaching staff before, during, or after a match. The coaching staff is focused on team competition and should not be distracted. This includes phone calls and text messaging as well.

Disciplinary actions outlined below will be taken when a team member does not meet the rules and expectations:

First offense: Extra conditioning and/or sitting a set from the next match

Second offense: Sitting the entire next match

Third offense: Dismissal from the team

Statement of Acknowledgement and Responsibility:

As an athlete on the Lady Tiger volleyball team, I accept and understand my responsibility to put forward my best effort as an athlete and student. I agree to the above rules and expectations and will accept any consequences that follow my actions.

Athlete Signature _____ **Date** _____

As a parent, I understand that my daughter has made a commitment to be part of the Lady Tiger volleyball team. I agree to help her abide by the volleyball rules and expectations and the SHS student handbook rules. I will do my best to be positive and supportive of her, her teammates and the coaches, along with displaying sportsmanlike behavior.

Parent Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Shadyside High School Cross Country Handbook 2020

Attendance and Punctuality

Beginning August 1 practice attendance is mandatory. Athletes must attend practices to compete in meets. Leniency will be provided in regards to family emergencies, medical appointments, etc.

Punctuality is very important! If you are not on time for the bus to meets **WE WILL LEAVE YOU!**

Athletes are expected to be at practice and ready to run at the scheduled practice time. For every five minutes an athlete is late for practice they will be expected to run W 36th St. hill one time after practice. This means they will have to wait until everyone has left practice, jog to 36th St., and run to the top the appropriate number of times. **THIS TAKES MUCH LONGER THAN FIVE MINUTES SO JUST BE ON TIME!**

Dress Code

All athletes – male and female – are required to wear shirts while running. Tank tops, cut-offs, and spandex are acceptable.

Varsity Letter Requirements

- Less than 5 unexcused practice absences
- Zero unexcused competition absences

Attitude/Behavior

This team is a safe space for all athletes of all ages. Supportive, respectful, and encouraging attitudes are expected at all times. There is absolutely ZERO tolerance for bullying, gossip, or degrading language and behavior.

Progressive Disciplinary Action

1st Offense – Verbal warning

2nd Offense – Additional mile added to workout

3rd Offense – Suspension from competition/Administration notified

4th Offense – Dismissal from team

I am so excited to help everyone grow in their athletic and academic abilities, as well as their social and emotional skills over the course of this season. Everyone has shown great promise in terms of work ethic and sportsmanship throughout summer conditioning. I can't wait for a great season with all of you! Keep up the good work!

Coach Sophia Ferrelli

Handbook Agreement

*Please cut off bottom portion, sign, and return to practice

Athlete Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date**

*Shadyside Local School
District Cheerleading
Policy and Constitution
Handbook
2020/2021*

Section 1: Objectives

Approved

To provide an opportunity for qualified students to participate in the Shadyside Local School District Cheerleading Squad. They are to provide support, school spirit and entertainment at games, parades, athletic events, and various school functions.

To promote and uphold school spirit; to develop a sense of good sportsmanship and honor among students; to help them acquire the basic attributes of good citizenship.

To promote a cooperative attitude between the student body, the faculty and the school administration.

Scholastic requirements for try-outs per the Ohio High School Athletic Association Code:

- A. In order to be eligible in grades 9-12, a student must be currently enrolled and must have been enrolled in school immediately preceding the grading period. During the preceding grading period, the student must have received passing grades in a minimum of five one-credit courses or the equivalent which count toward graduation. The student must earn a minimum G.P.A. of 1.25.
- B. A student enrolled in the first period after advancement from the eighth grade must have passed 75% of those subjects carried the preceding grading period in which the student was enrolled.
- C. A student in the seventh or eighth grade must be currently enrolled and must have been enrolled in school the immediately preceding grading period and must have passed 75% of the subjects carried the preceding grading period in which the student was enrolled.
- D. All students must return a signed parental permission form

stating that the parents have read, understand, and agree to abide by the rules in this constitution in order to tryout.

- E. All candidates must possess good coordination and balance and a good sense of rhythm and timing.
- F. Guardians must realize that they will be expected to assume financial responsibility for personal items such as socks, tights, shoes, t-shirts, etc.

Training Sessions For Tryout Week

- A. Candidates are expected to attend all scheduled training sessions.
 - 1. Individual instruction will not be provided for those who are not present at the specific sessions unless discussed with the coach prior to make arrangements or if illness occurs.
 - 2. Senior squad members running training sessions are NOT permitted to work with individual candidates outside of scheduled training sessions.
- B. Tryout apparel must consist of black shorts, white top, low white socks, and tennis shoes.
- C. Graduating senior squad members will be responsible for teaching tryout material, conducting training sessions, and offering advise and help on an individual and group basis and the training sessions.
- D. Those trying out for a Varsity position must have a standing back handspring and a round off back handspring. Since this is a new rule as of 2020 tryouts, coaches may make a judgement call.
- E. All training sessions will be supervised by the Varsity/Jr High coach at all times.

Limitations

Because being a squad member is a group effort dependent upon the attendance of ALL team members to ensure squad proficiency. It must take priority over all other activities, both in and out of school, including jobs, dance lessons, doctors appointments, etc. As soon as a conflict occurs, the member involved will have to make a decision about discontinuing one of the activities in conflict.

Jr. High cheerleaders are permitted to play volleyball, basketball, cross country, etc. while also being involved on the cheerleading squad as long as coaches agree.

Varsity/Junior Varsity cheerleaders will only be permitted to play a second sport during the cheerleading season if both coaches of each sport agree and work together in the event of conflicting schedules.

Rules and Regulations

- A. For safety reasons, candidates may not wear jewelry of any type during practices, pep assemblies, and games.
- B. Cheerleaders are not allowed to chew gum during practice sessions, games, pep assemblies, or events.
- C. Hair must be kept away from the face and in a high pony tail with a bow (unless otherwise noted by the coach). Hair may also be highlighted or dyed, but with acceptable dye color.
(Coaches discretion)
- D. Parents of candidates and/or their personal instructors are not permitted to view any work sessions and/or tryouts. No

- one is permitted in the building during the work sessions and/or tryouts except for those trying out.
- E. Any lost uniform (top, skirt, shoes, & poms) will need to be immediately purchased by the guardian of the child. Child will not be permitted to borrow another uniform from the extras in the cheer room until the uniform is purchased. Once the cheer board has proof that the uniform has been purchased, the cheerleader may then borrow another uniform from the cheer room. Coach must be asked prior to doing so. Any lost bows or spanx will also need to be purchased by the guardian of the child to complete the uniform.
 - F. All uniforms must be washed separately and hung to dry.
 - G. No hickeys or other markings.
 - H. For Friday & Saturday games...squad will wear matching shirts & pants (jeans/leggings) or uniforms on Fridays depending if it is pep assembly day. This also includes Friday and Saturday basketball games.
 - I. Guardians are responsible for the altering of cheer uniforms to fit the child. DO NOT alter the cheer uniform too short that the child's bottoms or spanx are showing.
 - J. All cheer uniforms must be washed prior to uniform turn in.
 - K. ABSOLUTELY NO ELECTRONIC DEVICES during games, practices, or events. Electronic devices will need to be put in cheer bags and may be checked during long breaks, not during small drink/bathroom breaks.
 - L. If a cheerleader walks out of practices/games against the coaches approval, this will result in a consequence.

Tryout Judges

No Shadyside Local School District advisor, teacher, faculty member, coach, etc. will serve as a tryout judge. Judges will be

college cheerleaders, area advisors, registered judges, cheerleading camp instructors, and/or instructors of dance. All judges will possess a knowledge of squad performances and requirements.

The number of judges will consist of three or four people who will meet the above specifications.

Candidates will be judged according to a numbered position which will randomly be selected the week of tryouts prior to tryout day. Judges will not be aware of candidate names.

Ballot Tabulation

The judges' evaluation sheets will be tabulated immediately following the tryout performance of the candidate. Any corrections made on the ballots will be made by judges only and will be initialed by the judge. (Judges have the prerogative to break any ties or to have the tied candidates perform again). Tabulation will be done by school employees only.

Announcement of Results

- A. Results are announced following the competition. Everybody will remain at the school until tryouts are finished unless previously discussed with the coaches. Each participant will receive an envelope with the outcome and their score sheet. Nobody is permitted to open their envelope until they leave the school.
- B. Judges decisions are final.
- C. Copies of an individual candidate's tryout scores may be

also be obtained from the athletic director by appointment only beginning the Monday following tryouts. A parent or guardian must accompany the candidate, but again, these will be handed out the night of tryouts as well.

Constitution and By-Laws

Determination of Squad Members

- A. The number of varsity/junior varsity/junior high squad members will be determined by the coach based on a drop in scores according to judge tabulation and/or number of uniforms available for the squad.
- B. Competition squad members will be determined by the coach and will be in accordance with OVAC/State rules based on each competition.

Captain

- A. Captain/Co-Captain will be determined by the coach according to try-out scores, attitude, leadership, and academics, etc.
- B. Captains/Co-Captains are not a mandatory part of the cheering squad and will be determined annually by the coach.
- C. Captain/Co will make sure all messages from the coach are passed on to each cheerleader.
- D. Captain/Co will clear all decisions with the coach.
- E. Captain/Co will report any conduct complaints, uncooperative behavior, or squad problems to the coach.
- F. Captain/Co will work closely with the coach to plan uniform schedules, routines, cheers, chants, pep assemblies, events, etc., however, ultimately, the coach will make all final decisions.
- G. Captain/Co shall show no partiality toward squad members.

Uniforms and Appearance

- A. Each squad member will be responsible for the care of their uniforms.
- B. All uniforms are to be worn only in conjunction with school activities and events.
- C. Hair must be kept out of the face, in a high ponytail, with a bow at all times of events (unless otherwise noted by the coach).
- D. NO jewelry (including Apple watches or Fitbits) is permitted while participating in games, practices, or events.
- E. NO nail polish is to be worn except during homecoming week and nails should be kept low cut for safety purposes.
- F. All shoes must be kept clean. This includes the mesh part of the shoe and shoe strings.
- G. Cheerleaders must wear all black spanx (no designs or colors) and nude, black, or white bra only under uniforms...preferable nude. Bra straps cannot show. If bra or spanx are not appropriate (as mentioned above), you may be denied participation of that game/event.
- H. Uniforms may need to be altered at the beginning and during the season depending on the fit of the uniform on that cheerleader. This is the responsibility of the guardian of the cheerleader. NO skirt shall be altered to be higher than the spanx worn underneath as stated in the above rules section.

Conduct and Responsibility

- A. Squad members will conduct themselves properly at all times,

- for they are representatives of their school.
- B. Squad members shall cooperate with the coach, captain and other squad members at all times.
 - C. At any performance/game/event, squad members shall not leave the squad for any reason without the permission from the coach.
 - D. All squad members are required to ride the school provided transportation to and from all functions. They will not be permitted to be transported to or from any event then participate in that event, except in the case of an emergency or a situation approved by the coach.
 - E. Squad members are to wear designated outfits on trips to look as a team.
 - F. Squad members will attend all practice sessions and events during the summer. Exceptions will be made for summer vacations and the coach must be made aware of vacations in advance. We'd ask that vacation weeks do not exceed two weeks unless they are vacations with family members.
 - G. All cheerleaders will be required to attend tumbling sessions with their squad at the designated location during the summer and cheer season. This may cost approximately \$10/week. It is mandatory even if already attending tumbling elsewhere.

Squad Dismissal and Demerits

The athletic director, the principal, and/or the cheering coach shall have the power to dismiss/demerit any squad member for any of the following:

- A. Undesirable behavior such as drinking, smoking, vaping, profane language or gestures, and etc. under the Athletic Rules.
- B. Failure to perform duties and responsibilities as outlined in the constitution.
- C. Any act that has harmed the reputation of the school or

squad.

D. An in or out of school suspension.

E. Two grade period suspensions in one school year.

F. Any cheerleader who directly defies the coach's instructions or directions. For example, back talking the coach, disrespectful/rude comments/questions to the coach/teammates and refusal to do what is asked.

Minor Offenses

1. Failure to bring needed equipment to practice.

- First offense: Warning

Second offense and so on: 1 Demerit

2. Failure to bring needed equipment (uniform/bow/shoes/poms) to an event.

- First offense: Warning and denial of participation

- Second offense: 1 Demerit and denial of participation

- Third offense: 1 Demerit and denial of participation of 2

games.

3. Failure to keep uniform clean (i.e. uniform, shoes, etc.)

- First offense: Warning

- Second offense: 1 Demerit

- Third offense: 1 Demerit and denial of participation

4. Tardy for practice or event without notifying coach.

- First offense: Warning

- Second offense and so on: 1 Demerit

5. Wearing jewelry or nail polish at an event.

- First offense: Warning

- Second offense: 1 Demerit and denial of participation

6. Being late for the start of a game/returning at halftime

- First offense: Warning

- Second offense and so on: 1 Demerit

7. Lack of paying attention/excessive conversation with others on the squad, other students/friends, band members, etc. during games & practices. Important for cheerleader safety.

- First offense: Warning
- Second offense and so on: 1 Demerit

8. Unexcused leaving of a practice or game

- First offense: Warning
- Second offense and so on: 1 Demerit

Major Offenses

1. School suspension

- First offense: 3 Demerits
- Second offense: Removal from squad

2. Undesirable behavior (profane language, unsportsmanlike conduct, or disrespect for school personnel and coaches)

- First offense: 2 Demerits
- Second offense: Removal from squad

3. Absent from scheduled event without prior notification

- First offense: 1 Demerit
- Second offense and so on: 1 Demerit & denial of participation.

4. Each cheerleader must demonstrate, to the best of their ability, proper cheer motions (sharpness), spirit (peppy), voice projection, smiles (facials) & cooperation during practice and at games.

- First offense: Warning
- Second offense and so on: 1 Demerit

5. Lack of support from fellow squad members to other fellow squad members (hurtful criticism, arguing, etc.)

- First offense: Warning
- Second offense and so on: 1 Demerit

6. Missing the bus to games/events...unexcused.

- First offense: 1 Demerit and denial of participation
- Second offense: 1 Demerit and denial of participation
- Third offense: 1 Demerit, denial of participation, and subject to removal from squad.

Consequences

- After 3 demerits, the cheerleader will be benched for one game/event.
- After 4 demerits, the cheerleader will be benched for two games/events.
- After 5 demerits, the cheerleader will be benched for two weeks of games/events.
- After 6 demerits, the cheerleader will be benched for three weeks of games/events.
- After 7 demerits, the cheerleader will be removed from the squad.

** When a cheerleader is benched, she must attend all practices and events, wear uniform, and sit near the coach.

Game Suspensions

- A. If there is an unexcused absence from the last practice session prior to a scheduled event, a squad member will not be permitted to participate at that event.
- B. A squad member must attend 5 periods of the school day

- on the day of an event in order to participate in the event.
- C. If a cheerleader is not properly attired or does not have a part of equipment for an event, she will not be permitted to perform at the event. Demerits will also be issued.

The athletic director, principal, coach, and school Administrators have direct and final jurisdiction over anything not specifically mentioned in the constitution.

*** If any cheerleader decides to quit after making the squad, they will not be permitted to try out the following year. They will need to sit out 1 year. Cheerleading is different from other sports and when a cheerleader quits, this leaves the squad down in numbers as there are no replacements to take that position like in other sports. This, at times, also results in unpaid balances to which the cheer fund suffers.

*** All cheer related competitions are mandatory.

Changes in the constitution can be made by the coach at any time with approval from the Athletic Director.

I, _____ have read and understand the policies, rules and procedures listed in the Shadyside Local School District Cheerleading Policy and Constitution Handbook.

I, _____ agree to follow this handbook while participating as a Shadyside cheerleader.

(print name of cheerleader)

_____ Date: _____
(signature of cheerleader)

SHADYSIDE GOLF TEAM RULES

The following TEAM RULES explains what will be expected of a Shadyside Golf Player. You and your parents read the TEAM RULES carefully and sign below. Return the sign copy by first practice.

- A. **ATHLETIC RULES AND REGULATIONS:** Academic - Eligibility, School Suspension, School Attendance, Stealing , tobacco, Alcohol, Illegal drugs, etc. Player signed in office.
- B. Playing time is determined at practice, become a Team Player.
- C. **MENTAL TOUGHNESS:** Receive criticism with a positive attitude in order to become a better golfer.

PRACTICE

1. Arrive 10 minutes before practice begins
2. Cell phones are not permitted.

GAMES

1. Team travel suits and clothing **MUST** be worn at games.
2. Uniforms are only to used for games. No uniform- No play.
3. Cell phones are not permitted doing game time.

DISCIPLINE

1. Missing practice : Player must call the Coach before practice starts @ 740-827-5054

2. Disrespect to any Coach or Player.

3. Inappropriate Behavior or Conduct during Practice, Games or Season.

1st offense: written warning

2nd offense: written warning, loss of playing spot

3rd offense: written warning, sit out of one match

4th offense: Removal from Team

COACH DAVE RAGASE

740-827-5054

PLAYER _____

DATE _____

PARENT _____ **DATE** _____

_____ Date: _____
(signature of parent)

_____ Date: _____
(signature of coach)

_____ Date: _____
(signature of Athletic Director)