

Shawnee Mission North High School

Cheerleading Rules and Regulations

Cheerleaders, as visible symbols of spirit leaders, are responsible for conveying SMN spirit, positive attitude, sportsmanship and leadership to the community and at all athletic events, while encouraging attendance at school events at Shawnee Mission North High School. Cheerleaders must also develop leadership qualities and skills and represent SMN Cheerleading with both pride and excellence.

PRIORITY:

Academics: Cheerleaders are to consider academics as their number one priority. Failure to maintain good grades will result in restriction of cheerleading activities.

The student shall maintain passing grades in at least five subjects of unit weight in order to remain eligible to participate. If a student becomes ineligible as a result of her grades she will still be required to attend cheerleading activities including practices and contests. The student will remain ineligible until she is passing five subjects of unit weight.

CHEER DUTIES:

Time Commitment: The Shawnee Mission North Cheerleading Program requires time and dedication from each cheerleader in order to maintain a quality program. This requires a lot of discipline on the cheerleader's part to plan their time effectively and stay organized, in order to maintain good grades.

Squads: All squads will perform routines during pep rallies, assemblies and events. Other required events include practices, games, camps, little bison clinics, fundraising activities and any community service activities.

Varsity Squad: Cheer for all Varsity football/basketball games (Home and Away)

Junior Varsity Squad: Cheer for all in district home and away football/basketball games

- For the 22-23 season we will occasionally divide the squad in order to cheer for some of the home freshman and sophomore football /basketball games.

PHYSICAL FORMS:

A physical form is required by KSHSAA. Each Cheerleader must have a physical on file in the office by the first day of school or she will be ineligible and will not be able to participate until the form has been completed and turned in.

- Physical Night at North is Monday May 2, 2022 @ 6pm. No appointment needed, this is on a first come first serve basis. The cost is \$20 per student athlete. Physical forms can be found online and must be filled out prior to arriving at physical night.

UNIFORMS:

All cheerleading uniforms are school property. There will be a hold placed on your account if the correct uniforms are not checked in or any damages paid for at the end of the season. Uniforms are clean when they are checked out, they must be cleaned when checked back in.

ATTENDANCE:

Cheerleading requires teamwork, it is imperative that cheerleaders attend all practices, games and other required activities.

Excused Absence: Includes, but are not limited to sickness from school, participation of another school sport/school activity, death in the family, family travel.

- In the event of an absence, coaches must be informed prior to practice/games via text or phone call.
- Coaches should be informed of planned absences such as funerals, religious observances; school related activities and family travel ASAP.

Unexcused Absence: Includes, but are not limited to work, forgetting, family dinners/birthdays, outside activities not related to SMN, not having a ride, appointments, ect.

- First Unexcused – Benched for 1 half of the following contest.
- Second Unexcused – Benched for the following contest, phone call with cheerleader and parent.
- Third Unexcused - Meeting with coach/administration and dismissal from the squad.

School policy requires you to be at school ALL hours of the day in order to participate in that day's events.

An absence that falls under an excused absence and a coach is not informed prior to the start of practice/game will result in disciplinary action. Unexcused absences will not be tolerated and will result in disciplinary action/dismissal from the squad.

DISCIPLINE:

The following situations will result in benching or dismiss

- Skipping, failing to wear the proper attire, arriving late to practice/games, acquiring school detentions/suspensions, behaving inappropriately while in cheerleading uniforms, behaving inappropriately while at school such as excessive tardiness, cell phone usage, ect
- Not upholding the expectations of a SMN Cheerleader such as lack of cooperation, disrespect to coaches/teammates, poor attitude, ect.

Dismissal – Will be enforced for unexcused absences along with violating cheerleading and school policies.

INJURY/HEALTH

Safety is our top priority at every practice, game and event.

- Cheerleaders that are injured who are required to sit out, will still be required to attend practices and games, you are still a part of this team, regardless if you are cheering or not. This will be determined by a Dr or athletic trainer.
- Cheerleaders must be cleared by the athletic trainer or with a Dr.'s note prior to returning.