CHEERLEADING CONTRACT FOR DESERT SKY MIDDLE SCHOOL

Following are the rules and expectations of the 7th and 8th grade cheerleading squads. All cheerleaders and parents must read and sign below.

CHEERLEADING SQUAD
Tryouts will be different this year. All girls will make at least one squad. Any 7th and 8th grade girls or boys that want to cheer are invited to be a member of one or more squads. No experience necessary. The three available squads are Fall, Spring, and our Competition squad. This change is to make it easier for cheerleaders to play other sports as well as cheer.

PRACTICE
Cheerleading practices will be on Monday-Thursday from 3:00-4:30 for the first two weeks. We will begin the first practice on July 30th. Each squad will be announced on August 8th. Practice will be held in the MPR. Once wrestling starts we will continue out in the court yard. Each girl or boy is responsible for letting me know when they will need to miss a practice or a game. If a practice is missed the day before a game, the cheerleader will not be apart of that game, same applies for any performance the cheerleaders are in (pep-assemblies etc). I must have a note from the cheerleaders parents every time a cheerleader is absent, for any reason (Illness, appointment, vacation etc.). Also, I will need a phone call or email from the cheerleader, or parent, the day of any absent BEFORE the practice is missed. It will be considered an unexcused absence if I am not notified. Three unexcused practice absences will result in being dropped from the squad. Five excused absences will result in being dropped as well. (Individual bases).

IMPORTANT
Each team will have its own practice schedule that will be given when squads are announced. There may be additional practice times added if
needed for special occasions (such as getting ready for competition or half time performances).

GAMES
Games will begin in August for the Fall squad. Football is the first quarter, boys basketball second. Spring cheer squad will cheer for girls basketball. The Competition team will be comprised of selected cheerleaders from both teams. A snack list will be given out for all game days we attend.

Remember this is a commitment and takes a lot of dedication, especially for the Competition squad.

UNIFORMS
The school provides the uniforms for the cheerleaders. There may be a rental fee, but it is unknown what the prices are yet. All cheerleaders will need to buy additional items separately: bloomers, socks, shoes, half tops, etc. I will have an order form, with everything needed, and prices, come around as soon as we get settled.

PRACTICE/GAME/PERFORMANCE RULES
*Water bottles will need to be brought to every everything.
*No gum
*No glitter
*All jewelry is prohibited during participation. (Jewelry of any kind is prohibited. Medical medals are not considered to be jewelry. A medical medal must be taped but may be visible.) *Hair must be pulled up in pony tail. NO WISPIES for any game. *Uniform/Practice outfit, including cheer shoes, should be neat and clean.
*Only water will be allowed to drink on the field/court.
*Absences from the practice before a game will result in the cheerleader sitting out of the game. The cheerleader is still required to come to the game.

*Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in
stunts, pyramids, tosses or tumbling.
*All cheerleaders must be in proper attire.

- Must follow school dress code
- No **rolled** shorts
- Athletic/cheer shoes only
- No pockets, zippers, buttons, strings - No bra straps showing, ladies
- No boxers/briefs showing gentlemen
- Workout clothes only (No jeans)
*Please bring a small snack to eat before practice or during breaks especially during the first 2 weeks.

PHYSICALS
Each cheerleader should have a **current physical** on file with the office, nurse or Athletic Director. Physicals **must** be turned in prior to the first practice. No physical, No practice.

ATHLETIC FEES
There is an athletic fee in the amount of $75, this is a fee for all Desert Sky sports, and will need to be paid by August 8th for the fall season.

ELIGIBILITY
* 2.5 GPA
* Cannot have an F
* No more than **Three** PRIDEs in a season (Fall, Spring, or Competitive)

BEHAVIOR
Our cheerleading program will be successful because we will work as a team. I **EXPECT** hard work, dedication and cooperation. Our squad **represents** our school. Cheerleaders must also follow all eligibility requirements listed in the Athletic Handbook.
Desert Sky in general has high expectations in their students. As a cheerleader, I have higher expectations for you. Behavioral issues will **not** be tolerated. Attitude and argument will **not** be tolerated. I am your coach and I will treat you with respect and I will expect the same from each cheerleader. If there are any disturbances on the team, the following measures will be taken.

*Warning
*Limited loss of participation (stunts, games, performances, etc)
*2 week Probation (Up to loss of practices, games, performances during this 2 week period which will lead to a final decision to determine if return to squad is appropriate).

I have read and agree to all the rules and expectations of Desert Sky Cheerleading.

Cheerleader_____________________________ Date________
Parent________________________ Contact #________________
Desert Sky Middle School Risk Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and information identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury - especially to knees, elbows or head.

Injury may include damage to joints, broken bones, or serious head and eye injury. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:
1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards or hazards in the locker room or in or around the participation area. Advise coach of any hazard or concern.
6. Practice stunts prior to the event that you will perform in. Stunts can be very dangerous if not spotted correctly.
7. Lead cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.
8. Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.
9. Tell the coach if any injuries happen at home or at practice that cause discomfort. No matter how small!

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cheerleading program. Because of the dangers of cheerleading, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions. I have read the above warning and release and understand its terms. I understand that cheerleading is a **HIGH RISK SPORT** involving **MANY RISKS OF INJURY**, including but not limited to those risks outlined above.

In consideration of the Vail School District permitting my child/ward to be apart of the Desert Sky Middle School cheerleading team and to engage in all activities related to the team, including, but not limited to, practicing or competing in cheerleading, I hereby assume all the risks normally associated with cheerleading and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

(Please Print Name)  ________________________________

(Cheerleader Signature)   ________________________________

__________________________(Parent/Guardian Signature)

______________(Date)

(Please Print Name) __________________________