

MAPLE GROVE CRIMSON

Competition Cheer Handbook



Activities Policies

The Maple Grove Cheerleading program adheres to the school district's activities policies. Participation in this program implies your consent to abide by those policies and consequences, and our obligation to enforce them.

Maple Grove Cheerleading Expectations

Our expectations are simple and straightforward.

1. The Cardinal Rule: Always do what is best for your team.
2. Always make your best possible effort.
3. Be present.
4. Cell phones are not allowed and can be taken away if they are out.
5. Always respect your coaches and teammates. Disrespectful behavior to anyone will not be tolerated on any level and you will be asked to leave practice if you display this type of behavior.
6. MSHSL BYLAW 209.00 SEXUAL/RACIAL/RELIGIOUS HARASSMENT/VIOLENCE AND HAZING IN
 - a. 1. A student shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.
 - b. 2. Sexual, Racial, Religious Harassment and Hazing Violations A. Penalty for Category I Activities: 1) First Violation: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

Attendance Policy

If you wish to be a member of this program, then the expectation is that you will be present for all practices, events, competitions & performances. If attendance is an issue, there may be consequences because, like you, the coaches have the obligation to do what is best for the team. The coaches will make every reasonable effort to work with you and your family to accommodate reasonable absences that are communicated well in advance (i.e. months, not days or weeks) to the coaching staff. Please note:

Excused Absences

- Planned Family Vacations - *notice 1 month in advance*
- Illness - *if your coach is contacted prior to absence*
- Family Emergencies
- Other Excused Medical
- Choir or Band concerts - *notice 2 weeks in advance*
- For absence to be 'excused' your coach must be contacted PRIOR to the absence occurring.

- For **same-day illness absences** your coach must be contacted prior to 12pm via email, text or call from the parent or cheerleader.
- Absences related to an illness that lasts for more than **three** practices will require a doctor's note to return to practice.
- **Even with an excused practice you are expected to return to practice at the same level as your teammates and are responsible for all routine changes that occurred during your absence.**

Unexcused Absences

- Choir or Band concerts - *No notice*
- Orthodontist/Dentist Appointments
- Work
- PSAT prep courses/SAT Test
- Chiropractor Appointments
- Babysitting
- Concerts
- Dance/Cheerleading lessons or recitals
- Shopping
- Hair Appointments
- Doctor Appointments - *unless excused in advance*
- **Driver's Education**
- **Driver's Tests**
- Illness when present in school day
- Homework/school clubs, lessons, or unapproved help
- **You are expected to return to practice at the same level as your teammates and are responsible for all routine changes that occurred during your absence.**

UNEXCUSED ABSENCES: per season, can be for practices, competitions or any other required event the cheerleaders have.

- **3rd Offense:** Coaches Discretion Loss of competition
- **4th Offense:** Loss of a competition
- **5th Offense:** Removal from the team

There are certain absences that WILL NOT be excused:

- Summer camps
 - Reece May 31-June 2
 - Vroc June 25-27
 - Choreography Aug 9-11
- Competitions - listed below. Schedule may change slightly

Date	Competition	Junior Varsity	Varsity	Game Day
10/12	Park Center	x	x	x
11/2	Regionals		x	x

11/9	East Ridge	x	x	x
11/16	Jefferson	x	x	x
12/?	Prior Lake	x	x	x
12/9	Farmington	x		
12/21	STMA	x	x	x
1/18	White Bear	x	x	x
1/21	MG Comp	x	x	x
1/27	State	x	x	x

Coaches retain 100% authority to decide who is on the mat or an alternate at all times. Simply being on the team is not a guarantee that you will perform/compete.

COMPETITIONS

Competitions are held on weekends and start in October and go through February. For some competitions, the teams will take a bus to the competition; parents are required to arrange transportation home. There will be competitions where transportation is not provided. In this case the cheerleaders/families are responsible for organizing their own transportation to and from the competition.

Attendance

- Mandatory for all competitions
- Injury: If you are injured or serving a suspension, you must dress as if you are competing in full hair and uniform, travel with the team, and cheer them on. Failure to do so will result in sitting the next competition as well.
- Late: If you are late and miss the bus, you must find your own ride to the competition.

Competition Preparation

- No late nights or exhausting activities the night before – You will need a good night's rest and 100% of your focus. Curfews will be put in place based on time of the competition the next day. This will be up to each coach's discretion.
- Arrive dressed, hair done (or as your coach has communicated to your team), have everything you need for the competition and your waiver turned in.
- All cheerleaders are required to ride the bus to the competition if one is provided.

Attitude

- Remember that you are always representing your team, program, and MGSJ, both in and out of uniform.
- You should always support and cheer on both your fellow teammates and other cheer teams at every competition.

Academic Policy

Student Athletes must be making progress towards an on time graduation. If an Athlete has an F in a class they must sit out of practice and competitions until it has been brought up. Cheerleaders will be required to turn in School View Grade reports bi-weekly or more often if there are concerns from the coaching staff.

Lettering Policy

Cheerleaders may letter by achieving one of the following set criteria:

- The Coaching staff may award a letter due to special circumstances (illness, injury, etc.)
- Varsity competition cheerleaders can also letter by competing throughout the season earning a score of 70 or higher at 5 competitions.
- Letters may be denied due to attitude problems or disciplinary action.

Conflict Resolution Policy—24-HOUR RULE

Each year 2.5 million people coach kids. These coaches are the vehicles that provide organized youth athletics an existence. As parents we will not always agree with a coach's decision. However, it is important to recognize the coach's role is to make decisions for the team first and a player second.

Often, we tend to recognize the coaching staff decisions through our player first and the team second. Also, we need to understand that most players are not aware of any problem until we, as parents, bring it to their attention.

Many sports throughout the United States have adopted the 24-Hour rule in an effort to address significant concerns, while attempting to remove the emotional concerns, particularly in the presence of the youth athlete.

MG Cheer subscribes to the 24-Hour Rule.

Briefly, this means that parents are not to discuss any "negative" practice/performance situation with the coaching staff until at least 24 hours have passed from the completion of the practice/performance. At this point, if the issue remains a concern, the following procedure must be followed:

1. The parent will contact the program director and schedule a meeting with the program director that will be documented.
2. The program director and coach will discuss the area of concern and obtain a documented, consensus recommendation.
3. The program director will respond to the issue of concern to the parent.
4. If the parent feels that the issue of concern remains, and has not been appropriately addressed, the parent may schedule a meeting with the MG Senior High Athletic Director.

Violation of the 24-Hour Rule will be addressed as Zero Tolerance and may result in suspension of your child from the MG Cheer Program. Please respect the significance of the

24-Hour Rule. If we honor this concept, concerns will be moved away from an audience with our children, a possible ill-timed discussion, and issues will be viewed in the proper perspective.

Athletic Fees & Registration

Competition Cheerleaders are required to have a current physical on FeePay in order to register as an athlete. Sports registration takes place on FeePay. Contact the athletic secretary at MGSB with any additional questions.

Uniforms

Uniforms are purchased at the cheerleaders expense. It is the family's responsibility to notify coaching staff if a new uniform is needed for whatever reason.

Communication

Due to an overwhelming amount of communication between parents/team members and coaches, use the following communication protocol:

- BandApp and E-mail are the primary modes of communication for information between coaches and families. We use these tools to provide important information about practices, performances and other team-related info.

The following are examples of **Inappropriate** reasons to text your coach:

- Schedule (check BandApp and the website)
- What to wear (this will have been announced at practice; check with your teammates)
- Fundraising (booster club issue – contact them through the website)
- Booster Club Meetings (booster club issue)
- Finances/money (booster club issue)
- You (parent) are upset about something you heard (gossip)/were told by your child, etc. about something that happened at practice/event. We are happy to discuss issues (adhere to 24-Hour Rule), but not through text.

MAPLE GROVE CHEERLEADING

To Potential Competition Cheerleaders and Guardians :

I would like to thank you very much for your interest in Maple Grove Senior High Competitive Cheerleading. This packet contains very important information.

Attached you will find items that will need to be completed and turned in no later than Thursday the week prior to tryout week. You will not be permitted to participate in tryout clinics or tryouts until you have your paperwork completed and on file. Please review all the information included in this packet and feel free to contact me if you have questions.

High School Cheerleading is a very demanding and time-consuming sport that begins in April and does not finish until February or March. We take great pride in coaching our athletes to their highest potential. Each candidate needs to seriously consider the amount of time, hard work and dedication involved with being part of the MGSJ Cheer Program before deciding to try out for a team. Cheerleading teaches young athletes many valuable life lessons and rewards them with the value of competition.

Being a member of the MGSJ Cheerleading Program requires hard work and long hours. If a student is already struggling with grades, or is involved in several other programs, please think hard about this decision. This is a team sport where each individual plays a very important role. The inability of one individual to balance their commitments affects the whole team.

Take time to decide what team(s) you would like to participate on next season. On the tryout form, there are different teams to consider, so be sure to circle ALL teams you would be willing to cheer on if selected. If you do not circle a certain team, you will not be considered for that team. This means if you only circle the Varsity Team and are not selected, you will not be placed on a JV team. There is also the decision to be an alternate - you can choose to be a Varsity alternate and compete on the JV team if chosen.

Please feel free to e-mail crimsoncheercoach@gmail.com if you have any additional questions. Thank you for your cooperation and interest in the program.

We look forward to a great season!

Competition Cheer: MGSJ will have a minimum of two competition teams depending on tryout numbers. Teams are decided based on skill level and age. Competition teams compete a 2.5 minute routine at competitions held at local high schools throughout the season. They may also have the opportunity to perform at other school-related events. If the Varsity or Game Day

teams qualify at the regional competition in October, they will travel to Orlando in February to compete at UCA Nationals against the best teams in the nation. Competition teams start practicing in the spring and go through the month of February. Competitive Cheerleading requires extraordinary dedication and commitment. All members of the team must support and work together to be successful. Unlike many other sports, comp cheer is position-specific. Each cheerleader has a spot and they are the only one who knows, or can perform, the required elements for that spot. There are no bench players or replacements available to fill in. Because of this, expectations and commitments are high.

Eligibility for Teams and Teams Available: All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment and responsibility required and expected.

Competition - Actual number of teams depends on tryout numbers and skill level

- Varsity: Cheerleaders must be entering grades 9-12 (8th graders who are invited to tryout)
- Junior Varsity: Cheerleaders must be entering grades 8-12 (7th graders who are invited to tryout)
- Game Day: Cheerleaders must be entering grades 9-12 (8th graders who are invited to tryout)
- Junior Varsity Game Day: Cheerleaders must be entering grades 8-12 (7th graders who are invited to tryout)

Tryout Schedule:

Monday- Tryout clinic day 1:

A cheer and dance will be taught and athletes will have the opportunity to practice tumbling and stunting skills.

Tuesday- Tryout clinic day 2:

Athletes will have a second day to perfect the cheer, dance, tumbling and stunting skills needed for the formal two day tryout process.

Wednesday - Open Practice:

Athletes can attend an Open Practice to work on stunts, cheer, dance and tumbling skills.

Thursday- Tryout clinic day 3:

Stunting tryout day. Athletes will be evaluated on their stunting skills by the coaching staff.

Friday- Final Tryout Day:

There will be a tryout window offered where athletes will be expected to perform material for the coaching staff. Material must be learned before the tryout slot. There will not be any stunting on this tryout night. Times will be communicated in advance. Athletes are required to wear a white shirt and black shorts. Hair should be in a low pony slicked back

Tryout Rules/Process

- Turn in tri 2 grades with a report card

- Complete the rules and expectations google form
- All cheerleaders will tryout each year.
- No scores or judging sheets will be distributed after tryouts.
- All decisions are up to the coaching staff and are final.
- Please wear black shorts, a white t-shirt, and cheer or athletic shoes, with hair pulled back in a ponytail. Please leave all jewelry at home.
- You will be observed by the MGSJH Coaching Staff during clinics and tryouts. At the final tryout you will be asked to perform specific skills. We take many factors into account other than your tryout score (past years' attendance, work ethic, attitude, dependability, etc.). Final decisions on team placements are up to the coaching staff. Please remember that as coaches, our main goal is to place each individual on a team that they will be the most successful on. We are looking not only at skills, but also at growth potential, attitude and willingness to learn.

Teams will be announced on Saturday

Required Tryout Material: During the tryout clinics you will learn material that will help the coaching staff determine your skill and ability level. Below is a list of material you will learn and perform at tryouts. You may be asked to execute these skills more than once during the tryout process. All cheerleaders are expected to not only maintain the skills they tried out with, but to work towards improving them throughout the season. Lack of improvement in your performance and skills may result in being moved to a different team. You are expected to continue to work hard after you have made a team.

Tryout Material:

- Jumps
- Cheer
- Flexibility
- Tumbling Ability
- Stunting Ability

Tumbling Requirements for Varsity Competition Cheer:

- Back-Handspring
- Round-Off Back-Handspring
- Standing Back Tuck *preferred*
- Round-Off Back Tuck *preferred*
- Round-Off Handspring Back Tuck *preferred*

The expectation is that team members will meet the minimum tumbling requirements today. If athletes are unable to meet minimum tumbling requirements they will be required to make arrangements to take additional classes at a local gym and work toward the skill outside of normally scheduled practice.