

Mountain Brook High School Cheerleading

With any honor comes responsibility. The honor of representing Mountain Brook High School requires that a cheerleader maintain a conscientious attitude at all times, both in extracurricular and academic activities. Cheerleading must be the priority over other extracurricular responsibilities.

Qualifications

1. Candidates for the Mountain Brook High School Cheerleading Squads must be currently enrolled in and attending Mountain Brook City Schools. This evaluations open to rising 10th, 11th and 12th graders.
2. Each candidate must have attained an average grade of 70 in each course for the preceding grading period (March grades preceding tryouts). Furthermore, all students selected for the cheerleading squads are expected to **maintain a C average at all times in each course and keep class attendance in good standing.**
3. Parents and candidates will sign and return a form stating that they have read the policies outlined for the cheerleading program and understand the rules/regulations for clinic, selection, and participation. These signatures also indicate an acknowledgement of the physical requirements for both clinic and participation throughout the year. Parents will assume responsibility for any injuries that may occur as a result of practice or performance.

Evaluation Procedure and Selection

1. The coaches will determine the number of cheerleaders chosen.
2. The MBHS coaching staff will evaluate candidates in the following areas: fitness requirements, stunting, tumbling, cheer skills, coachability, and work ethic. See assessment rubric for all other evaluation categories.
3. Teacher evaluation scores will also be factored into a candidate's evaluation. Candidates will obtain a teacher evaluation score from their four core classes: Social Studies, English, Math, and Science. In addition, they will obtain a teacher evaluation from a class of their choosing outside the four core.
4. The coach will specify attire for the tryouts. No cheerleading accessories or clothing bearing cheerleading affiliation may be worn during evaluations.
5. All candidates must be in accordance with the Mountain Brook High School extracurricular attendance policy found on page 23 of the student handbook. The coach will verify class attendance each day. Candidates are **NOT to check out early or check in late during the week of evaluations.** In cases of extenuating circumstances, the coaches may make an exception to this policy.

Cheerleading Responsibilities

1. Cheer at all high school football games in the regular season and during play-offs.
2. Attend all scheduled practices. All practices are mandatory both in-season and summer.
3. Cheer at scheduled high school basketball games (boys and girls). This will include tournament games and area as well as state play-offs.
4. Participate in spirit days, parades, and any public appearances.
5. Will perform any skills demonstrated during tryouts (jumps, tumbling, and fitness all year)
6. Attend sign painting during the summer and in-season (may require after practice hours).
7. Wear the appropriate uniform attire and accessories for games, pep rallies, during school and other events.
8. Participate in ALL fund-raising events (clinics) for the cheerleading program.
9. Be productive and cooperative during practice time.
10. Use proper technique and safety when stunting.

***With the exception of illness, a REQUEST for an absence at least TWO (2) WEEKS IN ADVANCE IN WRITING** prior to an absence in order for that absence to be considered for excusal. Final approvals are up to the coach and not all will be excused. Not providing the 2 week notice or not a valid excuse can result in inability to perform at the upcoming events.

Cheerleading Contract, revised 1/21

Cheerleading Behavior

1. Cheerleaders are subject to all rules and regulations of Mountain Brook High School including the Academic Honor Code. They must also follow the guidelines and procedures of the Mountain Brook High School Athletics, the Mountain Brook High School Cheerleading Contract.
2. As representatives and leaders of Mountain Brook High School, cheerleaders shall conduct themselves in a responsible and dignified manner at all times. They should continually exemplify strong character and leadership qualities.

Absences

1. All practices, games and events are mandatory.

***At no time is work, a family reunion, a party, vacation, college visit, or any event of this nature excused to miss practices, games or travel to games, or other required cheerleading events.** The coach will determine what excuses are appropriate and inappropriate at the time of the event. Un-notified and/or inappropriate absence from a game or other event will result in a conference with the coach and possible consequences will be determined by the coach.

Academics

1. Cheerleaders must maintain a "C" average in each class **at all times** during the school year. Dropping below a "C" average will result in restrictions.
2. Cheerleaders must uphold the Mountain Brook High School Honor Code. Academic dishonesty will result in a 3 week suspension for the first offense. Additional instances of academic dishonesty could result in permanent suspension from the squad.

Cheerleading Grades

1. Attitude, attendance, dress, exam and participation will affect the cheerleader's grade for the 8th period class.

Discipline

Since we cannot foresee all the situations that may arise during the cheer season, the coaching staff reserves the right to take disciplinary action for offenses as necessary.

Coaches

The coaching staff is appointed by the principal and approved by the Mountain Brook City School Board. They are responsible for coaching cheerleaders in the areas of safety, dance, motions, jumps, and proper double and single base stunting techniques and stunt progression. Throughout the year the coaches will inform the cheerleaders about practices, games, meetings, and other events. Because not every situation can be foreseen, it is the responsibility of the coaches to handle these situations with common sense and to act in the best interest of the Mountain Brook High School Cheerleading Program. **All final decisions are up to the discretion of the coaches.**

NOTICE OF NONDISCRIMINATION

The Mountain Brook School system does not discriminate on the basis of race, color, religion, national origin, sex, disability or age in any of its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding nondiscrimination policies:

Mrs. Amanda Hood—Director of Student Services (Title VI) (hooda@mtnbrook.k12.al.us)

Mrs. Susan Cole—Personnel Director (Title IX) (coles@mtnbrook.k12.al.us)

Dr. Missy Brooks—Director of Instruction (Title II) (wildman-brooksm@mtnbrook.k12.al.us)

Dr. Missy Brooks—Special Education Director (Section 504) (brooksm@mtnbrook.k12.al.us)

Contact Information:

32 Vine Street
Mountain Brook, AL 35213
205-871-4608

Mountain Brook High School Cheerleading

Acknowledgement Form

I have read and understand the stipulations in the Mountain Brook High School Cheerleading Contract. I acknowledge that being chosen for the Mountain Brook High School Cheerleading squad obligates me to follow the guidelines in this contract. I agree to abide by these rules and I also understand and agree to the possible consequences should any of these rules be violated. I also understand that all final decisions are up to the discretion of the coach.

Cheerleader Signature _____

Parent Signature _____