

# Spirit Handbook

January 2012

## Purpose:

- To promote school spirit by actively involving all fans in cheering at games, pep assemblies, and special events.
- To promote good sportsmanship through spirit squads acting as positive role models .
- To promote positive school climate
- Although the primary purpose of the cheerleaders/dancers is to act as a spirit group, they may participate in no more than six competitions during the calendar school year for the purpose of developing and improving cheerleading/dancing skills, promoting team spirit and unity, and rewarding teams who have actively promoted the primary purpose of cheer/dance in Broken Arrow Public Schools.

## Philosophy:

- Spirit teams will serve as an effective means to build an active, cohesive, supportive and enthusiastic student body at school athletic events and promotions.
- Spirit teams will promote positive school spirit through building school spirit and unity.
- Spirit teams will display teamwork by working with others not only on the team but also in other organizations.
- Spirit teams will achieve success by motivation, time management and goal setting.
- Spirit teams will show sportsmanship by displaying desirable social traits.
- Spirit teams will set personal goals.
- Spirit teams will achieve personal health habits such as nutrition, exercises/fitness, stress management and personal hygiene.

## Obligations:

**TIME:** The amount of time required of spirit team members will vary from season to season throughout the year. Activities other than practice and game time will be involved in the time commitment. Academics are our first priority. Spirit team commitment will come before all other activities.

- Spirit team members will be given a minimum of one (1) week notice for all required practices, games and events. When one (1) week notice is not given, attendance is not mandatory , but strongly suggested.
- School approved activities such as National Honors Society or Student Council events may be excused providing the coach is notified of the conflict prior to the practice, game or event.

- Spirit team members are allowed 3 excused absences (such as family emergency, illness family wedding, etc. ) without penalty providing the coach is notified of the conflict prior to the practice, game or event.
- An absence may be excused if the coach is notified prior to the missed event and if the event could not be helped. A doctor's note must be provided if the member cannot participate due to illness/injury.
- If injured, spirit team members must provide a doctor's release before they can return to spirit practices, games or events.

Spirit team members will be given the following consequences for unexcused absences:

1<sup>st</sup> – Make-up workout

2<sup>nd</sup> – Make-up workout or benched from an event

3<sup>rd</sup> – Benched for the next event

4<sup>th</sup> – Conference with the Coach, Spirit Coordinator and Athletic Director

*Make-up workouts must be completed within one week of the absence. Members cannot participate until make-up requirements are completed. Excessive absences may result in removal from the team.*

Behavior:

- All school rules apply to when a member is in uniform or attending an activity while representing Broken Arrow Schools.
- The notoriety of being a spirit team member places an additional burden on the student. Members represent their school at all times both in and out of uniform. As a result, the student can anticipate being held to a higher standard of behavior by our community. It is extremely important that members be aware of the fact and be willing to conduct themselves accordingly.
- High School cheerleaders/dancers will cheer/perform at designated Varsity, JV, and freshmen events. 8<sup>th</sup> grade cheerleaders will cheer at all home football and basketball games (excluding tournaments). 8<sup>th</sup> grade dancers will perform as designated home football and basketball games. The major events include; football games, basketball games, wrestling matches and any tournaments designated by the Spirit Coordinator or Athletic Director(s).
- After the regular season ends, all cheerleaders/dancers will participate in other activities as directed by the Coaches/Spirit Coordinator. Senior cheerleaders/dancers will be responsible for teaching the tryout requirements.

Consequences for Violation of Team Rules:

- Specific Consequences for Violation of Duties and Rules
- Cheerleader or dancer will be suspended from a squad upon the third offense:
  - Late for practice or game
  - Untidy uniform

- Improper attire
- Uncooperative attitude or behavior
- Profane language or obscene gestures
- Unsportsmanlike manner or attitude
- Public display of affection
- Actions may result in the removal from a squad:
  - Any act or deed that harms the reputation of the school or squad
  - Smoking, drinking or use of any illegal substance
  - Uncooperative attitude or behavior
  - Violation of any school rule
  - Failure to maintain the OSSAA regulations
  - Leaving during a game
  - Cutting classes
- Removal from the squad will be determined by the Coach and approved by Spirit Coordinator and Athletic Director
- Actions that will result in removal from the squad:
  - Any of the above suspensions
  - Failure to meet the OSSAA regulations

#### Eligibility Rules:

- To be eligible to be a cheerleader/dancer in Broken Arrow School, the following requirements must be met:
  1. OSSAA eligibility requirements grades will be checked on a weekly basis.
  2. Cheerleaders /Dancers must maintain an acceptable code of conduct to remain on the squad. If cheerleaders/dancers are dropped from the squad due to disciplinary reasons, or eligibility that person will not be eligible to try out for cheerleader/dancer for the next year unless approved by the Spirit Coordinator and the Athletic Director.
  3. Cheerleaders/Dancers may not participate in other activities, which will conflict with cheerleading/dancing responsibilities. Choices of activities one wishes to pursue must be made at tryout time. If there are extenuating circumstances, the cheerleader/dancer may appeal to the Spirit Coordinator and Athletic Director who will make the final decision.

#### Uniform and Equipment /Props:

- Cheerleader/Dancers are responsible for their own uniform – cleaning and repairs. Uniforms must be dry cleaned before they are returned at the end of the school year. (Seniors will be given a uniform – chosen by the Coach and Spirit Coordinator - to keep at the end of their senior year)

- Uniforms purchased by the school district will remain property of the school district.
- Uniforms should be worn only to school events and are not allowed to be loaned to anyone else. Uniforms to be worn to an activity will be decided by the Captains and the Coach.
- Any part of the uniform provided by the school must be returned at the end of the school year when requested by the coach.
- If a uniform is permanently altered or damaged in any way, the cheerleader/dancer is responsible to pay the cost of the replacement piece.
- When in uniform, at summer camp or teaching clinics, cheerleaders/dancers may not have on jewelry, excessive make-up, distracting nail polish or chewing gum. Hair must be pulled up and out of the face. Hair cannot be touching shoulders unless part of performance costume. Dancers may wear appropriate jewelry as part of the required uniform.

#### Transportation:

- When transportation is provided for an out-of-town event by the Athletic Dept., attendance is mandatory.
- Attendance is not required at out-of-town games when the school does not provide transportation.
- Under special circumstances, if parents notify the coach/sponsor by email 24 hours before the event, then they may ride with their parents. Cheerleaders/Dancers will not be allowed to ride with anyone other than a guardian – even with parent consent.
- Participation in “special” events will be dependent on the team’s ability to raise funds.

#### Grading Policy:

*A zero daily grade will be given for unexcused absences.*

Grades will be based on a total number of points earned for each semester. Points will be given for the following:

#### **Practice – 20 points per day**

**Dressed out practice** (practice attire, hair up, shoes) – 5 points

**No Gum / Candy or Jewelry**– 5 points

**Participation** – 10 points

#### **Games – 60 points**

#### **Game Evaluation:**

*Must have all of the following to receive points-*

- On time
- Right uniform and accessories
- Correct hairstyle
- No colored fingernail polish
- Removed all jewelry without being reminded
- No gum
- Stood at attention and sang words to the National Anthem
- Paid attention to the game
- Was in position to cheer the second half at the proper time (3 minutes on the clock)
- Did not talk to the crowd when I should have been cheering or watching the game.
- Knew game material: Sideline chants, cheers, time-outs, quarters, band chants, etc.
- Jumped/standing tumbling when team scores or during appropriate times.

**Homecoming week** – 10 Points per day (Cheerleaders/Dancers must participate in dress up or spirit activities each day to receive points)

**Attendance at two sports events** /semester (not football/basketball/wrestling) – 50 points an event

**Spirit Signs** – 20 Points per game (one a week)