

# **Frontier High School Cheerleading**

## **Constitution and Responsibilities**



*Revised May 2023*

# Welcome!

We are so glad you are interested in becoming a part of the Frontier Cheer Squad! Take a moment to read over the packet. If you have any questions, please don't hesitate to ask. There is a lot to go over in the upcoming weeks.

Before you get started, think about something:

**What does being a cheerleader mean to you?**

Keep thinking! We will discuss our ideas about what being a cheerleader means. Together, we will develop a team vision.

## CONDUCT :

- ★ Cheerleaders must agree to the FLSD student handbook, and FLSD student/athlete handbook rules.
- ★ Above all, we will RESPECT one another, our fans, our athletes, our rivals, our officials, and our administration.
- ★ **Remember, we are representing our school, our families, and ourselves.** Sportsmanship (win or lose) is required of our athletes and our coaches.
- ★ As a team, we should be loyal to each other and remember the strong impact of words. We will speak positively of our teammates and opponents. Our social media posts should reflect the same kind of positivity (remember: words in print cannot be undone).
- ★ Appropriate language is expected during practice, games, and other functions.
- ★ Your academic wellbeing is important! Cheerleaders must maintain a GPA of 2.0 or higher to participate.
- ★ Tumbling and stunting may only take place in the presence of a coach.
- ★ Cell phone use is prohibited during games.
- ★ If a cheerleader quits before the end of the committed season and wishes to return, a meeting must be scheduled with the coaches and the principal or athletic director prior to tryouts.

The consequence for not following a conduct expectation will be to sit out a game (benched). If a cheerleader is asked to sit out, the expectation is to sit, in uniform, next to the coaches.

Your coaches are always willing to discuss any concerns or issues with you as an athlete. Please, come to us should the need arise.

## ATTENDANCE:

- ★ YOU are an important part of our team! And, your teammates are counting on you.
- ★ Cheerleaders are expected to participate in all scheduled events. More than 3 unexcused absences may result in loss of position on the team.
- ★ Being on time and dressed appropriately is expected.
- ★ Prior notification is required if a cheerleader will be late or absent from a practice or game. (A simple text or call will always do.)

- ★ Practices are mandatory. Prior notice is required for family vacations. A doctor or parent note is required for sicknesses. A death in the family is certainly excused. A cheer schedule will be given in advance; plan accordingly, especially if you have a summer job. If a cheerleader has other school commitments, talk to your coaches.
- ★ **Gameday** - arrive 40 minutes prior to the start of the game, dressed and ready to cheer. Cheerleaders are responsible for bringing all gear. We will meet after every game. For safety reasons, always check in with a coach before leaving a game.
- ★ As coaches are not permitted to transport athletes to or from practice or home games, cheerleaders are responsible for having reliable transportation to these events.
- ★ Participation in various fundraisers is expected.
- ★ Cheerleaders will cheer for half of the Boys' JV games and all of the Boys' varsity games, unless a JV cheer squad is selected (depending on numbers).
- ★ If another sport requests our cheerleaders to cheer at a particular game, we will attend and cheer them on (given there are no scheduling conflicts).
- ★ Parents of cheerleaders are required to work concession duty during 1 football game and 1 basketball game. Parents may choose which games they will work concession duty by signing up, or they will be randomly assigned.

#### **COMPETITION (if possible):**

- ★ Competition cheer squad will consist of up to and no more than 15. To be considered for the competition cheer squad a cheerleader must be committed to cheer from tryouts and participate in sideline cheer for football, basketball, or both.
- ★ The final competition cheer squad will be selected, based on year-long commitment, performance, attitude, and attendance.
- ★ A cheerleader can be dismissed from the competition squad at any time based on any infractions at school or failure to follow expectations.
- ★ Competitions are discussed and decided upon in advance in order to give cheer families time to make plans.
- ★ Additional expenses may occur for competitions.

## **TRANSPORTATION:**

- ★ Cheerleaders are required to ride the bus with the team to away games.
- ★ If a cheerleader is not riding the bus home, a parent/guardian must let the coach by the 4th quarter and sign out their cheerleader. Cheerleaders will not be allowed to return from any away with other students or anyone who is not designated on their sign-out list.
- ★ At times, school transportation may not be provided. In these cases, the cheerleader's family is responsible for transportation.
- ★ Cheerleaders and their families are responsible for transportation to all home games, practices, and scheduled events.
- ★ It is imperative that parents/guardians arrive on time to pick up their cheerleaders. We will respect your time, please, respect ours.

## **APPEARANCE :**

- ★ Our appearance is one way to show our team unity! Dressing as a team is important. Uniforms and hair styles will be decided upon prior to each game.
- ★ Jewelry is prohibited for safety reasons.
- ★ Undergarments should not be visible.
- ★ Uniforms are school property on loan to cheerleaders for the season. Other than typical wear and tear, uniforms should be returned in the same condition as they were given. A form will be signed by families acknowledging all uniform and equipment is property of the school. A fee may be assessed for lost or damaged items.
- ★ Alterations to uniforms may be made with coach approval. Take-ins and tucks are allowed, but cutting the uniform is not. Alterations are a family expense.
- ★ Public display of affection is not acceptable while in uniform (including social media posts).
- ★ Gum is not permitted during practices or at games.
- ★ It is expected that cheerleaders be back at the sideline and ready to cheer 3 minutes prior to the second half.
- ★ Hair bows are to be worn on top of the head.
- ★ Nails should be natural and trimmed, to avoid injury.

## **FINANCIAL OBLIGATIONS :**

Please know, we do our best to keep costs as low as possible for our families.

- ★ A list of possible expenses is included. Please, review these carefully.
- ★ In an attempt to lower family costs, fundraisers will take place. The money raised will go to items such as t-shirts, bags, warm-ups, camps, spirit decor, banquets, etc. Participation is expected.
- ★ After-game meal money for away games will be needed.
- ★ Physicals are good for one year and must be current to participate.
- ★ Cheer clinic fundraiser attendance is required.
- ★ Themed games throughout the year may require additional costs (white-out, black-out, etc.).

## **Potential Costs:**

Camp : TBD  
Camp attire (3 to 4 outfits): \$90  
Shoes: \$75  
Hair Bows: \$15  
Spanks: \$20  
Skirts: \$35  
T-Shirts (multiple t shirts): \$75  
Warm-Up: \$60

- ★ Personal expenses include but are not limited to: Shoes, spanks, bows, cheer camp, physicals, t-shirts, shorts, and various donated items for clinic, spirit week, fundraisers, or camp.
- ★ Note: some of the expenses MAY be defrayed by fundraising.
- ★ If you do not participate in fundraising you will be responsible for the entire cost.
- ★ It is vital that everyone participates in our fundraising activities, which include (but are not limited to) pizza sale, tag day/bake sales, car washes, apparel sales, clinics, raffles, sponsor drive, and popcorn sales..

## **Varsity Lettering:**

- ★ To receive a varsity letter you must complete both football and basketball seasons.
- ★ Participate in 90% of all events, as well as practices.
- ★ To receive an OHIO SEAL for cheer you have to have a total of 120 hours of cheer, including practices and games.

## **Things that you need to know!**

### **COUGAR FIGHT SONG**

**You're gonna hear that COUGAR roar  
Like nothing else you've heard before  
You're gonna see our blue and gold  
You're gonna see a team that's rough, and tough, and bold.  
We're gonna fight, fight, fight to win  
You're gonna know where the COUGARS' been  
We're gonna play our game, you're gonna know our name,  
COUGARS! COUGARS! COUGARS!**

### **ALMA MATER**

**(Written by D.C. Reynolds, a former teacher in FLSD)**

**On the banks of the great Ohio  
Stands a school built for pioneers  
She will light our way through the darkest day  
Frontier High we will follow you.**

**We'll send our name before us  
Our banner will unfold  
We'll keep our flag untarnished  
The Cougar Blue and Gold The**

## **Cougar Blue and Gold**

### **General Knowledge:**

Frontier High School was founded in 1968

The FHS Mascot is the cougar.

Our school colors are Columbia Blue and Vegas Gold.

Our Principal is Todd Bradford.

FHS Athletic Director is Roger Kirkpatrick.

Our Cougar's head football coach is Damon Metheney.

The Boys Basketball head coach is Roger Kirkpatrick.

Our District Superintendent is Beth Brown.

Our Board of Education consists of 5 members: Jarod Kiggans-President , Adam Snyder- Vice President , Jeff Knowlton , Jennifer Ramsey, Joani Reese.

### **COACHES CLAUSE:**

Cheer coaches reserve the right to make decisions based upon what is best for the team.

Let's work together for a great year! We are FRONTIER!

Heather Berentz

740-525-3581

Sally Trifiletti

316-619-4615

**Note to parents:** Parents are expected to give support, encouragement, and accountability to your cheerleader throughout their commitment to the team and to the standards expressed in this guide. Be supportive and constructive towards our school, squad, and its leaders by practicing life-promoting attitudes and actions, and by avoiding negativity. Parents are also expected to be in open communication with the cheer coaches and to bring concerns to them



first. However, before, during, and after events is not the place to have an impromptu meeting. If a discussion is necessary, please schedule a time with your coaches. If necessary, further concerns can then be addressed with the Athletic Director and or Principal.

**PARENTS ARE REQUIRED TO WORK CONCESSIONS AND SPIRIT TABLES.**

### **Frontier High School Cheerleader Information**

Name :

\_\_\_\_\_

Age: \_\_\_\_\_ Birth date: \_\_\_\_\_

Grade next year: \_\_\_\_\_

T-shirt size: \_\_\_\_\_ Short/ pant size: \_\_\_\_\_

Hoodie size: \_\_\_\_\_ Shoe size: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Do you have cheerleading experience: (circle one) yes no

If yes how many years have you cheered: \_\_\_\_\_

What organization(s) did you cheer for: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Cell: \_\_\_\_\_

What other sports clubs do you plan to participate in next year?

\_\_\_\_\_  
\_\_\_\_\_

**Photo Release:**

I hereby give my permission for Frontier High School Cheerleading to take photographs and publish photographs of my child for social media and evaluation purposes.

Student signature : \_\_\_\_\_ Date: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Costs:**

By signing below, you acknowledge that you are aware of the personal financial obligations to the cheer program and will also participate in all fundraising activities.

Cheerleader : \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

I have read all the expectations and agree to abide by them::

Cheerleader \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_