

Wildcats Cheerleading Handbook



Team Goal:

The goal of the Louisville High School Cheer Team is to increase school spirit, support our athletic teams, and represent the school positively. We uphold our team members to high standards of behavior and conduct. Our focus is on fostering leadership, character, and excellence within the LHS cheer team. We strive for each member to depart with enduring memories, confidence, and a sense of achievement.



Guidelines For Conduct:

1. Cheerleaders/managers are expected to conduct themselves with dignity and respect.
2. Avoid using inappropriate language both in person and online.
3. As representatives of our cheer program, teammates, and the sport of cheerleading, it is crucial to uphold standards of conduct, even on social media platforms like Facebook, Twitter, Snapchat, and Instagram. Understand that certain expectations regarding acceptable content apply.
4. Refrain from posting photos that depict alcohol, tobacco, or drugs, and avoid wearing excessively revealing clothing.
5. Cheerleaders must maintain good attendance and discipline at school.
6. Attend all classes; no skipping is permitted.
7. Show respect and avoid insubordination, including temper tantrums, outbursts, lack of participation, talking back, or rolling eyes. These expectations apply school-wide, not just during practices, games, or events.
8. Maintain passing grades in all classes.
9. Maintain a positive attitude; negativity is not tolerated.
10. Avoid laziness; dedication and effort are expected.
11. No tolerance for bullying behavior.
12. Refrain from instigating, encouraging, or engaging in physical violence or verbal altercations.





Demerits/Dismissal:

LHS Cheer Demerit System:

Cheerleaders, Managers, Mascot, and Parents should be aware of all the rules and expectations.

***The demerit system begins the first day of cheer camp.**

A. Practices/Events/Games:

- a) **ALL** practices are mandatory
- b) Cheerleading is a team commitment and cheerleaders are expected to be at **EVERY** practice, event or game unless given approval from a coach **PRIOR** to the event.
- c) Practice time is when motions, jumps, chants, cheers, dances and routines are learned and friendships are formed.
- d) **REMEMBER**– birthdays, birthday parties, going to the mall, movies and sleep-overs are **NOT** excused absences.
- e) Other sports conflicts will be dealt with on a case-by-case basis.
- f) Excused absences include illnesses, death in the family, and church/school functions. One family vacation per season is excused.
- g) Coaches need to be notified **PRIOR** to a missed practice or game in order to be excused.
- h) If you are absent from school or miss more than 60% of the school day without an excuse, you WILL NOT be allowed to participate in practice/event/game for that day. This is a district policy.

UNEXCUSED ABSENCES FROM PRACTICE– **3** DEMERITS

UNEXCUSED ABSENCE FROM OTHER SQUAD EVENT– **3** DEMERITS

UNEXCUSED ABSENCE FROM GAME– **4** DEMERITS





B. TARDINESS:

- a) Being early is being on time
- b) Practice starts at the start time unless given previous directions.
- c) For games, cheerleaders should be on the field, ready to stretch, and begin 30 minutes before the game starts.

*****This affects not only your child, but the entire squad, so please be courteous and have them there early.*******

- d) If you are NOT in the band, you are not to leave the field until all of the players are off the field for half-time, and your expected to be on the field ready to cheer with 2 minutes left **BEFORE** 3rd quarter. (DO NOT BRING FOOD TO THE FIELD AFTER THIS TIME.)
- e) If you are in the band, you are expected to be back on the field and join your teammates with 3 minutes left in the 3rd quarter.

1-5 MINUTES LATE- RUN EXTRA LAPS

6-10 MINUTES LATE- **2** DEMERITS

MORE THAN 10 MINUTES LATE- **3** DEMERITS

C. PARTICIPATION:

- a) It is important that all cheerleaders fully participate in all aspects of the cheer squad. This includes fundraisers in addition to practices, events and games.
- b) We expect all cheerleaders to practice hard and try their best.
- c) Laziness will not be tolerated.
- d) Cell Phones **WILL NOT** be allowed out at practice except for breaks.
- e) We are at games to cheer. Non-participation/not cheering/talking and playing with friends during a practice or game is **NOT** allowed.
- f) We will cheer at games from beginning to end. Downtime between cheers will not be excessive. That's why we practice to build stamina, so we can cheer the ENTIRE game.
- g) Our goal is to look as one and be the best we can be.
- h) Cheering at basketball games will be determined after football season. If we are able to cheer for these games, we will **ONLY** be cheering at home games.

FAILURE TO PUT FORTH EFFORT DURING PRACTICE/GAME- **2** DEMERITS

FAILURE TO COMPLETE AN ASSIGNED DUTY- **2** DEMERITS

LEAVING EARLY FROM PRACTICE/GAME/EVENT- **2** DEMERITS

HAVING CELL PHONE OUT/USING CELL PHONE DURING PRACTICE- **3** DEMERITS





B. DRESS CODE:

- a) Appropriate attire is required from cheerleaders. Practice attire should include t-shirts, cotton or athletic shorts, socks, sneakers and pom poms.
- b) Full uniforms are MANDATORY at all games. this includes shell, skirt, bloomers, liner (if needed), cheer socks, cheer sneakers, cheer bow, and pom poms.
- c) Hair MUST BE natural color during the season. NO COLORED HAIR. Hair must be pulled up in a ponytail at all practices and games.
- d) Large jewelry of any type may NOT be worn during practices or games. Small jewelry is ok. Newly pierced ears must be covered with band-aids or medical tape.
- e) Please bring cold-gear and "emergency kit" in cheer bags to games.
- f) Cheerleaders will wear the same uniform pieces, assigned by the coach, at each game to look the same.

JEWELRY (after 1 warning)- **2** DEMERITS

INAPPROPRIATE ATTIRE TO PRACTICE- **2** DEMERITS

NOT IN COMPLETE UNIFORM- **2** DEMERITS

C. CONDUCT/ATTITUDE:

- a) Cheerleaders are expected to exercise good sportsmanship at ALL times.
- b) Cheerleaders will be respectful to ALL coaches, cheerleading squad members and opposing football teams and cheerleaders.
- c) Cheerleaders are expected to be respectful in classes and to all teachers, coaches and staff.
- d) Negative attitudes WILL NOT be tolerated.
- e) No talking with friends, members of the squad, or members of the crowd DURING PRACTICES OR GAMES.
- f) Attending away games requires appropriate behavior on the bus, this includes and is not limited to standing up on the bus, being out of your seat, being too loud. Our drivers are trying to get us safely to and from all games, your job is not to be a distraction.

EXCESSIVE DOWNTIME BETWEEN CHEERS AT GAMES- **EXTRA LAPS**

NEGATIVE ATTITUDE- **3** DEMERITS

UNSAFE HORSEPLAY- **2** DEMERTIS

NOT PAYING ATTENTION DURING PRACTICE/GAME- **3** DEMERITS





BAD REPORT FROM A TEACHER/PARENT- 3 DEMERITS

TALKING BACK/BEING DISRESPECTFUL TO COACH- 4 DEMERITS

BEING DISRESPECTFUL TO TEAM MEMBERS- 3 DEMERITS

PROFANITY- 3 DEMERITS

INAPPROPRIATE BEHAVIOR- 3 DEMERITS

INAPPROPRIATE BUS BEHAVIOR- 2 DEMERITS

Being a cheerleader is an honor and a privilege.

With that honor, comes many responsibilities. This Demerit System was created as a guide for the expectations of LHS Cheerleaders. It will be implemented fully and equally. It is not intended to be used as a tool against anyone; but instead to protect those who wish to do all they can do to keep cheerleading the honorable position it should be.

Accumulation of Demerits Will Result In the Following Consequences:

2 DEMERITS- Running Extra Laps

4 DEMERITS- Sit out the first half of the next game*

6 DEMERITS- Sit out the next game*

8 DEMERITS- Parent meeting and sit out next game*

10 DEMERITS- Immediate Dismissal From The Squad

If a cheerleader is suspended from participation during a game, they will have to sit with their coach fully dressed in uniform and be supportive of the team

Regardless of the number of demerits, if a cheerleader is not prepared for the performance, he/she will NOT cheer. This INCLUDES knowing chants, cheers, dances or having the proper uniform.

At any time, the cheerleader may be removed from an activity for safety reasons or a negative attitude.

Bullying is grounds for immediate dismissal from the squad.

