



Sun Prairie High School (SPHS) Cheer Team Expectations

PROGRAM PHILOSOPHY

Cheerleading is a TEAM SPORT: athletes work together, but their individual efforts determine the total success of the program. Each athlete recognizes the importance of their role on the team, as well as supports each other team member equally. Dedicated individuals help the team to succeed; successful teams allow individuals to improve. At Sun Prairie High School our athletic programs are educationally based. Many skills and lessons learned through team training and participation are valuable life skills. Committed athletes, supportive parents, and knowledgeable coaches must work together to create a valuable and respected program.

ROLE OF A CHEERLEADING TEAM IN HIGH SCHOOL ATHLETICS

The National Federation of State High School Associations (NFHS) recognizes cheerleaders as being:

- **Crowd Leaders:** Cheerleaders connect fans and athletes during games. It is the Cheerleading team's task to unify the crowd and direct its energy and enthusiasm to rally and support the team. A Cheer squad also preserves the school's traditions and alumni interests with familiar songs, chants, and cheers.
 - **Spirit Raisers:** Cheerleaders model school pride throughout the year through pep rallies and events. A squad stays positive with encouraging cheers and chants, even when plays fail, athletes fumble, games are challenging, or questionable calls are made. Cheerleaders set an example of respect for the game, the players, and the fans of both teams.
 - **School Ambassadors:** Cheerleaders should be model students, both on the field and in the classroom. They must maintain school attendance and grade regulations. As ambassadors, they should spread school spirit and share positive experiences of being leaders at their school.
 - **Athletes:** Cheerleaders must be in top physical shape to perform and maintain their endurance throughout the game. Like other student-athletes, cheerleaders should practice and train in order to safely execute their stunts, jumps, tumbling and pyramids.
 - **Entertainers:** Cheer performances boost the overall excitement of sporting events. Engaging performances that involve the students, alumni, parent and community fans, help sustain school spirit.
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ATHLETE CHARACTER

The Sun Prairie Cheer Program embraces the same character promoted by the [Athletic Department](#). It is expected that student athletes will demonstrate Accountability, Respect, Coachability, Passion, Discipline, A Spirit of Sacrifice, Integrity, Commitment, Unity.

ATHLETE RESPONSIBILITIES

Being part of a team requires commitment and sacrifice. Athletes are expected to conduct themselves with honor and responsibility at all school functions.

Commitment to the Team

- Cheerleaders must be on time and prepared for each practice and event.
 - Athletes must arrive to practice and events at the designated time.
 - Athletes may not leave practice nor events early.
 - They should wear the appropriate attire for practices or events.
 - Being prepared means physically and mentally ready for the specific activities; eating well and getting sufficient rest is part of being prepared.
 - Students will check in and out at each practice and event.
- Attend every practice and event
 - It is a privilege to participate in Cheerleading events and students should prioritize these events when scheduling other activities.
 - The only reason to miss a practice or event is for a family emergency or school event, and must be cleared by a coach prior to your absence. Athletes should not be missing practice for work, babysitting siblings, or routine doctor appointments.
 - If students are ill and unable to attend school, he/she must contact the coaches and inform them.
- Practice good communication
 - Email coaches of absences and cc parents or guardians.
- Take responsibility for safety of yourself and teammates
 - Do not practice stunts or tumbling without proper supervision.
- Be responsible for uniforms and props
 - School uniforms and appropriate warm-ups must be worn to all games and events.
 - Athletes will be assessed the cost for any lost, missing or damaged items.
- Help organize and manage events
 - Be responsible for props and costumes.
 - Contribute creatively to events.
 - Stay positive and assist when needed.

Rules for Athlete Conduct

- Each athlete must treat all coaches with proper respect. Talking back, arguing, fooling around when a coach is talking to the team, or refusing to do what is asked will not be tolerated.
- Each athlete will treat teammates with respect and friendship. There will be no talking bad about, harassing, or making fun of a teammate for any reason.
- Each athlete will treat their competitors and athletic facilities (both home and away) with respect. Keep in mind this also includes social media.
- Profanity will never be tolerated.
- Athletes will be respectful to all teachers, administrators, etc. at school.
- Athletes will maintain quality grades (no F's and limited D's) in all of their classes.
- Athletes will uphold their commitment to classwork, completing homework, etc.
- Cell phones are not allowed during practice, games and events
 - If a student-athlete needs to use these items they need to get permission from a coach.
 - Cell phones may be used for music, but not for social media, games, etc.
- Athletes will follow the rules outlined in the SP School District's [Extra Curricular Handbook](#).
 - Use of alcohol, drugs and vaping is not allowed.
 - Bullying, harassment and discrimination is not allowed.

Athletes who do not follow the above expectations will face one or more of the following consequences depending on the severity of the incident.

- Meeting with coaches
- Specialized practices
- Dismissal from practice and an unexcused absence
- Suspension from one or more meets
- Dismissal from the team.

To resolve any disagreements/issues, the following procedure will be followed:

1. Athlete meets with coach.
2. Athlete meets with coach and head coach
3. Athlete sets up meeting with coach, head coach and parent/guardian
4. Athlete sets up meeting with coach, head coach, parent/guardian and athletic director

Understand that it may take the coaching staff a while to respond to any communications. Please consider that the staff has responsibilities outside of coaching (teaching, family, etc.) and will respond to any communications as soon as time for processing and other commitments have been met.

PARENT/GUARDIAN EXPECTATIONS

Parents also play an important role in the success of our athletes and program. Should your child represent a Sun Prairie High School athletic team, we expect that you would support that privilege by understanding and agreeing to abide by all policies in this code:

- Be supportive to your child
 - Encourage them to do their best.
 - Be a positive listener.
- Demonstrate respect and support to coaches and other athletes on the team in public and at home. We all have the same goal and should be on the same team.
 - Avoid speaking negatively about the coach or other athletes in front of your child. It will damage the coach/player relationship.
- Understand the ultimate purpose of high school athletics; it exists as an integral part of the total educational mission of the school and participation in athletics is a privilege and not a right.
- Encourage your child to practice good health habits; remind them they need energy for practice and events.
 - Eat well.
 - Get sufficient rest.
- Lend a hand with the booster club. Volunteer to help with projects and committees.
- Plan your vacations so your child can still attend practice and meets.
 - Go over the calendar with your child and ensure your child communicates absences to the coaching staff in a timely manner.
 - Encourage your child to take ownership of their schedule and help/remind them to email their coaches with absences, concerns, etc.
- Display excellent sportsmanship at all times.

COACHING STAFF RESPONSIBILITIES

The coaching staff of Sun Prairie High School Cheer Teams wants to create a respected program where we help students become successful in and out of the competitive arena. We coach because we believe each athlete and our team can be successful. And we truly enjoy what we do. We will be respectful to athletes, parents, and officials. We will come to practice prepared to train and instruct all athletes. We will make decisions based on what will be best for the team and for each athlete on the team.

SCHEDULE CONFLICTS

Please look over the calendar with your family and check for conflicts (family vacation, doctor/dentist appointments, weddings, etc.). Please turn in a list of your family conflicts (date and reason for the conflict) to a coach ASAP.

REQUIREMENTS TO PARTICIPATE

In order to participate Cheerleading the following must be completed:

- Signed up using Infinite Campus → <https://www.sunprairieschools.org/>
 - Helpful Information at <https://www.sunprairieschools.org/east-high/athletics/forms>
 - Use the tabs, especially Online Registration Information
- Please click the link below and complete the SPHS Cheer Interest Form:
 - [SPHS Cheer Interest Form](#)
 - Or scan QR code below
- SPHS Physical Form
 - List of Physicals are online
- Currently there are no try-outs for the 2022-2023 Cheer season.

Athletes without the above completed will not be allowed to practice until all are completed.

If you have questions about the requirements or need forms, please go to the Athletic Office at the high school.

STATEMENT OF RISK FOR PARTICIPATION

Although the Sun Prairie Area School District endeavors to operate athletic activities in a safe manner, it is impossible to eliminate risks associated with physical activity and/or sports. Therefore, parents and student athletes should consider these risks carefully before deciding to participate in interscholastic activities. Student athletes are recommended to obtain adequate health/accident insurance. If families have concerns about additional insurance, please contact the Business Services office at 834-6511

****IF YOUR INTERESTED IN SPHS CHEER SCAN THE QR CODE BELOW AND LET US KNOW:**

