



Fairfield Warde  
High School

## **CHEERLEADING EXPECTATIONS**

\*\* The following expectations are effective at any time a cheerleader is representing Fairfield Warde H.S. \*\*

Varsity Coach: Laura Coletti (cell 526-7968) (email [lauracoletti@sbcglobal.net](mailto:lauracoletti@sbcglobal.net))

### 1. **TIMELINESS:**

- Report for practice and games on time and ready to work.
- Cheerleaders must be dressed in the appropriate uniform or practice clothes. Practice time will NOT be used for changing.
- Tardiness will not be tolerated. Anyone arriving late to a game or practice late will not be allowed to cheer for a period of time as determined by the coach.
- Arrival time for home games is typically 1 hour before the game starts.
- Arrival time for away games is typically 15 minutes prior to the bus departure.

Once at an event all cheerleaders are expected to take the bus back to Warde together. If for some reason (i.e. family emergency) a cheerleader is not taking the bus home (due to extenuating circumstances) they may only ride home with **ONLY THEIR OWN PARENT**. The appropriate form can be downloaded and must be filled out in advance from the athletic web site.

A parent may NOT issue a hand written or verbal request otherwise.
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ALL CHEERLEADERS ARE EXPECTED TO BE PICKED UP ON TIME!!! If a parent is not able to pick their child up on time please make arrangements to have someone else pick them up.

**COACHES MUST WAIT UNTIL ALL ATHLETES ARE PICKED UP.**

## 2. PRACTICE ,GAME & COMPETITION ATTENDANCE

Attendance is expected at all events. This includes practices! You are given a schedule in advance. Please plan accordingly.

- All cheerleaders have a schedule and must plan accordingly. Doctor and Dentist visits should be made during non-cheerleading times.
- All cheerleaders are allowed 2 unexcused absences during the season.
- Prior notice must be given to the coach before the absence occurs BY THE ATHLETE.

Excused absences include: illness, death in the family, and participation in other academic functions.

**Work, vacation, drivers ed, and beauty appointments for school dances/formals are NOT acceptable excuses.**

- Practice or a game missed without prior notice to the coach may result in absence from play at a game.
- All cheerleaders must remain at the event until the COACH permits you to leave.
- All team members are expected to attend competitions regardless of whether or not they are actively competing. Remember that you are an important part of your team and since you are a member of the team you are expected to be at all team events!

## 3. SCHOOL POLICIES

### **Academics:**

- A student-athlete must take at least five Carnegie Units of work.
- Initial Fall eligibility is determined by passing four Carnegie Units from the previous year's final grades.

Winter and Spring eligibility (also Fall eligibility if the team is still playing after 1st MP report cards are issued) are determined by passing a minimum of four Carnegie Units from the 1st, 2nd and 3rd marking period report cards. (Any 2 credit class is considered a Carnegie Unit).

- A student-athlete may not turn 20 prior to the final day for competition as determined by the CIAC.
  - A student-athlete must not have changed schools without a change of legal residence.
  - A student-athlete has 4 consecutive years of eligibility from the date of entry into the 9th grade to be eligible for interscholastic competition.
  - A student-athlete must not play under an assumed name on an outside team. No student-athlete may receive personal economic gain for participation in any CIAC sport.
- School should be a top priority and each member is expected to perform to the best of their ability. Coach Coletti will check grades regularly.

**Cheering eligibility:** In order to be eligible to participate in after school extracurricular activities such as athletic practices, games, dances or proms, a student must be in attendance in school for a minimum of four hours on the day of the activity. If students are absent from school on a Friday, they cannot participate in a Saturday sports game, without expressed permission of the Athletic Director or Headmaster.

**School behavior:** physical violence, verbal violence, suspensions, and arrests are not tolerated. School administration and the coaches shall decide if suspension for a period of time is necessary or if dismissal from the team is necessary.

#### **4. CONDUCT AT EVENTS AND IN UNIFORM**

Your job is to cheer on and encourage your team. Remember that you would not be here if our teams didn't need you.

**Public display of affection:** There will be no public display of affection while in uniform at any time. This includes hand holding.

**Socializing:** socializing with others at practice or during cheering time at games in unacceptable. Friends and boyfriends attending an event CAN NOT sit or stand next to, or behind you. You are an athlete! Other athletes do not socialize during their games and neither should you.

**Timeliness:** All cheerleaders are expected to be on time for events as stated previously in #1. The use of bathroom facilities must be done before the game begins. At the half time of a game be in your spot and ready to cheer 1 minute before the next half begins.

**Drinks:** Drinks such as water, PowerAde, or juice (NOT SODA) are acceptable beverages to be consumed during a game and can be kept in a water bottle near oneself.

**Oral expression:** must be appropriate. Vulgarities will not be tolerated.

**Attitude: Cheerleaders promote school spirit and are expected to be positive role models at all times!!!**

All members are expected to treat ALL coaches, captains, teammates, faculty, administration and other students with respect. Cheerleaders are expected to listen to all coaches and captains and not talk while they are talking. If you have a problem let your coach know right away before you take matters into your own hands. Negative attitudes have no place on a team.

**National Anthem:** All team members must set an example and show respect to others, the school, and country by acting appropriately during the National Anthem. NO LAUGHING OR GOOFING AROUND IS ACCEPTABLE.

## 5. APPEARANCE

- **Hair** must be tied back and fixed before all games begin so it is away from the face. This is a National Federation Rule. Constantly fixing hair during games and practices is not acceptable.
- **No jewelry** is to be worn at any time during active cheering at practices or games. This includes bellybutton rings. This is a National Federation Rule.
- **Make-up** may be worn at any time. It must be applied before a game or practice and not during. NO GLITTER!
- **Nails:** noticeable nail polish is not acceptable.  
Nails must only be the length of your fingers.
- **Accessories:** (buttons, bows, ribbons, scrungies, barrettes, elastics, hats, etc.) worn while cheering at an event must coordinate with the colors of the uniform.
- **Uniform additions:** extra clothing for warmth during the fall season can be worn if ALL members of the team have them and the coach permits it. Ex.) gloves, thermal pants, head warmers, etc.

YOU ARE REPRESENTING FAIRFIELD WARDE HIGH SCHOOL, YOUR APPEARANCE IS EXTREMELY IMPORTANT. TAKE PRIDE IN THE WAY YOU LOOK AND ACT.

## CHEERLEADING CONTRACT OF RULES

I \_\_\_\_\_,  
(parent name)

Have read the rules required of a Fairfield Warde Cheerleader.  
I understand and agree to all of the expectations and rules that are set forth.

I \_\_\_\_\_,  
(student name)

Have read the rules required of a Fairfield Warde Cheerleader.  
I understand and agree to all of the expectations and rules that are set forth.

Date \_\_\_\_\_