

Brody Cheerleading Guidelines

Winter 2021

Objective

The objective of the Brody Cheerleading Squad is to safely create school spirit and to promote a sense of pride, leadership, loyalty, and tradition in Brody Middle School. Members of the squad are expected to serve as student representatives.

Each member will uphold all rules and regulations contained in the specific articles of the Brody Middle School Cheerleading Guidelines, the DMPS Code of Conduct, and the Brody Middle School Handbook.

The following guidelines apply to all cheerleaders and are designed as a foundation for the Brody Cheerleading program. The guidelines are not meant to cover all aspects of being a cheerleader and are subject to change at any time.

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COVID-19 Information

Social distancing will be maintained between players as much as possible before, during, and after practice.

Practices will have the same students always training together in practice to ensure more limited exposure if someone develops an infection.

Students are responsible for their own supplies (water bottle, hand sanitizer, face covering, towel, etc.).

Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing should be washed and cleaned after every workout immediately upon returning home.

Students must tell the coach immediately if they are not feeling well.

Only essential personnel are allowed to be at practices to limit possible exposure to coaches and students.

More specific information can be found in a separate document: *“Des Moines Public Schools COVID-19 Guidance MS Skills Academy – Winter Sports”*, which will be provided to all students and can be found on the Brody Cheer website (<https://brodycheer.weebly.com>).

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Academic, Behavior and Attendance Requirements

GRADES

Cheerleaders must maintain above a 1.5 overall grade in academic work throughout the Cheer season. Grades will be checked by the coach every week. The coach will speak with any student not meeting the grade requirement so an acceptable plan for maintaining grades can be put in place. If grades do not improve, the student may be dismissed from the squad.

BEHAVIOR

All Behavior Referrals will be reviewed by the coach and Brody Administration and may be grounds for dismissal from the squad.

Other causes for dismissal from the cheer squad are:

- Suspension from school. (OSS)
- Failure to comply with school and cheerleading rules and regulations.
- Lack of interest.
- Failure to cooperate with the coach and/or other cheerleaders.
- Any act which would cast a poor reflection on the student's ability to be a leader and be respected by fellow students.
- 3 unexcused absences from practices or games.

****NOTE: If there is a problem within the team, see the coach. Cooperation is expected at all times.
Negative attitudes will not be tolerated.****

ATTENDANCE

Cheerleaders are expected to attend practices (and games) on time and are expected to participate fully. Attendance will be taken at each practice and game. Please contact the Brody Attendance Line (242-8282) if your student will not be able to attend practice.

Three unexcused absences to practices or games are cause for dismissal from squad. If a student has an unexcused absence to a practice the week before a game, they will not be allowed to cheer at that game.

Cheerleaders must be on time to all activities and stay for the required amount of time. Only the coach may allow early dismissals.

No practices will take place without the coach present.

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Practice Expectations

Practices

Practice time is 4:00 – 5:00. Students will practice on the days their Cohort is at school. Students enrolled in the Virtual Cohort will attend the days they are assigned. A separate practice calendar will be provided. Students will report to the practice area immediately after dismissed from class. **If your student is in the Virtual Cohort, please speak with the coach to arrange the time your student will be dropped off.** If needed, students can change into practice clothes **in the locker room or bathroom after checking in with the coach.** Students are not allowed to roam the halls after school.

There is a late bus for students after practice. Please let the coach know if your student will need to take this bus. Cheerleaders not riding the bus must be picked up in the front of the building (circle drive) no later than 5:15 PM. Students may leave only after completing all duties and checking out with the coach.

Practice Attire

Appropriate dress for practice includes: Sneakers, shorts with no strings, buttons or zippers, a t-shirt that covers the belly even when arms are lifted. Long hair should be pulled up off shoulders and face. **Students without appropriate dress will sit out that practice.**

Other Extracurricular Activities

Cheerleaders are eligible for participation in other athletics programs, as well as other extracurricular activities.

Other Rules and Regulations

For safety reasons, there will be no stunting and/or tumbling.
NO gum, NO glitter, NO stickers, and NO hard hair accessories.
Cell phones will be kept on silent except in case of emergency.