

ROSA CHEERLEADING INFORMATION PACKET 2018-2019

Dear Parents/Guardians:

Welcome to another exciting season of cheerleading at Rosa! As always your continued support is greatly appreciated. Rosa would not be able to run a successful program without your commitment. Your child's safety, welfare and enjoyment are always our main focus. In order to ensure a safe and productive season, I have drafted a code of conduct for you to read over with your child in order to familiarize yourself with the expectations. After reading, please sign and return the lower portion indicating that you and your child have read and will adhere to the Code of Conduct.

Cheerleaders are required to wear their complete uniform to all games and pep rallies. The uniform is considered: shell, skirt, maroon or blue bloomers/shorts, long sleeve white bodysuit or crop top, white sneakers, white ankle socks, and bow. The shell and skirt are school issued and property of Rosa. The bloomers and bodysuit may be purchased at any dance/sports store or online at Amazon.com. Bow orders will be taken once the season begins. If purchasing these items is a problem, or should you have any questions or concerns, please feel free to contact me. I look forward to a wonderful season with you and your child cheering on ROSA!

Sincerely,

Mrs. Natalie Alonso & Miss Amanda Farrell

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Rosa International Cheerleading Code of Conduct

I. Practice

- Practice schedules are given out monthly and are located in the Guidance Office as well as posted on my eBoard.
- Four unexcused absences from a practice or game will result in dismissal from the team.
- Excused absences include illness, absence/sent home from school, doctor's note, or parental note. If a cheerleader knows ahead of time that s/he will miss practice a note or email from a parent/guardian should be given to your coach before practice begins.
- Cheerleaders should arrive ready to practice @ 3:10 pm unless a coach is notified. Practice will end at 4:20 and cheerleaders can take the late bus home or be picked up at this time.
- If a cheerleader is absent the day before a game, s/he may have to sit out of floor routines due to changes.

II. Games

- Cheerleaders are required to attend the first scheduled home game of the afternoon/evening. Games are in bolded and underlined font on the practice schedule. If a cheerleader cannot attend a game, a note or email from a parent should be provided prior to the game.
- Cheerleaders are to report for games half an hour prior to the start time dressed in a clean uniform.
- If a cheerleader is unprepared for a game, they are to sit with the squad to cheer, but sit out of any floor routine.
- No Cheerleader is permitted to wander the school during athletic events.

III. Behavior/Academics

- Cheerleaders are to be respectful at all times
- No cell phones or music related electronic devices are to be used during practice or athletic events.
- Academics are a priority. Any cheerleader who is failing or in danger of failing will need to make a plan for improvement with their counselor such as splitting time between practice and Bridge tutoring.

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IV. Uniforms

•The uniform is considered: skirt, shell, long sleeve white bodysuit or crop top, maroon or navy bloomers/shorts, white ankle socks, white sneakers, bow.

•Skirts and shells are numbered. Each cheerleader will be issued a numbered uniform. The same numbered uniform must be cleaned and returned at the end of the season.

•Uniforms are to be washed cold, gentle cycle and line dried. DO NOT put uniforms in the dryer, they will shrink.

If uniforms are not returned, records can be withheld and participation in another activity may be halted. If a uniform is lost, it will have to be purchased by the cheerleader.

** After reading, please sign below indicating that you and the cheerleader agree to follow the code of conduct. The signed slip should be returned to your coach. If this is not returned, cheerleaders will not be permitted to engage in any cheerleading activity.

I have read the Rosa Cheerleading Code of Conduct with my child _____ . We agree to the above terms and regulations. We also understand that failure to do so may result in disciplinary action such as suspension or expulsion from the team.

Parent/Guardian Name: _____

Email: _____ Phone Number: _____

X

Student Signature

X

Parent/Guardian Signature