

# ROSA CHEERLEADING INFORMATION PACKET



Dear Parents/Guardians:

*Welcome to another exciting season of cheerleading at Rosa International. As always your continued support is greatly appreciated. We would not be able to run a successful program without your commitment and sacrifices. Your child's safety, welfare and enjoyment are always our main focus. In order to ensure a safe and productive season, we have drafted a code of conduct that we expect to be followed by each cheerleader. We*

would like you to read over this contract with your child in order to familiarize yourself with what is expected. 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. **\*\*Please note that under any circumstances no cheerleader will be allowed to participate without this slip.**

*Cheerleaders are required to wear maroon or blue bloomers under their skirts. The bloomers may be purchased at any dance/sports store. We are also asking that cheerleaders wear a white shirt (no V-necks) under their shells, white sneakers and white socks during games and pep rallies. If purchasing these items is a problem please feel free to contact us.*

*We realize that the season is long and appreciate your commitment as well as your child's to this sport. Please read and return the Code of Conduct form as soon as possible. Should you have any questions or concerns, please feel free to contact us. We look forward to a wonderful season with you and your child cheering on ROSA!*



*Sincerely,*

*Miss Fargo*

## **Rosa International Cheerleading Code of Conduct**

### **I. Practice**

Practice is an important component to any learning experience. At cheerleading practice new cheers, dances and routines are taught and refined. Since cheerleading is a TEAM sport, absences not only affect the performance of the individual but also the entire squad. Practice schedules are always given out and are located near \_\_B-Wing\_ ( \_A-113\_). Four

unexcused absences from a practice or game will result in expulsion from the team. Excused absences are 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 from a parent should be given to your coach before practice begins.

- ❖ Cheerleaders should arrive ready to practice @ 3:10 pm unless a coach is properly notified. Every two lates will constitute as one absence.
- ❖ If a cheerleader is absent from school it is their responsibility to learn new material.
- ❖ 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 all home boys' and girls' basketball games to cheer on Rosa. There are approximately three games per week and are subject to change. **Games** are usually 3:45-4:45 & 5:00-6:00. If a cheerleader cannot attend a game, a note from a parent should be provided the day of the game.

- ❖ Cheerleaders are to report for games dressed in a clean uniform with hair pulled up or off their face.
- ❖ 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**

Rosa cheerleaders are to cheer on their fellow peers at Rosa functions to represent Rosa. Their behavior should be exemplary. Academics are also an important component of Rosa and require discipline in balancing curricular and extra-curricular activities.

- ❖ Cheerleaders are to be respectful of their teammates, school and school authority at all times. Any member who is not will face disciplinary action such as suspension or expulsion from the team.
- ❖ No cell phones or music related electronic devices are to be used during practice or athletic events.
- ❖ Academics are priority. Any cheerleader who is failing or in danger of failing will be asked to concentrate on his/her studies; however, a cheerleader will be allowed to rejoin the squad once they are passing.

#### IV. Uniforms

The school has purchased cheerleading shells and skirts. They are costly and we ask that they be kept carefully. Shoes, bloomers and white shirts are the property of the cheerleader. If these items cannot be purchased, please contact the coach.

- ❖ 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.



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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 signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student signature