

**Wildcat
Home School
cheerleading
Manual**

Index

Index.....	2
Welcome.....	3
Dress Code.....	4
Behavior.....	6
Expectations and Consequences.....	6
Leadership, Authority, and Respect.....	7
Fellowship.....	8
Attendance and Arrival Times.....	8
Stretches and Exercises.....	9
Things you can do at Home.....	9
Uniform Alterations.....	9
Personal Affirmation.....	10

Cheerleader Coaching Staff Contact Information:

Head Coach	Stephanie Sheets	H: 317.888.2941 M: 317.625.4663
Assistant Coach	Cynde Stouffer	M: 317.407.1676

Welcome

On behalf of the Indianapolis Homeschool Wildcat Sports Club, welcome to the Wildcat Cheerleading squads. We are excited about you being a Wildcat cheerleader and want this to be a fun and exciting experience for you.

As a Wildcat Cheerleader you represent the Club at all times during practice, games and tournaments, whether you are in uniform or not. You are asked to do so with a good attitude and a willing heart. Please observe the following when in doubt of what you should do:

- ❖ Honor God at all times in your words, actions and attitude.
- ❖ Respect the Club and those in leadership.
- ❖ Honor parents and respect fans, players, and fellow cheerleaders.

Because you are constantly being watched by parents, younger children and visitors, you are asked to:

- ❖ Model Christian character and good sportsmanship,
- ❖ Be selfless in service to and for others, putting others before yourself,
- ❖ Support the team(s) whether they are winning or losing,
- ❖ And, encourage fans to follow your lead.

Dress Code

While it is not the intent to dictate anyone's personal style, the leadership of the Club believes that a modest dress code is appropriate. Please adhere to the following expectation and guidelines.

Practice: – Before, During and After:

Be conscience of your dress before and after practice. Board members, parents and younger children will take notice if you appear inappropriate.

Please limit your dress during practice to athletic style clothing. Loose fitting shirts and sweat/warm-up pants or workout shorts (being no shorter than three finger width above the top of the knee cap). Denim or see-through fabric pants and shorts are not acceptable. There is to be no writing across the "rear" of your practice bottoms, i.e., "cheerleader", "cutie", etc.

Showing of the midriff "area" or wearing shirts that are tight is unacceptable. When you are practicing cartwheels, round-offs, flips, hand springs, etc, you will need to tuck your shirt into your pants or shorts. You are encouraged to wear the Club shirt that you will receive as part of your Club registration.

Socks and athletic shoes must be worn at all times during practice, with the exception of special permission granted by your coach as in cases of practicing splits.

No hoops or dangle earrings of any kind, shape, or size are to be worn during practice. Do not wear wrist or ankle bracelets, loose watches, or big rings.

Necklaces may be worn if they are tucked inside your shirt.

Games: Before, During and After

Come dressed and ready to cheer for all games. This includes your hair. (If you want others to do your hair, make arrangements to come early for that.

Do not roll your skirt, hike it up, or alter it in any way to make it shorter.

Wear your bodysuit/turtleneck and spandex shorts underneath your uniform.

Wear socks and athletic shoes at every game. (style will be directed by your coach.)

Wear your hair ribbon; this is part of your uniform.

Hair must be pulled up into a full ponytail out of face.

Earrings must be posts. No loops or dangles of any kind, shape, or size.

Games: Before, During and After *continued*

Necklaces may be worn if they are tucked inside your shirt.

Do not wear bracelets, anklets, loose watches, or big rings.

When you are ready for the game, your uniform should include: your shell and skirt/jumper, spandex shorts, socks, athletic shoes, pom-poms, hair ribbon, name pin, and turtleneck/bodysuit.

Pre/Post Game and Tournaments:

Remember that you represent the Club even when not wearing your uniform. The following rules apply:

- Shorts must be no shorter than three finger widths above the knee. They must be loose-fitting, not tight. No panty lines are to show. There are to be no printed words on the rear of your shorts/pants, i.e., “cheerleader”, “cutie”, etc.
- Shirts must be modest with no inappropriate or suggestive words or pictures.
- Skirts/Dresses must be no shorter than your cheerleading skirt.

Behavior

Listen and learn. You are welcome to give your input as long as you do it at the appropriate time, and with the appropriate attitude/spirit.

If you have a new cheer, please share it with the coach and if approved, you may share it at the appropriate time with your squad.

As a Christian you are to be selfless and put others before yourself. You can share ideas and come up with plans, but if you get upset and offended because things aren't going your way, you are being selfish.

You are expected to be respectful of each other, the cheer coach, the board members, and other adults that may be asked to supervise. Being confrontational, defiant, or talking about others behind their backs is rude and disrespectful. This type of behavior may cause disunity and bad feelings within the squad. If you have a problem with someone, go talk to that person and try to work out the problem. If that does not work, then talk to your coach and ask for her assistance in resolving the problem/issue.

At games, make sure you have spirit and show enthusiasm - you are a cheerleader! It is your job to be upbeat and to cheer for the team, even if they're losing a little or a lot. The more energy the cheerleaders have, the more energy the crowd will have, and this helps energize the team.

Expectations and Consequences

You are expected to make it to as many practices and games as you can. The coach understands that things do come up, and church & family are higher priorities. Out of consideration to the coach and the other cheerleaders, ***you need to contact the coach as early as possible if you will be arriving late or will be absent for practice, games or tournaments.*** (Note: If you are unable to reach your coach, please contact your squad captain to pass on the message.)

The Club and coaches request that each cheerleader observe and comply with the rules, regulations, and guidelines in this manual. While the coaches are hopeful that each cheerleader will comply, there are times when reprimands may need to be administered in the event of unacceptable behavior or actions. It is each cheerleader's responsibility to read the expectations/consequences in this handbook and abide by them.

The Cheer Coach and/or assistant can reprimand/"bench" you for your misbehavior. Bad attitude, disrespect, talking behind others backs, trash talking, etc. can and will lead to disciplinary action. If attitude and/or disciplinary problems continue to be an issue, and the coach deems that the problem is detrimental to the well being of the squads, she may expel the cheerleader from the squad for the remainder of the current season. There will not be a refund of Club registration fees paid to date. Re-instatement to the squad for any future seasons will be dealt with on a case by case basis, with the cheer coach's decision being final.

Leadership, Authority, and Respect

These three things go together. Their definitions are:

Leadership – The ability to motivate and lead others

Authority - The power or right to lead/command

Respect - To feel and show honor/consideration

You are expected to work together with the other cheerleaders and respect those in leadership positions. **Remember: Just as “poor teamwork” can make a talented group ordinary, “great teamwork” can make an ordinary group great!**

Respect your coach, her word is final. She will not tolerate rude or disrespectful attitudes.

Cheer Captain’s Responsibilities

- ❖ Encourage the squad!
- ❖ Make sure everyone is working hard and doing their best.
- ❖ Do it right (motions, words, etc.)!
- ❖ Ensure that practice gets started on time. You do not have to wait for the coach to tell you to start.
- ❖ Run practice for coaches if they are not currently available.
- ❖ Assist with the younger squads. Share your knowledge and experience.
- ❖ Be a problem solver.
- ❖ Ensure that none of the squad members behaves in a rude or disrespectful manner.

Fellowship

Fellowship and “girl-talk” is great, and we encourage you to get to know one another. However, “chit chat” during practice and games time is not acceptable. Practice time is to ensure that each member of the squad knows the cheers and is ready to perform during games. Chit-chat during games gives the impression to our fans and visitors that you are not a very professional squad. You are encouraged to fellowship before and after practice/games, but not during them.

Let the coach know if you're going to the bathroom or to get a drink, and then do it as quickly as possible. Remember, while restroom breaks are necessary, they are not a gathering place during practice or games. Our fans and visitors may also be in there, and will be listening.

Attendance and Arrival Times

All Squads

Let your coach know if you are not coming to the game or if you are running late.

Arrive at least 20 minutes before your designated game time.

Be at the designated cheer spot at least 2 minutes before the start of the game.

After your squad has completed their half-time routine, you may use the restroom and get something to eat or drink. You will need to be back in your spot ready to cheer 1 minute before the third quarter begins. You may bring a standard size bottle of water into the cheer area, placing it on or by the nearest wall. You are not to bring food items or chew gum while in the cheer area. You may only leave the court during the game or at other breaks if you have to use the restroom, you are leaving the facility with your family, you are sick, or you are injured. If you must leave, you need to notify your coach so she is aware of where you are.

Stretches and Exercises

Make sure you stretch well before each practice and game. This will warm up your muscles and help you to not pull or tear anything. You may want to get into the habit of stretching and exercising at home everyday. This will not only help you stretch faster at practice, but it will help you become more agile and tone your body.

Things You Can Do At Home

Although it is not required, we do ask that you practice at home, especially if it is your first year.

New girls: practicing your cheers at home saves time at practice, and you become better at the cheers, making you and the squad look and perform better.

All girls: please practice at home the cheers that you struggle with, as this will help you make fewer mistakes during games.

If your squad is doing a dance or big routine, it would be a good idea for you to practice your part at home so you can be sure to have your moves down. By doing your part at home, you will improve, and you will help the squad look even better.

Uniform Alterations

If your uniform does not fit properly, you may ask your coach about having it altered. Alterations include: taking in and letting out of your shell/jumper, moving the button on your skirt, and letting out the hem of your jumper.

If you alter your uniform in any way that is not approved by your coach, you will be told to put it back. If your alterations ruin your uniform, you will reimburse the Club for a replacement.

Personal Affirmation

I have read this entire handbook and understand its content. By turning in my signed and dated form I agree to follow and obey all the rules, regulations, and guidelines set forth in this handbook.

Note: If this form is not signed by the participant and the parent, and returned to the cheer coach, your daughter will not be permitted to participate on or with the cheer squads.

Participant's Signature

Date

I acknowledge that I have read this entire handbook and understand its content. I will ensure that my daughter adheres to the rules, regulations, and guidelines, and will be supportive of the coaching staff in all matters concerning the cheerleading squads.

Parent or Guardian's Signature

Date

Tear out and Return Page to Cheer Coach