

CARSON HIGH SCHOOL CHEER TEAM
RULES & EXPECTATIONS 2025/2026 School Year

Cheerleading will be treated like any other sanctioned sport at Carson High School. **The cheerleader must participate in all the scheduled practices, games (wear game day attire), fundraisers, camps, and any community outreach as scheduled by the coaches.**

All the above are mandatory unless otherwise stated by the coaches. If a cheerleader cannot abide by the coaches' rules and expectations, disciplinary actions may be taken.

VARSITY: The members of the Varsity Squad will cheer for all **HOME AND AWAY FOOTBALL AND BASKETBALL GAMES** during their regular and postseason. They will be required to attend all **CAMPS, FUNDRAISERS, PRACTICES, AND COMMUNITY SERVICE ACTIVITIES** as planned by the coaches. Athletes must cheer for the majority of football/basketball games in order to attain a varsity letter.

JUNIOR VARSITY: The members of the JV Squads will cheer for all **HOME FOOTBALL AND HOME BASKETBALL GAMES** during their regular and postseason. They will be required to attend all **CAMPS, FUNDRAISERS, PRACTICES, AND COMMUNITY SERVICE ACTIVITIES** as planned by the coaches. Athletes must cheer for the majority of football/basketball games in order to attain a JV certificate.

COMPETITION: There will be a **SEPARATE** tryout held in the fall for the competition team. All grade levels are able to participate in the tryout. Team composition will be determined throughout the tryout process and limited to 16-18 athletes. Depending on the amount of athletes trying out for competition, a second team in an alternative division may be considered. Participation on this squad does not meet the requirements for a varsity letter.

Participation in CHEER WEIGHTS is REQUIRED for all 10th - 12th graders. Athletes must enroll in a weights or athletic conditioning class at any time during the school day. This course will be for credits at CHS.

FRESHMEN are required to take FRESHMEN PE and are EXEMPT from weights or athletic conditioning.

ATTENDANCE

Cheerleading is time consuming! All candidates should be prepared to devote the appropriate amount of time to the activity. Participation in other sports, work, and outside activities is

supported; however, your school squad, practices, fundraisers, games, competitions, and other commitments **MUST** come first like any other organized sport.

Unexcused absences are not tolerated. Excused absences include doctors appointments or academic meetings; however, we urge athletes to make those appointments on Wednesdays since we will not have practice.

Cheerleading requires EVERY individual on the team to be productive at games or practice. ATTENDANCE IS KEY to reach both our athletic and competitive goals as a team.

Cheerleaders may not be absent anytime during the two weeks prior to a competition. The two weeks prior to a competition are imperative for our success at a competition and absences will not be tolerated during this time. Once the competition schedule is released, please mark your calendar, and schedule any arrangements around those dates.

Please see your teachers or the athletic training room for ice and athletic injuries **BEFORE** the start of practice.

Please schedule any sort of doctor's appointment or work schedules around practice times. If a cheerleader is tardy or misses practice for a doctor's appointment for whatever reason, they **MUST** bring a signed doctor's note verifying their presence at the doctor to practice.

GRADES

Grades will be checked at each grading period and during the time of progress reports (about every three weeks). Cheerleaders must be passing all classes in order to participate in cheerleading activities. Athletes' may be benched for a period of time or even removed from the team if passing grades are not achieved.

BEHAVIOR

Carson High School Cheerleaders are required and expected to follow all behavioral rules that are listed in the Carson High School Student Handbook, the Carson High School Right to Represent Agreement, and the Carson High School Cheerleading Rules and Requirements. The Cheerleader will be required to show respect to themselves, other team members, and the coaches. They will also be required to show responsibility when it comes to their belongings, learning cheers, chants, dances, etc.

As a team member, you are expected to be a strong representative of Carson High School and a positive reflection of your teammates at all times. Illegal, irresponsible, or any other form of negative behavior **IN or OUT** of uniform will **NOT** be tolerated. Moral standards are of the utmost importance to this organization and will be regarded as a high priority of all its members.

Any conflicts between squad members will be handled outside of practice and will be kept off the mat. Should anything occur on the mat that is a result of outside conflicts between squad members, **BOTH** squad members may be subject to disciplinary action.

If any individual cheerleader shows any negative behavior, disciplinary actions may be taken. Please remember that you are representing the school all times, including, but not limited to, outside social engagements, and social media.

SOCIAL MEDIA

Cheerleaders will not post or be associated with postings involved with smoking, drugs, alcohol, or sexual content. Members will not post or be associated with postings/conversations that are negative regarding their school, the Carson High School Cheer Program, its members or coaches. Cheer members may not engage in any ambiguous association such as re-tweeting, favoriting, liking, and reposting inappropriate material regarding another member or to the program.

Cheerleaders or parents with concerns about a social media issue will need to contact the coaches immediately.

DISCIPLINARY ACTION

Any cheerleader benched for a game must attend that game and sit, in uniform, with the coaches on the sideline. The same game rules apply to the disciplined cheerleader as to the rest of the squad: on time to the game, on the sideline with the team, and no socializing during the game.

Any cheerleader dismissed from the squad for grades, suspensions from school, or behavior, will not receive their varsity letter.

PARENTS/GUARDIANS

Parents/guardians should serve as examples of good sportsmanship at all games by supporting the team in a positive manner. Parents/guardians should be respectful to the coaches and all team members.

Hostile or negative inferences from parents may result in actions by the Carson High School Administration. All issues are to be addressed with the coaching staff first. Should a cheerleader or parent/guardian feel that, after addressing the coaching staff, the issue is still unresolved, the parent/guardian may make an appointment with the school Athletic Department and coaches to resolve any issues.

Any parent concerns/disputes must be handled in person, at an appropriate time and place. Parent concerns/disputes via phone, text message, email, or during games will not be accepted. Parent “drop-in” meetings will not be tolerated. Any parent that desires to meet with a coach must pre-arrange a meeting. Parent phone calls/text messages will only be accepted during the hours of 8AM – 6PM. All phone messages will be returned within 48 hours. As a coaching staff, we reserve the right, at any time, to have a CHS Administrator present at any meeting.

RESPONSIBILITY

One of the values of any athletic program is the opportunity for the students to accept more responsibility. To own this trait, cheerleaders must keep track of their own deadlines, fundraisers, practice times, and competitions. The primary source of communication will be SportsYou. It is ultimately the cheerleader’s responsibility to keep informed. Consequently, it is a cheerleader’s responsibility to inform their parents/guardians. The coaches will not be held responsible for lack of communication between parent/guardian and student.

FINANCIAL OBLIGATION

Varsity will be getting NEW uniforms this year, so returning varsity members will see an increased expense. Coaches will be sending out an itemized list of all practice wear, uniforms, and warm-ups by early June.

JV ATHLETES-

Uniform - **\$395**
Camp- **\$239**
Spirit wear- **\$203**

VARSITY ATHLETES-

Uniform- **\$405**
Camp- **\$239**
Spirit wear- **\$203**

Backpack/Duffel-**\$120**

Warm-up's - **\$185**

Total: \$1,142 (returning JV who do not wish to get a new uniform can subtract \$395 from total cost)

Backpack/Duffel-**\$120**

Warm-up's - **\$185**

Total: \$1,152 (ALL varsity athletes **MUST** get the new uniforms)

COMPETITION - \$1,500 (includes new uniform) Subject to change depending on competition fees and fundraising.

If a cheerleader fails to pay the required fees by the scheduled due dates, the cheerleader will be benched from play. If a cheerleader fails to pay the amounts by the end of the season, she will then be placed on the Fines and Fees list in the Carson High School Student Finance Office. Being on the Fines and Fees list could result in losing the ability to buy dance tickets, sign up for classes, or pick up your Graduation Cap and Gown.

There will be fundraising opportunities to cover the costs, however, should there be any financial concerns, we do offer the option of setting up a payment plan. If that option is chosen, a separate contract will be provided to ensure payment.

The competition fee is a projected amount that will include registration fees, travel, hotel, food, choreography, music, etc.

The cost listed above is subject to DECREASE as fundraising efforts take place. Athletes should be ready for the full amount if necessary, however we are hopeful that it will be LESS.

FUNDRAISING

CHS Cheer will keep 20% of all sponsorships in order to pay for various costs throughout the year including, but not limited to: equipment, coaching stipends, supplemental coaching, senior gifts, food for athletes, etc.

POTENTIAL FUNDRAISERS		
JUNE	Sponsor My Season Bubbles	Sponsorships
JULY	Aces Game	Sponsorships
AUGUST	Money Dolly	Senior Car Wash
SEPTEMBER	Jr. Senator Camp	Dutch Bros
OCTOBER	Chick-Fil-A	
NOVEMBER	Craft Fair	
DECEMBER	Host Cheer Comp	Pizza Factory
JANUARY	Jr. Senator Camp	Money Dolly
FEBRUARY		
MARCH	Mr. Carson High	

DISCLAIMER

The coaches reserve the right to modify any portion of these rules and requirements as needed at any time during the year. At times, judgment calls may be made regarding specific rules and policies; at which time, the Carson High School Administration will be notified.

Once you have read and agree to the rules and requirements provided, please sign, both parent/guardian and athlete. Due by **MONDAY, JUNE 9, 2025**

ACKNOWLEDGEMENT

I have read and understand the Carson High School Cheerleading Guidelines and I will abide by all the rules and expectations of the Carson High School Cheerleading Coaches.

Athlete Signature_____Date_____

I have read all the CHS Cheerleading Guidelines and I agree to support the coaches in upholding these rules. I also commit to paying any balance due, after fundraising efforts, to stay in good financial standing with the team.

Parent/Guardian Signature_____Date_____