

MCHS 2025-2026 CHEER CONTRACT

Name _____ Grade(25-26) _____

Cell Phone: _____ Current school: _____

Parent(s) Name(s): _____ Parent(s) Phone _____

ELIGIBILITY REQUIREMENTS:

- All cheerleaders are under the regulation of the Tennessee Secondary School Athletic Association.
- A cheerleader candidate must receive six credits in the previous school year to be eligible. (Incoming freshmen must be eligible for promotion; i.e., complete all credits in the previous year to be eligible.)
- A cheerleader candidate must be considered "in good standing" by the school they are enrolled in. This refers to attendance, grades, financial standing and disciplinary referrals.
- If you quit or are suspended from the cheer squad, you **will not** be eligible to try out the next year for **EITHER** squad. To be considered for another squad, the cheerleader must complete his/her current contract including all tournament games. This includes your 8th grade year- if you quit or were suspended from your cheer squad during your 8th grade year, you are ineligible to try out your freshman year.
- Cheerleaders must submit an annual physical exam BEFORE attending any practices or camp. The candidate may use their personal physician, or participate in the school-sponsored exams in May.

By submitting this document, I am granting permission to check my grades and disciplinary records. I understand that my eligibility to try out must meet the standards outlined above.

Being a cheerleader is more than just cheering at games or performing at a competition, it is about being an Ambassador for our team, our school and our community. By signing this contract, I agree to the behaviors outlined within, and I understand that I am a Role Model at my school and in my community; as such I understand that my actions will reflect on the entire team. This includes my ENTIRE school performance (attendance, academics, and conduct).

This contract is in effect from the time of squad members being announced at the end of tryouts, and remains in effect until the beginning of tryouts for the next year.

Cheerleader candidates must turn in this signed contract and a \$30.00 tryout fee at the Parent Meeting. Note that grades and discipline will be checked after contracts are turned in.

SCHOOL DISCIPLINE:

- Any cheerleader suspended from school (out of school suspension) or placed in alternative school is subject to suspension from the squad for the remainder of the year.
- A cheerleader member caught with drugs, tobacco or alcohol in any form, whether in use or in their possession, will be disciplined as outlined in the MCHS Student Handbook AND removed from the squad.
- If you quit or are suspended from the squad, you **WILL NOT** be eligible for end of season banquets, post-season games/tournaments, tryouts or award ceremonies.

FINANCIAL OBLIGATION

- Cheer uniforms will be ordered the week after spring break. Uniforms are custom garments made specifically for you. **Once the order is placed, it cannot be canceled. Deadlines cannot be extended.** By trying out for a position on the squad, you are agreeing that if you make the squad, you are **accepting** financial responsibility to pay all fees for uniforms, camp and other items by the deadlines given. Failure to pay the fees by the given deadlines will result in the cheerleader being removed from the squad. He/She will receive any items that have been paid in full. Any balance due will be placed on the cheerleader's permanent record and must be paid before the student will be cleared for graduation or their records released to another school.

SCHOOL ATTENDANCE:

- Cheerleaders are expected to follow school policy regarding school attendance and punctuality. A regular check will be made of attendance and tardies, and consequences conferred as appropriate.

GRADES:

- Cheerleaders are role models and ambassadors for the school, and as such, should place academics **first** in their list of priorities. Cheerleaders (not teachers) are responsible for grades. Cheerleaders are accountable for all their work (in class, homework, makeup work, final exams, etc.).
- Cheerleaders expected to have at least a "C" average in all classes when there is a random grade check. A cheerleader may be required to attend after school until the grade is raised.
- A grade of "D" on a report card at the quarter or semester will result in one-game suspension.
- A grade of "F" on a report card at the quarter or semester will result in a three-game suspension.
 - During suspension, the cheerleader will not participate in pep rallies or games, and will not attend any events in uniform.

CONDUCT:

- Cheerleaders are expected to participate in **ALL** cheer activities for their respective sport. **They will also participate in the spirit days and any other special activities of other sports and school organizations throughout the entire school year. You are a cheerleader for the FULL year, not just your season.**
- Cheerleaders are expected to show **enthusiasm and cooperation**. Each cheerleader shall display loyalty to the MCHS program in victory or defeat. Cheerleaders are expected to follow instructions and to cooperate with the coach, captain and other squad members.
- Cheerleaders will be **respectful** to the coaches, captains, and other squad members.

PARTICIPATION:

- Cheerleaders are expected to FULLY dress for ALL school spirit days during BOTH football AND basketball seasons. Cheerleaders should go above and beyond to make their school spirit evident. Failure to fully dress for the spirit day during either season is **one demerit**.
- Cheerleaders who fail to FULLY participate in all cheer activities are subject to game and/ or pep rally suspension. Continued behavior may result in expulsion from the squad.

PUNCTUALITY AND ATTENDANCE:

- Cheerleaders are expected to attend every practice and every game.
 - **EXCUSED ABSENCES:** (1) death in the immediate family, (2) sickness or injury documented by a doctor's statement, or (3) participation in another school activity (pre-approved by coach).
 - **UNEXCUSED ABSENCES:** work, vacation, appointments (including non-illness medical appointments), or family obligations.
 - Cheerleaders should notify the coach in advance in ALL cases, preferably the previous day where possible.
- Cheerleaders are expected to be **on time** for practices. Absences from or tardiness to practice **will not be tolerated**; practices are a requirement to be prepared for pep rallies and games.
- Cheerleaders are expected to be ready to cheer **30 minutes prior** to the game time **for ALL games**. Cheerleaders will spend time stretching and practicing when not involved in the team runout.
- Cheerleaders are expected to be on the sidelines ready to cheer with **one minute left before gametime and after halftime**. (Any cheerleaders late after halftime will sit beside the coach and cheer from the sidelines for the next quarter they were tardy to).
- Unexcused absences will be **one demerit** per absence. Tardies will be marked for each quarter hour late.
- Cheerleaders should remain on the sidelines while the game is in play. A cheerleader should notify the captain and/ or the coach to leave the sideline for ANY reason.
- Absences during tournament time will result in deductions on the following year's tryout scores. Tournaments are set at the beginning of the season and begin about 1 week after the regular season is over. Due to not knowing how far the teams will continue to play, cheerleaders will be responsible for allowing for games.

GAME- READY:

- When standing in cheer lines during games, focus should be on the game, not talking with one another or others in the stands, such as parents, boyfriends, etc. Cheerleaders should be in 'sideline stance'.
- NO GUM OR FOOD is acceptable on the sidelines or floor during a game, pep rally or public performance.
- A cheerleader is expected to be "IN UNIFORM" for every activity, following these standards:
 - Hair will be worn in a manner to ensure safety and consistency while performing. Hair should be **SECURELY** fastened in a ponytail or braid, and with a bow for pep rallies or games. Metal or plastic clips (or other styling tools) are not allowed in the hair while in uniform.
 - **ALL JEWELRY should be removed during practices, pep rallies and games.** This means no earrings of any kind, necklaces, bracelets, and watches. If it can be seen, it should be removed. This includes nose or other facial piercings. If piercings are new, only clear plastic sports earrings (invisible and non-metallic) can be worn.
 - Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length means the fingernails are not visible beyond the end of the fingers when viewed from the palm side of the hands (hands facing palms up).
 - Any cheerleader not "in uniform" at the beginning of a game or practice will be given **one demerit**.

COMMUNITY SERVICE

- Cheerleaders are ambassadors for our school and as such represent the school in a variety of community events. Cheerleaders are expected to complete **six hours** of community service during the school year, with three hours in the fall and three hours in the spring (before tryouts). Hours must be documented and submitted after each event is attended.

CELL PHONES:

- Electronic devices including, but not limited to cell phones and smart watches, are not to be used during camp sessions, practices, pep rallies or games. They should be put away or turned off once the session/ game has begun.

SOCIAL MEDIA AND TECHNOLOGY POLICY:

- Cheerleaders are expected to conduct themselves in an appropriate manner at **ALL** times. You are a representative of MCHS and should conduct yourself as such **AT ALL TIMES**. There should be no questionable social media posts or using any technology device (**ESPECIALLY IN UNIFORM**) that might question your respect for yourself, your teammates, your coaches or your school. **The coaches have the right to issue a temporary or immediate suspension when a post on social media is questionable.**
- **** Severe behavior problems may result in IMMEDIATE suspension or permanent expulsion from the squad. This would be at the discretion of the Coaches and/or School Administration. This includes (but not limited to): fighting, blatant disrespect of Coaches and Teachers, Vulgar and/ or inappropriate Social Media posts.**

TRANSPORTATION:

- All Cheerleaders will ride the bus to ALL away games if a bus is provided.
- If no bus is provided: Cheerleaders should ride **to** and **from** away games with their own parent/ guardian or the parent/ guardian of another cheerleader. In all cases, the coach must be notified by the parent/ guardian in person that they will take responsibility for the student with them. **At NO point should a cheerleader ride to or from a game with another student or friend under the age of 21 without the presence of a parent or guardian in the car.**
- Noncompliance of this section will result in **expulsion from the squad**. This is in accordance with the rules set forth by the McNairy County Board of Education and TSSAA.

STUNTS:

- STUNTS: Practices involving stunts are to be done under the direct supervision of the cheer coach, and the cheer coach **will NEVER** authorize practice of said activities when the coach is not present.

MASCOT

- The mascot will be subject to the cheer contract the same as any other squad member. The student serving as mascot may be excused from some practices and/ or games, but is expected to be at all events unless the coach says otherwise.
- The mascot position is for the **full** school year, including all football games and all home basketball games. The mascot serves as a public 'face' of our school, and may be asked to represent the school in a variety of other events as needed.
- In the event of a squad member's illness or absence from the game, the mascot may be asked to fill in for the missing squad member as needed.
- The mascot will not be required to purchase uniforms or shoes, but will need to purchase the wind suit and may choose to purchase the shoes and backpack.

Violation of any of these expectations and requirements as outlined in this contract may result in consequences determined by the coaches or administration and may result in additional conditioning, meeting with coaches/ administrators, suspension, sitting out of game or pep rally, being removed from a stunt group or a position in cheer line, or removal from the team.

Demerits are assigned as part of the disciplinary process. They shall be given for any violation of the outlined rules or expectations. Only the coaches can officially assign demerits.

Automatic Dismissal from Squad	<ul style="list-style-type: none"> ● Failure to attend a mandatory camp, event or game (especially without prior notification) ● Failure to support required fundraising events or failure to comply with individual monetary obligations (<i>Refunds will not be issued upon dismissal and monetary obligations must still be met even after dismissal.</i>) ● Smoking, drinking, or using drugs, or having drugs in their possession ● Accrual of the 7th demerit
Demerits	<ul style="list-style-type: none"> ● 1 demerit for each unexcused absence from practice or game ● 0.25 demerit for each 15 minutes late to practice or game, or returning from halftime ● 1 demerit for failure to fully participate in spirit days ● 1 demerit for not being "Game Ready" (<i>wearing jewelry or any metal, bow not in place, nails too long</i>) ● 1 demerit for unsportsmanlike conduct (<i>talking or clowning on the sideline, booing, disrespect to officials, etc.</i>) ● 1 demerit for talking to friends or family while cheering ● 1 demerit for negative behavior report from a teacher for classroom conduct or performance
CONSEQUENCES	<p>3 demerits = verbal warning and one half of game probation 5 demerits = verbal warning and one game probation</p> <p>During probation, the cheerleader will not participate in pep rallies or games, but will be expected to be in full uniform and sit with the coach during the game or pep rally. The cheerleader will cheer from the stands with no phone or friends to sit with you. This is a form of punishment; not extra time to socialize.</p>

McNairy Central High School Athlete Pledge

1. "I will be a person of honor."

Our players will conduct themselves in a way that brings honor to themselves, their families, their school, and their community.

2. "I will treat others with respect."

Our players will treat teachers, managers, coaches, officials, and everyone they meet with respect. They will treat other people the way they want to be treated. Hazing, bullying, and sexual harassment will not be tolerated in any form. Students or coaches that take part in this type of behavior are subject to suspension or expulsion from their teams, as well as appropriate school/legal sanctions.

3. "I will avoid drinking, drug use, and smoking."

Our school board rules prohibit the use of alcohol, drugs, and tobacco use. We discourage the use of any of these for your success now and later in your life after graduation. If you choose to use drugs, alcohol or tobacco it will have a negative effect on your performance and you may be dismissed from the team.

4. "I will be on time."

Everyone will be on time for all scheduled events, classes, practices, weights, and team meetings.

5. "I will dress appropriately."

The image you project will be a reflection on McNairy Central High School. Do not dress to draw attention to yourself. Remember, first impressions are lasting impressions. Dress properly.

6. "I will take pride in our facilities."

Our school has first class facilities. Our coaches, support staff, and volunteers take pride in keeping them neat and clean. We have good equipment, practice gear, uniforms, etc. We take care of them. We don't steal from the program.

7. "I will eat right and get rest."

It is important that you eat properly. You must eat the proper foods to perform your best. It is important that each player gets enough sleep to perform at his/her best each day.

8. I will work hard."

Our programs are built on the concept that hard work pays off. Each player should work hard in practice every day to achieve our goals.

I, _____, have read the eight (8) commitments and expectations of the McNairy Central High School Athletic Program and fully understand them. I agree to look back on this pledge during this year of my athletic participation and hereby agree to abide by their entirety. If I violate any of the guidelines, I do so at the risk of suspension, dismissal, or other disciplinary action. Furthermore, I am committed to the McNairy Central High School Athletic Program and the attainment of excellence.

I have read and agreed to the terms and conditions as outlined in this contract. I understand that if I have a problem, I will first discuss it with the coaches. I understand that I have the right to appeal, but that decisions made by the coaches are for the best interests of the squad and are FINAL.

Cheerleader _____ **Date** _____

Parent/Guardian _____ **Date** _____