

# *Oakwood Christian Academy*



## *Cheerleading Handbook*

2009-2010

# Oakwood Christian Academy

## Cheerleading Handbook

Welcome to the Oakwood Christian Academy Eagles Cheer Program. It is such a blessing to have the opportunity to work with your children and family. We believe that God has provided so many ways for people to utilize talents, gifts, and skills to serve the Lord in ministry. Cheerleading provides another opportunity to glorify the Lord as we build school spirit and encourage those involved in athletics at OCA.

OCA offers the following cheerleading opportunities:

Middle School Girls          Grades 6-8

### OCA Team Commitment Policy

1. Rules for any school-sponsored athletic event will be in conjunction with rules and policies in the OCA student/parent handbook. We expect our athletes to be leaders and set good examples at all times and in every situation at school and off campus. The discipline codes will coincide with the Discipline section of the Student/Parent Handbook.
2. All cheer athletes must maintain a passing grade throughout the sports season. If an athlete fails a particular grade, she will NOT be able to participate in any cheerleading functions until the grade is brought up to a passing level. Absolutely no exceptions will be made for this policy.
3. Student-athletes are expected to be present and on time to every practice, game, and cheerleading function. Any absence or tardy should be communicated directly to cheer coaches. This teaches OCA student athletes responsibility, commitment, and good sportsmanship towards their fellow squad members and coaches. Missing practices also places a greater burden on those at practice and hurts the squad's effectiveness.
4. Respect towards officials, authority figures, facilities, property, and other squad members is expected at all times. The discipline for these violations will be as follows:

**1st offense:** immediate removal from game, practice, or match and student conference with

A.D. and/or coach(es) for specified amount of time or remaining game time (as decided by Coach).

**2nd offense:** parent conference

**3rd offense:** 1 game suspension (but practice and game attendance is still mandatory).

**4th offense:** Probation for dismissal from the squad with a game by game decision for coaches regarding cheering privileges as decided by the coach(es).

5. Cursing and/or inappropriate language is absolutely unacceptable and will result in a one week or two game suspension, as well as probation for dismissal from the squad.

6. The athletic handbook must be read and statement papers must be signed by each student-athlete and her parent(s).

Also, the contents of the OCA athletic handbook should be abided by and the signed documents must be on file prior to participation in a sport at OCA.

#### Eligibility For Participation

1. In order to sign up for an OCA sport, students must maintain grades of "C" or above.

2. Students must maintain a "C" or above after every midterm and 9 week grading period. One failing grade will result in a 4 week "game" suspension or until the grade is brought back up to the minimum. Students should still attend practice during this time, but *cannot* dress-out for a game or travel to an away game with the squad. If the student does not bring their grade back up after the 4 weeks, the student will then be placed on **Academic Probation. This means the student will be ineligible for practice or games for 9 weeks.** Academic Probation will begin on Monday following the distribution report cards.

3. Athletic contest(s) are *no excuse* for late classroom work. Each student is expected to complete all homework and assignments regardless of whether the game is home or away. If the team is traveling away and has to leave school early, it is the student's responsibility to obtain all assignments for all classes missed prior to leaving school.

4. Students who are absent from school may not participate in extracurricular activities during the day. Students must be present a "full" day according to the guidelines stated in the OCA student/parent handbook.
5. Returning late from away games will not result in an excused absence the next school day. Students are expected to be in regular attendance the day following an athletic competition.
6. Students having office referrals at school, for behavior, will have immediate sports probation and may have sports activity involvement immediately suspended.

### Sportsmanship

Athletes, spectators, and coaches should exhibit good sportsmanship at all times and adhere to the following guidelines during competition:

1. ALWAYS cheer in a positive manner.... positive cheering leads to positive results.
2. Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happen; no unnecessary yelling or rude comments to the officials. Any concerns for officiating should be handled by the coaching staff.
3. Athletes should show respect towards the other teams by not making unnecessary comments before, during, or after the game. Athletes should always show good sportsmanship after the game by shaking the other teams hand. This should be practiced if we win or lose.
4. If an athlete does break the good sportsmanship code, it will be considered a violation of the Team Commitment Policy.

### Transportation and Travel

At this time, OCA does not have the vehicles necessary to require players to travel together. Therefore, parents may transport their children, or they may allow permission for another parent to transport their child.

### Dress and Grooming

When students are traveling to an away event either in or out of town, they are expected to dress in team uniforms, school uniform, or church attire. The coaches will decide on out of town dress being the same for each player. Shirts should be tucked in and all extra clothing, books, etc should be put in a bag and

carried on the shoulder. Students should exhibit respect for themselves, others, and both schools.

### Medical Information

For the protection and safety of the athlete, a physical examination is required *each year* before involvement in any athletic activity. Any injury or illness which occurs during a practice or game should be reported to the coach for evaluation. If medical attention is needed, the parents should be notified immediately.

OCA does not provide health insurance for athletes. Parents are responsible for any healthcare expenses incurred by their students including office visits, emergency room or other hospital services, and emergency transportation.

### Tryouts

Some OCA athletic teams will require a tryout process. Tryout information will be thoroughly communicated either in the VIP notes, home mailing, or distribution by the coaches.

Students are required to have a copy of a completed annual physical examination on file with the athletic department before participating in a practice or tryout. A physical is valid for only 12 months. Students may not tryout or participate without a current physical exam and medical history form on file in the athletic office.