

NRCA Cheerleading Program Policies

Purpose

1. Glorify Jesus Christ in word and deed.
2. Uplift and encourage the NRCA athletes and student body as a whole.
3. Strive for excellence in all cheerleading skills and activities.

Expected Behaviors and Standards

1. Academic Requirements- 2.0 GPA
2. Must be counted present at school to attend school practices or games. (10:30 am check in)
3. Cooperation with NRCA standards.
4. Uphold expectations of the NRCA Cheer Program.

Practice

1. If for any reason a cheerleader is to miss or be late to practice/game, she is responsible to inform the coach beforehand.
2. Arrive on time and remain until practice is dismissed.
3. Cheerleaders are to wear assigned practice uniform, with bikers and appropriate shoes. Shorts may not be rolled and t-shirts may not be tied back.
4. Hair is to be in a ponytail out of the face and off neck.
5. All jewelry is to be removed. Please do not get new piercing during the season.
6. Nails should be kept trimmed and free of color for competitions.
7. Remember personal hygiene.
8. Help class is available to cheerleaders on Tuesdays and Thursdays after school.
9. Elite practices are **mandatory**.
10. Cheerleading is not to be used as punishment by parents for poor grades, behavioral issues, etc.
11. Varsity practice may be 4-5 days a week and last 2 hours, usually 3:30-5:30.

12. Middle school practice may be 2- 3 days a week and last 1 1/2 - 2 hours, usually 3:30-5:00 or 5:30.

13. Competition practice will be at Elite, Monday and Wednesday, 3:30-5:30 and some Fridays prior to a competition.

14. Coaches must be present for squads to stunt.

Games

1. Varsity cheerleaders cheer at home games and some local away games for Varsity Football and Varsity Girls and Boys Basketball.

2. Middle School cheerleaders cheer at home games and some local away games for JV Football and Middle School Girls and Boys Basketball.

3. Cheerleaders are to arrive 30 minutes prior to game time in full uniform, ready to warm up.

4. Transportation to local away games is determined by the coach.

Uniforms

1. NRCA provides uniform shells and skirts which should be kept clean and in good repair. Follow care label instructions.

2. Uniforms may be altered only by approved means.

3. Cheerleaders provide practice clothes, body suits, bikers, sports bra, white socks, cheer shoes, and warm ups.

4. Rolling of the skirt, wearing the skirt above the waist, or altering the length in any way will not be tolerated.

5. Lost or damaged uniforms will be replaced at the cheerleaders expense.

Summer Camp

1. NRCA cheerleaders will attend summer camp . The location, duration and type of camp will vary to meet squad needs.

2. Camp clothes will be used for practice uniforms.

3. The cost of camp and camp clothes are the parent's financial responsibility.

Competitions

1. The Competition Squad will be involved in multiple competitions and is selected by the Varsity and Middle School Coaches.
2. Cheerleaders must attend all competition practices 2 weeks prior to competition.
3. Competition cost are parent's financial responsibility.

Safety Regulations

1. NRCA Competition squads follow safety guidelines as defined by the competitions they attend.
2. Cheerleaders adhere to a strict progression of jumps, tumbling and stunting. Only skills that have been successfully performed during practice will be demonstrated in routines and at games.
3. Stunting without a coach is prohibited.

Fundraising

1. Fundraising opportunities will be offered if parental help is available.
2. Fundraising is to be used to offset the cost of competition fees and travel expenses and is optional.
3. Cheerleaders who participate in the fundraiser will benefit from them.
4. All fundraisers must be approved by NRCA and are optional.

Discipline

Removal of a cheerleader from a practice, game, competition or squad will be at the coaches' discretion and can be caused by:

1. Absences from practice, games, competitions.
2. Stunting without the presence of a coach.
3. Showing disrespect to coaches, authority, and the cheerleading policies.
4. Excessive disciplinary notices.
5. Grades.

Lettering/Awards are based on attitude, participation, and skill and are determined by the coaches.