

RHS CHEER PROGRAM GUIDELINES

1. _____ I realize my first role is a student at RHS, and a Rocklin High School Cheerleader second and that it is not an excuse to be late or miss a game or practice.
2. _____ A minimum 2.5 GPA is required and I will maintain that academic standard the entire season. I will have no more than 1 NM at any time.
3. _____ I acknowledge that as a RHS Cheerleader, I am a highly visible school leader. I will uphold this role with positive & appropriate behavior. I will conduct myself with integrity at all times.
4. _____ I acknowledge that I am allowed 1 unexcused absence and 1 excused absence per season and that I must communicate said absence with my coach in advance. I understand that 3 or more unexcused absence may result in dismissal from the team.
5. _____ I understand that practice is mandatory. I acknowledge that missing practice for any reason will result in being removed from the routine that week and will be unable to perform during that halftime.
6. _____ I acknowledge that my attendance at games is mandatory and that I am expected to be at all games even if on academic, attendance, or behavior suspension.
7. _____ I will make any social media accounts accessible to the coaching staff for monitoring, and will keep all material appropriate in accordance with the social media section of the RHS Athletic Handbook.
8. _____ I acknowledge that any RHS Cheerleader drinking, smoking, using drugs, fighting, or associating themselves with any other illegal behavior can be automatically dismissed from the program and referred to school administration.
9. _____ I will be prepared and on time for all events. I will arrive ready to learn, show respect to teammates and coaches, be willing to try what is asked of me with a positive attitude, and will refrain from whining and complaining.
10. _____ I will bring all uniform pieces to each event and understand that if I do not have the required uniform piece I will be asked to sit out.
11. _____ My family and I will respect the decisions of the coaching staff and school administration.
12. _____ I acknowledge that I will follow the RHS Cheer Program Guidelines, RHS Code of Conduct and RHS Athletic Handbook.

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____