

Kingston Cheer

Handbook

I. Team Name & Purpose

- a. The team name for the Kingston's cheerleading squad shall be the Kingston Cubs Cheerleaders.
- b. The purpose of the Kingston Cubs Cheerleaders are:
 - i. To provide school spirit and sportsmanship
 - ii. To provide entertainment and support at school events
 - iii. To serve as good examples of citizenship, sportsmanship, and academic achievement
 - iv. To provide opportunities to be creative and develop leadership qualities
 - v. To perform duties asked of them by school staff
 - vi. To improve physical activity through cheering and dancing skills

II. Eligibility

- a. A cheerleader must be in the 4th grade at Kingston Elementary School.
- b. A cheerleader must be sponsored by a parent or legal guardian (guarantor).
- c. A cheerleader and the guarantor must comply with all school rules, Kingston Cubs Cheerleader handbook, and sponsor's agreement.
- d. A cheerleader and the guarantor must meet all financial obligations by the given due date.
- e. A cheerleader will be accepted under these eligibility requirements without prejudice of race, creed, religion, or color.

III. Attendance Requirements

- a. All cheerleaders and their guarantors will attend the mandatory informational meeting and uniform fitting as specified by the school sponsor.
- b. All cheerleaders will attend the cheer camp at Kingston on August 5th and 6th from 9-12 both days. There will be a parent showoff on on 6th at 11:30am in the KES gym.
- c. All cheerleaders will attend all practices, performances, and events as specified by the school sponsor.
- d. The cheerleaders, their guarantors, and the school sponsor will decide as a

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group to participate and enter a competition. Additional practices will be required of each cheerleader.

- e. Social activities (Christmas Party & End-of-the-Year Party) are not required but strongly encouraged by the sponsor.
- f. If any other performances or event opportunities are chosen by the school sponsor, the school sponsor shall decide if the event is a requirement or optional. Reasonable notice of other performances or event opportunities will be given to the cheerleaders and their guarantors.
- g. A cheerleader must attend at least ½ day of school in order to participate in a practice, performance, or any other event held on a school day.
- h. Cheerleaders must attend mandatory practices in order to be eligible to perform at the performance following that practice. Final routine changes and lines are made at mandatory practices.

IV. Absence Policy

- a. Cheerleading is unlike other sports. We do not substitute members. A cheerleader's attendance is very important to team unity and practices.
- b. The school sponsor must be notified 24 hours prior to a practice, performance, or other event if a cheerleader will not be present.**
- c. The following are considered EXCUSED absences if the sponsor receives a doctor's excuse or parent note within 24 hours after the missed practice, performance, or event.
 - i. Illness
 - ii. Scheduled doctor, dentist, or orthodontist appointment
 - iii. Medical Emergency
 - iv. Family Emergency/Death in the Family
- d. The following are considered EXCUSED absences if the sponsor is notified two weeks in advance of a missed practice, performance, or event by a parent note:
 - i. Pre-planned family event
 - ii. Pre-planned school event
- e. Any other absence will be deemed UNEXCUSED. Cheerleaders will be allowed to split practice time between cheerleading and another Kingston sponsored extra-curricular activity. This MUST be approved through verbal confirmation with the school sponsor one week before the scheduled practice or event. The cheerleader MUST attend at least 30 minutes of the scheduled practice or it

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will be counted as an unexcused absence.

- f. Cheerleaders are not permitted to leave early during a practice, performance, or other event. Please plan all other commitments and appointments around our scheduled practice, performance, and event times. In the event that a conflict is unavoidable, the sponsor will need to be notified 24 hours prior to any missed practices, performances, or other events.
- g. Cheerleaders missing mandatory practices, prior to a performance, will not be eligible to perform at the following performance.
- h. Excessive absences will not be tolerated.
- i. The school sponsor has final discretion as to what is considered an excused or unexcused absence.

V. Dress Code

- a. Practice: Wednesdays from 3:15-4:15
 - i. Tennis shoes must be worn to each practice.
 - ii. Girls must bring their CHEER "PRACTICE" shirt, CHEER shorts, & white CHEER uniform shoes in their cheer bag to every practice.
- b. Performance
 - i. Everyone must be dressed alike and in accordance with sponsor's directions.
 - ii. Dress will include school issued uniforms (shell and skirt), matching bloomers, white ankle socks, all white tennis shoes, and official Kingston Cubs Cheerleader bow.
 - iii. Uniforms are to be kept clean and neat at all times.
 - iv. **NO** jewelry is to be worn during a performance.
 - v. Girl's hair is to be worn in a ponytail.
 - vi. Make-up is not required, but if used it should look natural and not be excessive.
 - vii. If Cheerleader isn't in FULL uniform from head to toe (including pom-poms), she will not be allowed to perform. She will just stand or sit with the sponsors.
- c. Miscellaneous
 - i. If a cheerleader requires any special equipment, a doctor's note or a parent's handwritten note is required for use during a practice or performance.

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- ii. Kingston Cubs Cheerleaders spirit shirts are allowed on school approved spirit days & car line days.

VI. Conduct

- a. Cheerleaders, by title, are role models and responsible for their own behavior inside and outside of official Kingston events.
- b. Cheerleaders are expected to:
 - i. Follow all school rules including and display appropriate classroom behavior in and out of uniform.
 - ii. Maintain a good rapport with school faculty, staff, administration, and school sponsor.
 - iii. Perform all cheers, chants, and dances in a positive and sportsmanlike manner.
 - iv. Be polite, courteous, and respectful at all times to school faculty, staff, administration, and school sponsor.
 - v. Treat all members of the cheerleading squad with respect during practices, performances, events, and on school grounds.
 - vi. Work as a team and cooperate to complete practices in a timely manner.
 - vii. Demonstrate good citizenship and leadership with a positive attitude.
 - viii. Ignore and dissuade negative responses and attitudes and not become involved in such actions themselves.

VII. Financial Obligations

- a. All cheerleaders and guarantors are responsible for paying all costs associated with being a Kingston Cubs Cheerleader.
- b. The full payment is due by the last day of school, May 27, 2021.
- c. Cheerleaders and guarantors that are not able to pay for cheer costs will no longer be eligible for membership.
- d. All costs, uniforms, and services are non-refundable in the event that a cheerleader is no longer eligible for membership.
- e. Please see the attached handout for the list of financial obligations and timeline of payments.

VIII. Discipline Policy

- a. A cheerleader may only have 1 office referral. The school sponsor and

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principal will determine the consequence on a case-by-case basis.

Consequences can include, but are not limited to suspension or dismissal.

- b. The sponsor reserves the right to suspend eligibility at any time if behavior warrants immediate consequence. An administrator will be notified of any immediate consequences. Cheerleaders and parents will receive written confirmation about the immediate consequence. Special circumstances include but are not limited to: excessive tardiness, violent behaviors, bullying, continuous disrespect to sponsor, school staff and teachers, administrators, or peers, consistently wearing incorrect/dirty uniform, or excessive gossip and/or attitude.
- c. Any discrepancies are to be taken up with the sponsor during non-teaching hours through conference or phone call.
- d. **PARENTS MUST BE ON TIME FOR PICK UP & DROP OFF FOR ANY CHEER PRACTICES OR PERFORMING EVENTS. FOR EACH MINUTE THAT YOU ARE LATE FOR PICK UP, YOUR CHEERLEADER WILL SIT OUT AT THE NEXT PRACTICE. IF YOU KNOW THAT YOU ARE GOING TO BE LATE FOR PICK UP, PLEASE MAKE ARRANGEMENTS FOR ANOTHER RIDE HOME!!**

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Since this year's cheer uniforms were an absolute FAVORITE and they weren't shown off in the community like they usually are thanks to Covid, I've decided to keep the top and skirt the same for the 21-22 year! Since it will be the same top and skirt, you have the option to buy your uniform new or used this year. **If you are interested in your child being a Kingston Cheerleader, please put a check mark next to the option of your choice!**

_____ **Yes! I would like my child to be a 2021-2022 KES cheerleader and I plan on buying the uniform NEW.**

(\$252 for cheer jacket, shirt, shorts, backpack, bloomers, pom poms, socks, and shoes + \$148 for a new uniform = \$400 total.

_____ **Yes! I would like my child to be a 2021-2022 KES Cheerleader and I plan on purchasing a USED uniform from a 20-21 cheerleader.**

(\$252 for cheer jacket, shirt, shorts, backpack, bloomers, pom poms, socks, and shoes+ \$75 used uniform = \$333 total.)

Parent's Signature: _____

Cheerleader's Name: _____

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Cheer Camp

Cheer camp will be August 5th and 6th from 9am-12pm in the Kingston gym. Please wear athletic clothes & tennis shoes. Your cheerleader will receive ALL cheer uniforms & accessories on Day 1 of camp. Upon arrival, the girls will change into their new KES Cheer practice uniform along with their new cheer shoes. Please make sure your balance is paid in full by the last day of school so your cheerleader's uniform gets ordered on time! We will have a show-off for the parents at 11:30 am on August 6th in the Kingston gym.

Also, the Butter Braid Fundraiser information will be coming home soon. This is a super easy way to reduce your cost for her uniforms if you choose to participate! I am looking forward to a great year with your girls!



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Parent & Cheerleader Agreement

I give my permission for my child, _____, to be a Kingston Elementary Cubs Cheerleader. I have read and understand all the information, rules, fees/costs, and responsibilities listed in the handbook. I am aware of the obligations of my child being a part of this cheerleading team, and I will uphold all of these with the best of my ability. As a cheerleader, I agree to abide by these rules, participate in all cheerleader activities with a positive attitude, and uphold the high standards of this team in a way that will always be a credit to my school. I realize that if I fail to comply with these rules the cheerleader can be dismissed from the squad. I agree that my child will participate in all duties and responsibilities of being a Kingston Cubs Cheerleader. I agree to support my child in this activity.

Parent:

Print Name: _____

Signature: _____

Cheerleader:

Print Name: _____

Signature: _____