

# The King's Academy Cheerleading Program Guidelines 2022-23

## Purpose

The mission of The King's Academy athletic department is to provide an excellent athletic experience with eternal impact. The Lions' Cheer program accomplishes this by glorifying God through promoting school spirit, developing spiritual growth, servant leadership and pursuing athletic excellence.

## Philosophy

As a team at TKA, we value growth in skill, but more importantly, growth in Christ. As the girls learn how they can best support our school teams, it is our desire that they also become leaders in their student body—promoting and exhibiting unity, integrity, purity & Godly character.

## Cheerleader Objectives

TKA cheerleader objectives are to develop spiritually while using your talents to glorify God, to develop physical skills through conditioning, good health habits and safety, to make a serious commitment to Academics and to develop as leaders in the school and community through service and character.

## Squad Objectives

Squad objectives are to work as a team, emphasize squad safety, support the school through game-cheering, pep rallies, posters, banners, or team encouragement, develop skill through tumbling classes, cheer clinics and camps, improve competition—Improving technique and skill level, as well as, grow program unification (MS,JV, Varsity Football & Basketball and Competition teams).

Each prospective cheerleader AND parent must initial each section indicating you have read and understand each point. The rules and regulations and the parent/cheerleader contract must be signed in order to accept their position on the team.

### **I. Eligibility**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Prospective cheerleaders must have at least a 2.0 GPA to try out.
- B. Cheerleaders must maintain the same GPA as any other TKA athlete. They must maintain a cumulative 2.0 GPA each quarter (our school handbook supersedes all Academic standards explained in this manual).
- C. Each cheerleader must maintain good standing in regard to regular attendance and should adhere to school policy regarding tardies and absences.
- D. Team leadership positions, (such as captain and co-captain), will be chosen by the coach and/or team members.
- E. Varsity Competition Cheerleaders and their parents should be ready to fulfill all of the necessary financial responsibilities of each of the following:
  1. Cheerleading fees: includes cheerleading fees, uniform rental fee, Registration, practice apparel, bows, parent spirit shirts, body liner, bloomers, shoes, warm up etc. (These can be added to your tuition statement).
    - i. Competition Fees = \$2190 (this fee is not 'in addition' to a Football cheerleading fee. If your athlete cheered Football season and was billed \$1390 plus the \$400 ad minimum requirement; you will only be billed the DIFFERENCE for comp). *The remaining balance due would be \$400.*
    - ii. FEES will not be pro-rated for any reason, including leaving TKA in the middle of the commitment, quitting, moving, grades, etc.

### **II. Uniforms and Appearance**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. The Coach has the final say on uniform selection & Uniforms will conform to the approval of the administration.
- B. Uniforms cannot be altered unless approved by the coach.
- C. No jewelry of any kind may be worn at practices or games. This includes earrings of any kind and watches. Injuries can occur because of jewelry. FHSAA rules do not allow any jewelry to be worn. We follow all of FHSAA guidelines.
- D. Hair must be clean and well groomed. Hair must be worn up, away from face prior to the start of games or practices.

### **III. Practices**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Cheerleaders are to be present and prompt for all scheduled practices and competitions. Excuses must be given to the coach in writing 24 hours in advance of the practice (Text or Email is acceptable). Any competition conflicts must be discussed with the Coach prior to accepting the position on the team. Each athlete must dress out for every practice.
- B. Bus transportation will be provided to practices
- C. Practices may be held Monday - Saturdays for the Competition squad. Times and days will be set by the coach and calendars will be posted with plenty of notice. Monday practices usually have a later start time and we normally do not practice on Wednesday's. This allows for tutoring, doctor appointments and anything that needs to get accomplished outside of the Competition squad.
- D. If a cheerleader needs to stay after school for tutoring or making up a test, she will need to let the coach know before tutoring begins.
- E. A cheerleader may not miss any part of cheerleading practice because of other classes or clubs without PRIOR approval—i.e. music, dance, etc....

### **IV. Absences**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Excessive absences and conflicts may result in removal from squad. Schedules are given well in advance to prioritize the Competitive Cheerleading Commitment.
- B. If a cheerleader leaves school due to illness or any other reason, she should inform the coach before practice begins.
- C. The coach will keep a record of absences & tardies (Three tardies will result in one absence. Three absences equal NO Varsity Letter).

### **V. Competition Day expectations**

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. On time is late. Please plan accordingly.
- B. Detailed itineraries will be given by the Wednesday before each competition. If details are available earlier, we will distribute.
- C. Bus transportation will be provided for all competitions. Cheerleaders are required to ride the bus with the team to all competitions, however they are permitted to ride home with their parents.
- D. At competitions, athletes should stay in groups of 3 or more. Your coach should ALWAYS know where you are. NO EXCUSES.

- E. Athletes are expected to arrive fully dressed out and in align with TKA standards when they arrive for competitions.
- F. TKA Cheerleaders love to support other teams and encourage our sport. Please join us in our sportsmanship.

## VI. CITIZENSHIP AND CHARACTER

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Building school spirit, while demonstrating strong athletic excellence is what cheerleading at TKA is all about.
- B. Any practice missed because of detention will result in an unexcused absence.
- C. TKA Cheerleaders represent TKA to the community. The following guidelines must be followed when off campus:
  - 1. All cheerleaders must dress appropriately and modestly at all times.
  - 2. All cheerleaders will be held to the TKA handbook code of conduct policies regarding alcohol, drugs and tobacco use. Any such behavior, whether at a cheerleading function or otherwise, may result in dismissal from the team.
  - 3. Cheerleaders are expected to conduct themselves with modesty, integrity and good moral character at all times.
  - 4. Cheerleaders are ONLY allowed to wear their uniform while cheerleading/
- D. Any cheerleader receiving a suspension from school will receive absences for any practices.

## VII. Chain of Command

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. All requests, complaints, etc., about the squad, should be taken directly to the head coach.
- B. Cheerleading coaches may feel the need to make changes to the TKA cheerleading program during the year. Changes can include moving a cheerleader from alternate to member and vice versa. Changes will be done for the benefit of the squad and will be communicated appropriately.

## VIII. Competition

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. All competitive cheerleaders are required to attend choreography. **A calendar will be communicated on a regular basis to allow plenty of time for scheduling.**
- B. Placement on the competitive team is based on cheerleading skills and maturity to handle the program.
- C. Competitive cheerleaders are required to attend all competitions. The schedule will be chosen by the head coach at the beginning of the school year. Here are the **anticipated** competition dates.
 

i. <b>FCC Competition / @ Colonial HS / CHEER ONLY</b>	<b>November 5<sup>th</sup></b>
ii. <b>Local Competition / @ Seminole Ridge HS / CHEER ONLY</b>	<b>November 12<sup>th</sup></b>
iii. <b>Head to Head vs Suncoast HS / Partial routine</b>	<b>December 8<sup>th</sup></b>
iv. <b>FCC Competition / Rosen Shingle Creek / Partial routine</b>	<b>December 10<sup>th</sup></b>
v. <b>FCC Nationals (Orlando, FL)</b>	<b>January 6<sup>th</sup>-9<sup>th</sup> 2023</b>
• <b>no vacations the week of January 2<sup>nd</sup></b>	
vi. <b>FHSAA Regionals / Coral Glades HS</b>	<b>January 21<sup>st</sup></b>
vii. <b>Head to Head @ Seminole Ridge</b>	<b>January 17<sup>th</sup></b>
viii. <b>FHSSA States / (usually) @ UF</b>	<b>February 3<sup>rd</sup> &amp; 4<sup>th</sup></b>
- D. Competitive cheerleaders must stay in the hotel with the rest of the squad. They must travel to and from the competition with the squad.

## IX. TKA Sports Program

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. In an effort to subsidize cheering costs for the competitive program, each cheerleader is asked to sell program advertisements equal to or more than a total of \$400. Varsity Competition cheerleaders must sell \$500 in program advertisements. In the event that the total minimum amount is not raised, your cheerleader will be responsible for the remaining amount.
- B. Program advertisement sales above the minimum amounts, will go directly to offset your individual cheerleader's fees.
- C. These monies directly benefit the TKA Competitive program with expenses for Choreography, music and Competitive travel fees.

## X. Practice Transportation

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. School-provided bus transportation is mandatory to cheerleading practices off campus on school days.
- B. Bus transportation will be provided to South Florida Fairgrounds and Gym Like This! on school days. Athletes must be picked up at those locations on school days.
- C. No School Days – no bus transportation will be provided to practice on No School Days.
- D. Cheerleaders may not ride with other students to *offsite* practice facility on school days.
- E. Cheerleaders may be picked up from *practice location* with coach or advisor permission. If leaving *off site practice space* with a student driver, a note from parents of each student involved must be provided.

## XI. Communication

Parent initial \_\_\_\_\_ Student Initial \_\_\_\_\_

- A. Our primary source of communication is REMIND 101. Please text @tkavarc to 81010 to join the Varsity Competitive 2022/23 Remind 101. You will receive a response back and simply respond with your full name (parent or cheerleader). You are then signed up to receive one way mass texts.
- B. Our next sources of communication are e-mail and cell. Please feel free to contact any of the coaching staff at any time.
 

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