

Junior Varsity Cheerleader

Greensburg Central Catholic Junior-Senior High School

HOW TO REGISTER:

Everyone must complete final forms if they are registered at GCC which includes the PIAA forms. All athletes including 7/8 cheer must submit a PIAA physical to our trainer. The packet is broken down on final forms. One page is filled out by the doctor when the physical is done. Physicals can be done by their doctor or the school doctor who will be doing physicals in August. The exact date is in the CNN which can be found on the website.

The rest of the forms can be found the BOTTOM OF THIS WEB PAGE:

<https://www.gcchs.org/fall-activities-for-rising-7th-and-8th-graders/>

They include:

- **Registration Form**
- **CYO Consent Form**
- **Cardiac Arrest**
- **Concussion**
- **Parent Code of Conduct**
- **Student Code of Conduct**

At this point I am advising parents to only send a check for the required amount:

\$150 for the fall season, or \$200 for fall and spring cheer.

Summary

Greensburg Central Catholic School is proud to announce cheerleading as a new sport for junior high students. Junior Varsity Cheerleading will be split into two seasons: fall and spring. The fall season will focus on sideline cheer. The spring season will consist of courtside cheer. Athletes may

opt to cheer either or both seasons. Cheer camp for the fall season will take place on August 13 and August 15 from 3-5pm for rising 7th and 8th graders inside the main school gymnasium. Athletes should attend both. All registration paperwork and payment should be completed by then. A parent meeting and uniform fitting will be held at 5:00 p.m. on August 15 in the school gymnasium.

We have also been asked to attend the GCC Open House from 4-6:30 pm on Sunday August 18. Please join if you can! GCC Junior High Cheerleaders will cheer alongside varsity at the football game on Friday, September 20.

Every GCC JV Cheerleader will be tasked with making a positive difference in the lives of the school community by developing unity and excitement around sporting activities, as well as serving as student ambassadors and volunteers at various school events. The GCC JV Cheerleaders will assist with the organization of events as requested by school administrators.

We understand that cheerleaders are often multisport athletes. That is why we ask that each family submit a list of “black out” dates so we can arrange the practice and game

schedule accordingly. At times, the squad may be split to cover more games.

Registration for one season is \$150, and registration for both seasons is \$200. For registration paperwork, please visit: www.gcchs.org. Assistant Coaches, team moms/dads and volunteers with clearances are needed. Please contact Coach Jen if interested. jmiele@dioceseofgreensburg.org.

Junior Varsity families are responsible for \$100 worth of fundraising each season, no exceptions.

CHEERLEADER INFORMATION

PRACTICES

A. Mandatory practices during the school year will be held. The number of practices may range from 1-3 times per month. All athletes will be asked to submit their fall blackout dates by mid-August and spring blackout dates by mid-November. The practice and game schedule will be developed with those other commitments in mind to the best of our abilities.

B. Cheerleaders must come dressed appropriately to practice: Shorts, t-shirt, cheer shoes, hair pulled back and without jewelry.

C. A cheerleader is not permitted to leave practice early unless given permission to do so by a coach. All cheerleaders will meet at the end of practice with a coach before being dismissed from practice.

D. All cheerleaders will be involved in sign making and locker decoration during their season.

GAMES

- A. Games are a cheerleader's responsibility. She must attend unless the game is on a blackout date previously submitted. Excused absences include illness, injury and family emergencies.
- B. A cheerleader must be on time for all of her games. 1. She must be at the site of the event one (1) hour before her game is scheduled to begin, unless otherwise stated by a coach. 2. She must be in her cheering area before the scheduled start of the game and must be back to her cheering area on time after half time. Playoff & rescheduled games are mandatory unless the game is on the blackout date previously submitted.
- C. Cheerleaders are not permitted to leave the stadium or high school during a game or its half-time.
- D. A cheerleader's uniform reflects what she is and the school she attends. 1. She is responsible for having her uniform cleaned whenever necessary during her season. 2. No additional ornamentation or clothing is to be a part of any cheerleader's uniform. 3. Uniform is to be worn only for games, rallies, and school functions by the person assigned to that uniform

APPEARANCE

- A. A cheerleader is a representative of her school and is expected to be neat and appropriately dressed. 1. Hair must be neat and out of the face. 2. Make-up must be as assigned. 3. The following may not be worn: watches, bracelets, necklaces, rings or dangling earrings. 4. Small stud earrings may be worn. 5. Cheerleaders will wear their uniform or team sweats to the game as determined by the coach.

CONDUCT

A. A cheerleader is encouraged to participate in outside activities during her season so long she submits blackout dates by the deadline and remains in communication with the coaches. However, the amount of time that a cheerleader misses practices each week for outside activities may affect her spot in formations and stunt groups.

B. Cheerleaders must maintain a positive attitude, not cause uncomfortable situations for coach or other squad members.

C. Cell phones are to be turned off and put away for all practices, games and cheer-related events.

SOCIAL MEDIA

A cheerleader is a direct representation of GCC. 1. Any social media post regarding GCC cheerleading should be positive. 2. All cheerleaders must be representing themselves in a respectful way. 3. A coach needs to be notified ASAP if any cheerleader posts negatively or if a post is concerning to a fellow team member.

TEAM PLACEMENT

A. Cheerleading camp will be held in June and November each season.

B. Placement will be based on skills under the discretion of the coaches.

C. Cheerleaders with seniority will be given the opportunity for prime placement in formations, but are not guaranteed those positions during the season.

STUNTING AND TUMBLING

- A. No talking will be permitted while stunting is taking place.
- B. Hair must be pulled back, away from the face during stunting.
- C. No loose fitting clothes shall be worn during stunting.
- D. No stunting without a coach present. D. All cheerleaders must participate in required safety training, no exceptions are permitted.

DISCIPLINARY PROBLEMS, GRADES

- A. Cheerleading coaches are the only people who have the authority to excuse a cheerleader from missing a function.
- B. Cheerleading coaches have the authority to suspend or dismiss a cheerleader from the squad.
- C. Cheerleading coaches, along with the Athletic Director, have the authority to determine whether or not a cheerleader who was previously dismissed from the squad may try out for the following season or year.
- D. A cheerleader is expected to maintain grades according to the school's eligibility rules.
- E. A cheerleader is governed under the Greensburg Central Catholic athletic policies. This includes academic Eligibility and the Alcohol and Drug Policy.