

Sept. 2021 Cheerleaders, Parents/Guardians:

It’s that time again ~~A-Season Cheerleading AND practices are starting soon! Enclosed you will find: Sept-Jan practice and game schedules, the team rules, concussion information form and the participation form. The photo packet information from Lee’s Studios will be coming home soon. This information may also be found on the school web page at [www.hardemanschool.com](http://www.hardemanschool.com). Look under the Ball/Cheer Information tab, then the Participation Information and Schedule drop down box and find the A-Season Cheer Information (click here) and open. Other information may be found under the same tab.

Signed Cheerleader permission forms and the Concussion Form must be returned to the office before the end of school on Tuesday, September 14, 2021 in order to be able to practice the first day afterschool.

Uniforms will be distributed during a cheer practice, before ball and cheer photos on Monday, September 20th afterschool. Everyone will need to be present ***AND in uniform,*** even if not purchasing photos.

Please treat the uniforms with respect and care as we need them to last for several years! **Uniforms need to be washed on delicate cycle and hung to dry.** Also, refrain from wearing the uniform outside of games and special occasions as set by us.

We would prefer white soled shoes and no-show socks. Black bloomers or shorts with black long sleeved shirt are also recommended. Remember, uniform tops and skirts tend to stain and snag, so help us protect our uniforms.

Please sign up for the Cheerleading text alerts. This information is on our school website under the “other information” tab and then under the student handbook section on the last page. This is our best way to forward necessary practice and game changes to parents and guardians.

Please be aware of the practice and game times and make the necessary arrangements to get your child to and from. Other staff members will not be available to transport students to and from practices and games. Your child is your responsibility.



Call Mrs. Imhoff with questions at home # 846-2345 or

at her cell # 621-3581.

Thank you,

**Cindy Imhoff & Megan Parkhurst,**

**Cheer Coaches**

**HARDEMAN R-10 CHEERLEADERS RULES AND REGULATIONS**

It is important that your cheerleading squad operates under a specific set of rules so that you will effectively work as a team. The following is a set of values to follow that expresses the squad’s beliefs and goals.

PURPOSE:

It shall be the purpose of this organization to promote and uphold school spirit, to develop school sportsmanship among students, and support athletic programs between schools during all athletic events. We will work in harmony with school administration, teachers, athletic teams and all other school organizations.

ELIGIBILTY REQUIREMENTS:

* A cheerleader must be in good physical health (no weak knees, bad backs, etc.).
* A Cheerleader may only have 1 D and no F’s.
* Each cheerleader must turn in the written parental/guardian permission form provided, signed in all places by the due date ASAP.

ATTENDANCE REQUIREMENTS:

* The entire cheerleading squad will cheer at all rallies and basketball games. Cheerleaders must stay in their positions during the game. You must ask the sponsor for permission to leave, and only one person may leave at a time.
* Special Training Clinic: All cheerleaders including the mascot are required to attend this clinic (dates and times will be announced). This will be conducted by trained professional cheerleaders, so it is of utmost importance that you attend. The sponsor will excuse only for family emergency or illness. Written notice from parents will be required.
* Community Activities: Each cheerleader will be invited to participate in community activities during the school year.
* Students who are absent from school more than ½ day (3.5 hours) will not be able to practice or play in a game that day. Absence due to a funeral or other excused and prearranged absences, such as doctor and dental appointments, may be exempt.

PRACTICE SCHEDULE:

* **All cheerleaders are required to attend all practices.** Only the sponsor has the authority to excuse a cheerleader from practice. You must provide a written signed and dated note from your parent or guardian. Please make all routine medical appointment around scheduled practices. Unexcused absences will result in not being allowed to cheer for the remaining basketball season.
* Regular practice: our practice will be set up at the beginning of the year. Only our sponsor is authorized to change this schedule. You will be notified by your teacher if there are any changes.

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TRANSPORTATION:

Cheerleaders are responsible for securing transportation to and from all games and practices.

UNIFORMS: COST AND CARE:

* The school provides 1 skirt and top (or T-Shirt) and 2 pompons for each cheerleader. Whatever the uniform, you are responsible for keeping them clean and in good repair before each game. All items provided by the school remains school property. All uniforms must be returned in a clean and well-repaired condition one week from the day after the last event. Any uniform that is damaged and deemed unusable by the sponsor must be paid for by the cheerleader and/or parents.
* It is recommended that each cheerleader have white soled shoes, no-show socks, a long-sleeved black shirt and bloomers/shorts.

APPEARANCE:

* Uniforms: Skirts, tops, socks, and shoes will be kept spotlessly clean at all times. Uniforms must be neatly pressed and not in need of mending.
* Jewelry is not recommended while cheering for safety reasons. Small post earrings may be worn. No other jewelry is allowed.
* A natural, wholesome look is desired, so any girl wearing excessive makeup will be required to remove it. Makeup must pass the approval of the sponsor.
* Hairstyle must be neat and out of face. It should be a simple style for cheerleading athletics and not require any combing while performing.
* A cheerleader should look her best physically at all times. Maintaining proper weight will help to keep a cheerleader’s performance at their peak.

 FUND RAISING ACTIVITIES:

 All cheerleaders will participate in any projects established for the year, as needed.

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Hardeman 2021-2022 Cheerleading

Participation Permission Form

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has my permission to participate in the

2021-2022 Cheerleading program.

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Parent/Guardian Signature and Date Signed

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Emergency Contact Phone Numbers

My child and I have read the Cheer Rules and understand the same school rules apply as outlined in the Hardeman R-10 School Student Handbook.

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Cheerleader Signature & Date

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Parent/Guardian Signature & Date

\*This signed form plus the signed Concussion Info form

must be returned to the office before the end of school on

Tues-Sept. 14, 2021 in order to begin practice\*\*