



# Glenbrook South Cheerleading Team Handbook

## Coaching Staff

Ms. Amanda Middleton

Ms. Peyton Zylke

## **Glenbrook High Schools and State Rules Governing Extracurricular Activities**

The Glenbrook South Cheerleaders are student leaders who exemplify and promote school spirit, pride, and sportsmanship. Our cheerleading program strives to build school spirit; develop sportsmanship, responsibility, and self-confidence; foster leadership and teamwork; and to encourage high-standards and self-growth throughout our seasons.

Students selected for the privilege of participating on the Glenbrook South Cheerleading teams should conduct themselves as responsible representatives of the school. Our cheer members must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment. As recognized representatives of their school, cheerleaders are expected to exhibit appropriate behavior during the season (activity) or out of season, in uniform or out of uniform, on campus or off campus.

Glenbrook South High School authorizes student participation in extracurricular activities and sets the minimum standards for eligibility and membership maintenance based on attendance and grades. These policies include minimum requirements.

### **SELECTION & ELIGIBILITY**

Cheer members are selected by an impartial panel of qualified judges and must try out each year. Participants interested in joining cheerleading must meet the eligibility requirements and attend tryout clinics prior to their scheduled tryout date and time. Participants will be judged on their technique, skills, and showmanship.

- Cheer members must be passing **five** classes to remain academically eligible to participate in team activities.
- An updated physical must be on file with the Glenbrook South Athletic Department **prior** to the first day of athletic practice. Please email or direct all updated physicals to Julianne Klasen ([jklasen1@glenbrook225.org](mailto:jklasen1@glenbrook225.org)) in the Athletic Department.

### **Tryouts**

- All cheerleaders, including returning members, are required to tryout each season
- Participants are required to attend tryout clinics in preparation for tryouts
- Prior to tryouts, participants must submit the following to Coach Middleton: application, teacher recommendations (if required), and any other required information.

## **ATTENDANCE/SCHEDULE**

Glenbrook South Cheerleading, like every other sport, is a very large time commitment. Cheerleaders should expect to start practices after tryouts in May and continue to practice throughout the summer and daily during the school year until the season ends in February. Cheerleaders perform at all football and basketball games and perform at competitions beginning in November and continuing through February. It is important to understand that the commitment to our sport is large and does not allow for participation in other sports during the Fall or Winter seasons.

### **Mandatory Practices**

**All practices are mandatory.**

1. Cheerleaders are expected to practice daily after school throughout the Fall and Winter Sideline/Competitive seasons. Absences from practice may result in a change/loss of position in stunts, routines, etc.
2. Cheerleaders are prohibited from chewing gum at any cheer practice or event
3. Cheerleaders are prohibited from wearing jewelry at any cheer practice or event. Nails must be cut short in length with no nail polish.
- 4. Students must be in attendance for the entirety of the week prior to a competition in order to be eligible to compete**
5. Summer practices are expected for all cheer members to attend. Non-participation in summer practices may lead to a change/loss of position in stunts, routines, etc. Please contact Coach Middleton ([amiddleton@glenbrook225.org](mailto:amiddleton@glenbrook225.org)) directly regarding any family vacations or other absences throughout the summer
6. There will be designated "Choreography days" throughout the summer and/or during our competitive seasons in which cheerleaders must attend
7. Cheerleaders are expected to arrive on time for practice and remain the full practice time. Any outside appointments, work, etc. should be scheduled so they do not interfere with team activities, practices, games, or competitions.
8. In the event a cheerleader is unable to attend a practice, please email Coach Middleton ([amiddleton@glenbrook225.org](mailto:amiddleton@glenbrook225.org)) directly.

### **Performances**

Throughout the Fall and Winter seasons, cheerleaders will have opportunities for various team performances. Such performances may include school assemblies, football/basketball games, competitions, parades, and team fundraisers. All performances are mandatory unless otherwise specified.

1. Cheerleaders must attend the practices leading up to the performance in order to be eligible to perform

2. Cheerleaders are expected to bring the necessary uniform components to all performances and competitions. Failure to bring your required uniform components may result in the cheerleader no longer performing.
3. Cheerleaders are expected to wear their uniform or other designated attire only to the performance event. No part of the uniform shall be worn anywhere except to the activities in which the team is designated to perform. Inappropriate pictures taken in uniform may be subject to a Code of Conduct violation.
4. Cheerleaders are required to ride on school transportation to and from away events. In the event a cheerleader needs to be picked up from an away event, a parent/guardian must email Coach Middleton 48 hours prior to the event and meet in-person with the coach/cheerleader to pick the cheerleader up.

### **Uniforms**

1. All cheerleaders will be issued a game-day uniform, competition uniform, and warm-ups from Glenbrook South.
2. All uniform components should be treated with the utmost care and returned to the coach promptly at the end of the season.
3. If any uniform is not returned or returned with damages, the cheerleader will be responsible for the cost of replacing or repairing the uniform.

### **EXPENSES**

Although cheer uniforms and warm-ups will be provided by the school, many accessory items will need to be purchased by the cheerleader for the Fall and Winter seasons. Additional required accessory items may include cheer shoes (\$100), bows (\$40), practice wear (\$20-100), poms (\$20), briefs (\$15), backpacks (\$65), etc although some of these items may only need to be purchased once. Please note that the prices listed above are approximate costs and may be subject to change. Members will also be required to pay for summer camps including NCA overnight cheerleading camp.

For any cheerleaders with financial difficulty, payment plans can be established.

### **Fundraising**

Throughout the summer, fall, and winter seasons, cheerleaders will host fundraisers. All cheerleaders are expected to participate in fundraising. Fundraisers are used to cover the costs of the following items: Custom choreography; custom music; team gifts and activities; and other miscellaneous supplies not covered by the budget.

This Handbook is intended to serve as a general operating instrument with guidelines and expectations for our sport and is not intended to encompass every operating or disciplinary policy. The Handbook will be reviewed at all pre-tryout meetings and made available to all participants interested in trying out for cheerleading.

If you have any questions in regards to team expectations or procedures, please contact Amanda Middleton at [amiddleton@glenbrook225.org](mailto:amiddleton@glenbrook225.org) or (847) 486-5739.

All Glenbrook South cheerleaders and parents are expected to follow the expectations outlined in this handbook as well as the Glenbrook Student Handbook.