



**Round Rock Christian Academy
Cheerleading Handbook**

2026-2027

PREAMBLE

The Cheerleading Handbook has been developed to outline the expectations and accompanying procedures for the cheer program at Round Rock Christian Academy. This handbook was designed and prepared as a basic operating instrument to define and explain the qualifications and responsibilities of the cheerleading program.

All extracurricular activity participants will be subject to and abide by the provisions of the RRCA Cheerleading Handbook, the RRCA Student Code of Conduct, and Texas Association of Private and Parochial Schools (TAPPS) guidelines. TAPPS does permit a school to impose stricter standards than those of TAPPS requirements, but the school will not impose more lenient standards. Additional cheer program expectations may be established. Therefore, in case of a conflict between this handbook and a campus expectations addendum, this handbook will prevail.

The Round Rock Christian Academy Athletic Department will review and evaluate campus decisions for campus wide consistency and continuity in following the intent and spirit of this handbook.

Handbook guidelines and procedures are reviewed annually and revised by the program directors and Athletic Department. The contents of this handbook are not contractual, and do not give rise to a claim of breach of contract against Round Rock Christian Academy. Furthermore, the contents of this handbook apply to all students of the school as the contents now appear in the handbook or as they are amended in the future.

Disclaimer: Unfortunately, not all situations that arise can be anticipated or accounted for in the handbook. Should events occur that are not covered in the RRCA Cheerleading Handbook, they will be reviewed on a case by case basis by the Athletic Director, Campus Administration, and cheer coaches and will be dealt with according to what is fair and just. Furthermore, RRCA reserves the right to alter the rules according to the situation at any time.

PURPOSE:

The purpose of cheerleading is to create, promote, and uphold school spirit and a positive school environment by participating at athletic events and extracurricular activities as deemed appropriate by the campus administration and coach. Participation in the regular curriculum is a right afforded to each student while participation in extracurricular activities is a privilege that carries additional expectations for acceptable conduct.

EXPECTATIONS:

A. Leadership

1. Being a cheerleader is an honor and special privilege and therefore he/she is held accountable to a greater standard than that of the general school population.
2. The cheerleader is a recognized representative of RRCA, as well as TAPPS, and as such, must demonstrate the highest levels of character and behavior.
3. Cheerleaders are expected to promote and maintain good relationships with faculty, administration, student body, and work cooperatively with all school organizations and the community.
4. Cheerleaders are high-profile representatives of RRCA, and behavior is subject to scrutiny by peers, the campus, the community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his/her team and coaches, the entire school campus and RRCA Cheer community. Therefore, cheerleaders are expected to represent RRCA with honor, dignity, and integrity at all times- including when interacting on social networking websites and in other online environments.
5. Cheerleaders should exemplify both individual and group behavior suitable to the position and in accordance with the rules as stated in
 - a. TMS/TAPPS online paperwork
 - b. RRCA Cheer Handbook
 - c. Campus/ Student/ Athletic Handbook

B. Physical Functions- A cheerleader must uphold the skill level demonstrated at tryouts while striving for continuous improvement while focusing on our primary concern- SAFETY. Physical functions include but are not limited to:

1. Athletic Conditioning (running, weightlifting, stretching)
2. Jumps
3. Stunts & Tumbling
 - a. Members are expected to do proper progressions
 - b. Members will only stunt or tumble with the coach's permission.
 - c. A coach must be present in order for members to stunt or tumble.

C. Academic

1. Cheerleaders who receive a grade below 70 at the end of a grading period or who fail to meet the standards in the SSIP may not participate in extracurricular activities for the allotted time set by the RRCA/ TAPPS Athletic Eligibility Schedule.
 - a. In conjunction with TAPPS basics of no pass/ no play, failure to pass all classes will result in a 3 week probationary period and the loss of eligibility.
 - b. If after the 3 weeks the member is passing all classes, probation will be lifted and eligibility reinstated.
 - c. If after the 3 weeks the member is failing any class, the probationary period will continue until the end of the grading period.

- d. If the cheerleader fails a second grading period, he/she will be removed from the squad and will be eligible for tryout the following year.
- e. During the ineligibility period, the member must practice but will not be allowed to participate in any cheerleader functions outside of practice, per TAPPS rule.

2. Cheerleaders who become ineligible will not be allowed to perform, travel with the squad, or wear his/her uniform.
3. Cheerleaders who have been ineligible for two grading periods during the cheer season (from date of tryouts to the end of the following school year) will be dismissed from the squad.
4. If a current cheerleader fails two grading periods and is removed from the program, they will be eligible to tryout for the following season but will be placed on probation should they make the team. Any additional failure will result in immediate dismissal from the team, and the student will be ineligible to tryout for the following season.

D. Participation

1. Cheerleaders must attend all scheduled practices and performances.
 - a. Cheerleaders absent from practice, performance, or scheduled event will be subject to discipline.
 - b. Cheerleaders selected by RRCA will not be allowed to represent the school and/or cheer program without coach approval.
2. Summer Cheer Camps are mandatory.

PROGRAM REQUIREMENTS:

A. Campus Procedures

1. Cheer coaches manage daily decisions regarding the program. They may develop and enforce standards in addition to, or higher than, RRCA expectations. RRCA expectations are defined as:
 - a. Student Code of Conduct
 - b. RRCA Athletic Handbook
 - c. RRCA Parent/ Student Handbook and Addendums
2. Cheer coaches are required to follow the National Federation High School Spirit Handbook & TAPPS required coaches training.

B. Medical

1. RRCA Concussion Protocol- Due to state law, any student athlete diagnosed with a concussion must obtain physical clearance before beginning RRCA Return- to- Play protocol.
Coaches must be apprised of any medical conditions, whether temporary, permanent, or recurring. Withholding pertinent medical information could result in immediate dismissal from the program.

C. Misconduct

1. Violations of all RRCA Code of Conduct will be addressed in accordance with TAPPS Rank One/ TMS paperwork, RRCA Cheerleading Handbook, and RRCA Student Code of Conduct
2. Suspension from school results in automatic dismissal from the program.

D. Communication- If a concern should arise, the following chain of command must be followed and an appointment scheduled at an appropriate time

1. Coaches
2. Campus Administration
3. RRCA Athletic Director

RESPONSIBILITIES

- A. Uniforms
 - a. Uniforms will be worn to every game.
 - b. The uniform may not be worn for personal use or by anyone who is not a member of the cheerleading squad.
 - c. Only the coach may approve alterations to uniforms. Uniforms must follow the admin's suggestions. No rolling of skirts will be allowed.
- B. Personal Presentation
 1. Cheerleaders will wear hair/ nails as designated by the coach.
 2. Cheerleaders may not chew gum or eat during practice, pep rally, game, or performance.
 3. Members may not wear any type of jewelry while in uniform, practicing, or performing.

FINANCIAL EXPECTATIONS:

- A. Cheerleaders are required to purchase a full uniform/s (including appropriate shoes), and any additional cheer items that the coach deems necessary, or we decide on as a team. Poms and bows will be purchased by RRCA Cheer Program and kept at school.
- B. Cheerleaders are responsible for costs associated with summer cheer camp.
- C. Cheerleaders are responsible for RRCA athletic fees.
- D. Cheerleaders may be responsible for costs associated with travel to games.
- E. If uniform, athletic, or camp fees are not paid by the due date, the student will not be able to participate in camp or cheer at the next event until the fees are paid in full.
- F. Any member dismissed, removed, or who resigns his/her position in the cheer program is responsible for all financial obligations for non- returnable/ non-refundable merchandise.
- G. A \$200.00 Uniform Deposit will be collected at the uniform fitting.

PRACTICE EXPECTATIONS:

- A. Attendance
 1. Practices are mandatory and each member is expected to attend. Arriving late or leaving early is unacceptable.
 2. Coaches must be given advance notice, in writing, if a member is expected to miss.
 3. The following activities may not interfere with practices:
 - a. Work

- b. Family Activities/ Vacations
- c. Tutoring must be scheduled around practices
- d. College Classes
- e. All- Star Practice
- f. Driver's Education/ Tests
- g. Doctor/ Dentist appointments
- h. Any other activities, while encouraged, will not be an excuse to miss practice

4. Members must be dressed and in a designated area assigned by the coach.
5. Before and after school, summer and student holiday practice/meetings may be required.
 - a. Saturday and extra practices may be held throughout the year.
 - b. Members are accountable for all planned events.
 - c. Members will be required to attend sporting events, all district and playoff games, which little notice may be given
 - d. Rare impromptu practices may be needed
 - e. Playoff games may occur during holiday breaks
6. If knowledge, execution, or effort is lacking, the coach reserves the right to remove any member from the routine or event.
7. No cell phone or other distractions are to be at practice.
8. Due to safety reasons, all practices will be closed to the general public,
9. Safety is a priority! Cheerleaders may be stunting or performing potentially dangerous activities.
 - a. Cheerleaders must be present, attentive, and focused.
 - b. Any side conversations, laughing, and goofing around is not acceptable as serious injury could occur.

B. Practice Uniforms

1. Cheerleaders must be dressed in an appropriate workout uniform.
 - a. Applies to practices both during and outside of the school day
 - b. Must wear designated practice clothes and cheer shoes.
 - c. Hair must be securely pulled back and away from the face.
2. Jewelry is not permitted during practice.

GAME AND PERFORMANCE EXPECTATIONS

A. Attendance

1. Cheerleaders are expected to attend all scheduled games, playoff games, pep rallies, performances, and any event scheduled for the school community.
 - a. Little Cheer Camp and Lil Cheer Clinics
 - b. Crusaderfest
2. Excused absence is allowed in cases of funeral, doctor's note, or special school activities with advanced approval from the coach.
3. Prior written notification must be received if a member cannot attend a game/ performance. This does not make the absence "excused."
4. The following activities may not interfere with games/ performances:
 - a. Work
 - b. Family activities/ vacations
 - c. Tutoring must be scheduled around game/ performance
 - d. College Classes
 - e. All- Star Practices
 - f. Driver's Education/ Tests
 - g. Doctor/ Dentist appointments
 - h. any other activities, while encouraged, will not be an excuse to miss games/ performances
5. A cheerleader must attend school on the day of the game/ performance to participate.
6. Parents are asked to arrive for pick up within 15 minutes of notification

B. Uniform

1. Cheerleaders must wear designated uniform to Pep Rally and Games.
 - a. Uniforms must be complete upon arrival- NO ROLLED SKIRTS
 - b. Uniforms must be CLEAN and fit appropriately
2. Complete Uniform includes:
 - a. Correct skirt & shell
 - b. Correct undergarments that are not showing
 - c. Socks & Cheer shoes
 - d. Bow
 - e. Hair/ Nails as designated by coach
 - f. A uniform may also include pom poms. Backpack/ bag, and any other approved equipment

C. Spirit

1. The purpose of Cheerleaders are to lead the crowd in cheers and to motivate the team.

2. Cheerleaders are to listen and follow the direction of the coaches and leadership to ensure an optimal game day environment.

3. Socializing during the game is not encouraged. Cheerleaders/Mascots need to stay focused in order to ensure the safety of all involved.

D. Conclusion of game/performance

1. Each cheerleader has an assignment before, during, and after a game/performance. Each is responsible for placing equipment in the proper location. Cheerleaders will all be dismissed after all equipment is properly stored and the area is clean.
2. Coaches will dismiss cheerleaders as a group.

CONSEQUENCES AND DISCIPLINE

A. All cheerleaders are expected to follow all the rules of conduct as outlined in the RRCA Student Code of Conduct, RRCA Athletic Handbook, RRCA Cheer Handbook, and other rules that may be developed by the coach with approval of the Campus Principal.

B. Discipline may include, but is not limited to:

1. Opportunity to Improve
2. Warnings/ Demerits
3. Community Service
4. Benching (not being permitted to perform)
5. Suspension
6. Dismissal from the squad

C. Discipline Policy and Consequences are effective the day after tryouts and continues until the last school day of the following year.

D. Situations that are not mentioned in the RRCA Student Code of Conduct, RRCA Athletic Handbook, RRCA Cheer Handbook, or will be handled at the discretion of the coach and the campus administration.

E. If a Cheerleader has been dismissed from the squad, he/she will be responsible for any money still owed.

1. Failure to pay dues will result in being placed on the campus obligation list.

F. Cheerleaders must display appropriate behavior both in and out of school. The following is a list of behaviors, although not limited to, that could lead to suspension and/or dismissal, whether the behavior occurs on or off campus:

1. Involved in the possession or use of tobacco/vaping/e-cigarettes/JUUL
2. Involved in the use or possession of, or under the influence of, a controlled or illegal substance
3. Involved in the possession or use of alcohol
4. Public nudity
5. Stealing/Shoplifting
6. Chronic misconduct
7. Chronic absences
8. Truancy
9. Bullying/Cyberbullying
10. Harassment/Slander
11. Forgery
12. In-School Detention
13. Disciplinary action involving any law enforcement agency on or off campus

14. Any offense deemed severe by the coaches and/or administration

IX. TRYOUTS

The RRCA Cheerleading Department is responsible for all aspects of the RRCA Cheer Tryout process. All tryout results are declared final by the RRCA Cheer & Athletic Department.

A. Membership Structure

1. Varsity

- a. Varsity positions are open to students currently enrolled in 8th, 9th, 10th, or 11th grade.
- b. Campus and district administration will work together to determine the appropriate team size that maintains the integrity of the program and the standard for safety.
 - i. A natural break will be used to determine the varsity squad.
 - ii. Varsity squad numbers not to exceed 15 members.
 - iii. If campus enrollment dictates the need, squad size may exceed the maximum number of members.

- B. If a cheerleader leaves the program before May 31st, the next candidate scoring above the natural break for the designated team may move into the vacant position.
- C. In extenuating circumstances, special consideration may be given to students that move into RRCA after the tryout process but prior to August 1st.
- D. Squad membership will exist from the tryout date to the last day of the following school year.

X. TRYOUT GUIDELINES

- A. Candidates must be physically present to be eligible.
- B. Candidates are prohibited from possessing any type of technology during the campus tryout hours. In the event of an emergency, staff will be responsible for communicating with the parent.
- C. Tryouts are closed to the public.
- D. Parents/Guardians are to remain outside the building and may not be in the warm-up area or call-back room.

XI. TRYOUT QUALIFICATIONS

A. Mandatory Parent/Candidate Meeting

1. Candidate and a parent/guardian must attend the RRCA Cheer Tryout Mandatory meeting.
2. A sign-in sheet will be used to verify attendance at the meeting.
3. If a parent is unable to attend due to extenuating circumstances, they must name a proxy, in writing, to the Head Cheer Coach. The parent must make arrangements to obtain all written and verbal information from the meeting.
4. Failure for BOTH the cheer candidate and the parent/guardian to attend the same meeting will result in ineligibility to tryout.
5. The Candidate and a parent/guardian are expected to attend the full meeting and are not permitted to leave early.

- B. Tryout paperwork submitted by specified deadline.
- C. Candidates must be a student at RRCA in order to participate in tryouts.
- D. All candidates must be clear of all campus financial obligations by the Monday prior

to tryouts.

E. The candidate must have exhibited appropriate conduct in accordance with the RRCA Student Code of Conduct and RRCA Student/Athletic Handbook. Current cheerleaders who have been removed for violating the campus and/or policies/regulations will be eligible to tryout for the following school year.

1. If the Cheerleader makes the squad for the following school year, he/she will be placed on immediate probation.
2. Any other violations will result in permanent removal from the program and he/she will no longer be eligible to tryout.

G. Current cheerleaders who have resigned will be ineligible to tryout for the following the school year. This includes current eighth grade cheerleaders.

XII. RRCA CHEER TRYOUT CLINIC

- A. Occurs the week of tryouts
- B. Athletic attire is required
- C. Closed to the public
- D. Candidates must have a current physical on file with the Head High School Cheer Coach/ TAPPS and/or RRCA Athletic Department in order to participate.
- E. Day 1 and Day 2 (see below) are mandatory days

XIII. TRYOUT SCHEDULE - This tryout schedule is for the 2026-2027 season.

- A. Thursday, March 26th
 - 1. Clinic Day 1- RRCA Gym
 - 2. 4-5:30pm
- B. Friday, March 27th
 - 1. Clinic Day 2- RRCA Gym
 - 2. 4-5:30
- C. Saturday, March 28th
 - 1. Cheer Tryout- RRCA Gym
 - 2. 9-11am

XIV. TRYOUT ATTIRE

- A. Must provide a solid white shirt and solid black shorts
- B. Must wear white cheer or athletic shoes
- C. Hair must be worn in a ponytail away from the face
- D. Natural makeup and nails
- E. No jewelry, bows, or ribbons are permitted

XV. REQUIRED FORMS

- A. All candidates must complete the RRCA tryout form, and have a current physical on file with the high school Athletic Department.
- B. Required forms include:
 1. Online

- a. RRCA cheer tryout form
- b. Teacher Recommendations

2. Physical

- a. Must be a hard copy or verified on file with the Athletic Department
- b. RRCA /TAPPS Physical Form
 - i. CANNOT be on any other physical form
 - ii. Must be turned into the high school Head Cheerleading Coach

XVI. CANDIDATE CHARACTER EVALUATION

A. Candidates will be evaluated on the following criteria:

1. Grades (Course Failures)- maximum of 5 points

- a. 0 failures= 5 points
- b. 1 failure= 3 points
- c. 2 or more failures= 0 points

2. Behavior (Discipline Referrals)- maximum of 5 points

- a. No referrals= 5 points
- b. 1 referral= 3 points
- c. 2 or more referrals= 0 points

3. Attendance- maximum of 5 points

Only unexcused absences and tardies (3 tardies=1 unexcused absence)

- a. 0-2 days with an unexcused absence= 5 points
- b. 3-5 days with an unexcused absence= 3 points
- c. 6-7 days with an unexcused absence= 1 point
- d. 8+ days with an unexcused absence= 0 points

4. Teacher Recommendations - maximum of 5 points

- a. 4 current RRCA teachers that give grades for their class

- b. Scores will be calculated by averaging the received recommendations
- c. Missing recommendations will be averaged as a zero
- d. Recommendation forms will be emailed to all faculty and staff
- e. If a Teacher Recommendation form is forged the candidate will be DISQUALIFIED from the tryout process. The form must be submitted directly from a teacher account, not from a student account.

New Enrollees to RRCA:

- If a new student comes in AFTER the tryout process, a supplemental try out could be offered with judges PRIOR to June 15th. The option of a supplemental tryout is up to Coaches' discretion and based on current team size following initial tryouts.

Addendum

General Information:

A. Dates & Schedules

- a. Cheer Review & Paint Week- May 26-29
 - 1. Cheer Review 10am-12pm
 - 2. Lunch- 12-1pm
 - 3. Paint 1-4pm
- b. NCA Summer Camp- July 8-10RRCA
- c. Summer Dates: Please block off July 27- August 8th for various activities-
- d. Before School Practice- August 3-8th TBD, August 10-14th TBD- after school
- e. Crusader Orientation- Open House- August 17th
- f. Thanksgiving/ Winter Break: TAPPS Cheer Competition is the second Tuesday in December, along with potential football playoffs. Attendance is mandatory for ALL program members.
- g. Playoffs: playoff information varies from week to week, and we often find out details last minute. Attendance is mandatory to ALL playoff games members are required to attend.
- h. Fall Cheer Clinic: please keep all weekends during football season available: including the Bye week. Potential Clinic Date- August 29th
- i. TAPPS State Competition – Mandatory

- a. ALL program members are eligible for the TAPPS competition team, and should remain available for all practice/ competition dates. The TAPPS team will be made up of 12 team members, and alternates. TAPPS team selections will be made by the coaching staff. Coaching staff has the right to remove any member from the TAPPS team if necessary.
- b. **Choreography day is mandatory for all program members. Choreography Day will be August 22nd.**

j. Morning Practices: Morning Practices are Monday, Tuesday, & Wednesday morning from 6:45-7:45am.

- a. Morning Practices are used to practice pep rally routines and TAPPS competition routines. Any member who receives an unexcused absence from a morning practice will receive demerits and will make up conditioning upon return. If no communication is given from the athlete prior to missing practice, that member will receive 2 demerits.
- b. Excused absence is allowed in cases of funeral, Doctor's note, or special school activities with advanced approval from the coach. Coaches will need a doctor's note within 1 day of the absence, dated for the same date of the absence.

B. Camp Information:

- a. NCA Camp Dates: July 8-10th (subject to change)
- b. Camp Location: RRCA Gym (subject to change); it is a 3-day camp and we provide lunch. Day 1- 12-6:30, Day 2 & 3- 9am-4pm
- c. Camp is mandatory; any member not able to attend will receive 2 demerits per day they miss.
- d. Friday after camp is over will end with a Social Event TBD

C. Transportation

- a. Members will abide by all school transportation rules, procedures, and safety guidelines.
- b. Leaving a game/event with a parent/guardian is permissible at the end of the event after the members have been dismissed by the coaches. Coaches must be notified in writing if the member is going to leave with the parent from an event.
- c. Pik My Kid app will be used by the coaches to dismiss students from school events when its required.

D. Injuries

- a. If an injury occurs during practice, game, or event the athlete's parents will be notified. Athletes will not be allowed to return to practice until cleared from a physician. If an athlete has an injury, a doctor's note must be on file with the coach and the athletic office.

*See Concussion Protocol in the RRCA Cheer Handbook

EXPECTATIONS

A. Attitude/Behavior

- a. Members are expected to handle themselves in a professional manner at all times.

- b. Members are expected to be respectful to any person they interact with; including, but not limited to: peers, teammates, coaches, teachers, adults, school administration, and other community members.
- c. Members are expected to listen and pay attention when their leadership or coach is speaking.
- d. Members are expected to respect decisions made by leadership and coaches, and know that decisions are made based on what is best for the program as a whole. Any issue or concern should be addressed in a private setting, and not at practices, games, or other events.

B. Squad Leadership

- a. After tryouts, coaches will provide a leadership packet to those interested in applying. The packet will lay out what applicants will need to do in order to fulfill the requirements of the application.

- b. Leadership roles/duties will be assigned based on the applicants, and needs of the program.

C. Physicals

- a. All physicals need to be kept up to date for the entirety of the year. Members will be able to turn in new physicals starting in June. A physical must be on file by August 1st in order to participate in the upcoming school year.

D. Fundraising

- a. Members will be required to participate in all fundraising activities. We will require all members to participate in the “Fill my Megaphone” fundraiser in the spring, along with a Fall & Winter Lil Cru Cheer Clinic.

E. Social Media

- a. Members of the RRCA cheer program are not only representing our school but also our community. Cheerleaders need to be aware of what they post on social media, whether in RRCA attire or not. Any infraction that is brought to the coaches attention will result in demerits based on the severity of the offense. Please reference the RRCA parent/ student handbook and social media addendum for expectations on social media.

DISCIPLINE POLICY

A. Merit Policy

- a. Merits can only cancel out demerits given due to a missed practice, uniform infraction, or tardies. Merits can NOT cancel out demerits given due to a missed game, missed performance, discipline actions, or TAPPS specific practices.
- b. Merits must be received prior to the demerit being given.
- c. Ways to earn a merit:
 - i. Straight A's on report card- 2 merits, A & B report card- 1 merit
 - ii. Volunteering for extra events (concession stand help at Athletic events, appearance, etc.)- 1 merit
 - iii. Coaches will make members aware of other merit opportunities as they become available.

- iv. Every 9 weeks members will be given the opportunity to earn merits for the quarter by participating in a difficult group exercise class after school for 45 minutes. 5 merits total will be awarded for this.

B. Tardy Policy

- a. A tardy is failure to be in the designated location at the time designated by the coach.
- b. Failure to be on time will result in the following:
 - i. 1st tardy- warning
 - ii. 2nd tardy - 10 up-downs for each minute late
 - iii. 3rd tardy- 1 demerit
 - iv. 4th tardy- 2 demerits
 - v. 5th tardy- 3 demerits
- c. Any extenuating circumstances will be up to the coaches discretion.

C. Demerit Policy

- a. Not all situations can be predicted, so keep in mind that this is NOT an exhaustive list. Each situation will be handled on a case-by-case basis with the assistance of campus administration if needed. Please reference page 7 of the RRCA Cheer Handbook for other examples of behaviors that can lead to suspension/dismissal.
- b. This addendum serves as the one and only “warning” for every member. Any offense that occurs after signing this addendum is open to demerits, benching, or dismissal.
- c. Once a member receives 5 demerits, that member will be benched from the upcoming game and/or performance. Benched cheerleaders are still expected to attend the game/performance in uniform, and sit by Coach. Failure to attend will result in more demerits.
- e. Every demerit after 5 will result in another benching from the upcoming game and/or performance.
- f. Once a member receives 20 demerits, they will be removed from the program. Please see page 7 of the RRCA Cheer Handbook for the policy on a dismissed member.

g. Examples of Demerit actions:

- i. 1 Demerit actions:
 - 1. Jewelry at practice, game, or performance
 - 2. Nails that are not neutral in color and/or nails longer than 1/4 inch from the end of the finger at practice, game, or performance. Nail shape may also not be pointed in anyway for safety reasons
 - 3. Unexcused absence to a practice
 - a. This includes summer, Thanksgiving break, winter break, and all before school practices
 - b. This includes not being able to practice at all due to not dressing out properly
- ii. 2-5 Demerit actions:
 - 1. Unexcused absence to game or performance
 - 2. Unexcused absence to practice with no prior communication
 - 3. Wrong uniform to game or performance

4. Disrespect to Coach, or other adult
5. In School Suspension, Saturday School Assignment

*See Demerit Record Sheet

10 Cumulative Demerits = Notice

- When a cheerleader reaches a total of 10 demerits, the cheerleader will be placed on notice and the Coaches will notify the cheerleader and her/his parent/guardian.
- The notice status will be documented in writing by the coaches and signed by the athletic director. The notice statement will be provided to the parent or guardian.

15 Cumulative Demerits = Suspension

- When a cheerleader reaches a total of 15 demerits, she will be suspended for a 3-week period. The cheerleader is prohibited from performance activities and wearing uniforms. They will continue to practice.
- The suspension status will require the coaches to meet with the cheerleader and her/his parents. The suspension will continue until the meeting takes place.

20 Cumulative Demerits = Dismissal from Squad

- If a cheerleader accumulates 20 demerits, the cheerleader will be dismissed from the cheer squad. A written notice and copy of the demerit record will be prepared by the cheer coach and signed the cheer coaches and the athletic director. A copy of the notice will be given to the student's parent or guardian.

Coaches will have one of the below sheet in their Coaches' Binder for each Cheerleader

Demerit Record

Cheerleader's Name:

Topic	Infraction	Demerits Issued	Per	Date	Cheerleader Initials	Coach Initials
Appearance	Inappropriate dress	5	Offense			
	Uniform infractions (includes dirty shoes, hair down, wearing jewelry, watches, overdone nails or makeup, etc.)	1	Offense			
	Excused absence (after 6th excused absence)	2	Absence			
	Tardies/leaving early unexcused	1	Offense			
	Unexcused absence	5	Offense			
Conduct	Chewing gum or eating at undesignated times	1	Offense			
	Deliberate disobedience to coach	10	Offense			
	Display of physical affection in uniform (PDA)	2	Offense			
	Disrespect to coach or other adult	5	Offense			
	Excessive talking while cheering	2	Offense			
	Inappropriate behavior	5	Offense			
	Inappropriate online presence (could also include suspension)	10	Offense			
	ISS (In-School Suspension)	4	Day			
	Negative interference by parents	3	Offense			
	OSS (Out of School Suspension)	5	Day			
	Saturday School	2	Day			
	Smoking/Vaping	10	Offense			
	Unsportsmanlike conduct to squad members/other students	2	Offense			
	Use of phone without permission/phone out at practice or game	1	Offense			
Responsibility	Use of profanity	5	Offense			
	Use of profanity directed at a district employee	10	Offense			
	Failure to be in designated area during a game/practice	2	Offense			
	Missed deadlines/responsibilities	1	Offense			
Safety	Not being back on the sidelines by the designated time at a game	1	Offense			
	Not fulfilling duties as captain (also include removal as captain)	2	Offense			
	Stunting without a coach/coach's approval	5	Offense			
	Talking/Horseplay during stunts	3	Offense			

D. In Class

- a. Each member is required to dress out during practice in the correct attire including: RRCA practice shirt, RRCA practice shorts, Cheer shoes, Bow, and NO JEWELRY.
- b. The entire team will owe 5 up downs for every item not correct.

COMMUNICATION

A. Communication for Information

- a. The Round Rock Christian Academy Cheerleading Program follows a chain of command when information is needed.
- b. The chain of command is as follows:
 1. Ask 3 teammates
 2. Ask your Co-Captain
 3. Co- Captain asks Captain
 4. Captain asks Coaches

B. Communication About an Absence or Concern

- a. Any time a coach needs to be made aware of an absence, or a concern, emails need to come from the cheerleader themselves. We are a program that is trying to prepare our athletes for the professional world, and a big part of that is communication. Our athletes need to be responsible for working out their own issues. Coaches will only respond to parent emails if the cheerleader has previously tried to resolve the issue. Parents- Please allow 24 hours for the coach to respond to your emails.

b. All communication between Cheerleader and Coaches should be done in a group message that includes Cheerleader plus BOTH coaches.

- c. Team Communication will happen through GroupMe and/or a Team Text Group Chat.
- d. Seasonal Schedules will be posted in the Group Me. They will be posted as soon as the information is communicated to the Coaches.
- e. All material will be made available on the Team YouTube Channel which will be posted in the GroupMe.

Estimated Cost for Varsity Cheer

RRCA Cheerleading Athletic Fee- \$300.00

Billed August 1st

NCA Summer Cheer Camp- \$250.00 + \$40.00 (lunch & snack fee)- \$290.00

Billed June 1st

Uniforms- cost will vary per cheerleader

1. Crusaders Uniform: \$272.50 (NEW)
2. Cru Uniform: \$240.75 (White)
3. RRCA Uniform: \$199.50 (White Bodysuit & Navy Box Pleat Skirt)
4. Midriff: \$28.95
5. Spandex: \$33.95
6. Shoes: \$111.95
7. Backpack: \$99.95
8. Bag tag: \$14.95
9. Practice Pack (3 bottoms/1 top): \$128.45 (subtract \$37 if you have the white minipleat skirt)
10. Jacket & Pants Warmups- \$119.00

Uniform Cost for New Cheerleaders- all items: \$1250.00

Uniform Cost for Returning Cheerleaders- New Uniform, Practice Pack, Warm Ups-\$519.95

*The RRCA Cheer Program will provide hairbows, pom poms, and 2 new practice shirts (for new cheerleaders). If a returning cheerleader has lost an item from the list or needs a new one for any reason, you will be able to add those items to your cart at the uniform fitting. A Gandy store will be open in May to purchase RRCA practice items and fan gear.

*The RRCA Cheerleading Program is establishing uniform standards of basic items purchased once when starting the program, with the idea of alternating a new navy or white uniform every two years. The White CRU uniform was purchased last year & will return this year. Navy Crusaders Uniform will be new this year. The RRCA Uniform is for basketball season and competition.

Round Rock Christian Academy Cheerleader Commitment Form (25-26)

Members/guardians will need to read and sign each statement below. This page is due to Coach at the time of the other tryout paperwork; *failure to turn in by the deadline will result in becoming ineligible for tryouts.*

1. I have read and understand the policies and expectations laid out in the **RRCA Cheer Handbook**. I understand that it is my responsibility to know, and abide by these policies and expectations.

Student Signature

Date

Parent/Guardian Signature

Date

2. I have read and understand the policies and expectations laid out in the **RRCA Cheer Handbook Addendum**. I understand that it is my responsibility to know, and abide by these policies and expectations.

Student Signature

Date

Parent/Guardian's Signature

Date

3. I understand the time commitment involved with being a member of the RRCA Cheer Program. I agree to remain available for the dates designated by coaches.

Student Signature

Date

Parent/ Guardian's Signature

Date

4. I understand that as a member of the RRCA Cheer Program, I may be photographed at various games, performances, or events. I agree to allow photos I may be in to be used and/or posted on public platforms.

Student Signature

Date

Parent/ Guardian's Signature

Date

