

MAPLE GROVE CRIMSON

Cheerleading

CODE OF CONDUCT

2011-2012



Welcome

On behalf of the Maple Grove Senior High Cheerleading Program and the members of the coaching staff, Welcome! Congratulations on making the team. We are excited to have you here and a part of our program. With your hard work and dedication to this organization, we will work together this season to ensure a successful and enjoyable experience for the cheerleaders, Booster Club members, coaches and parents.

General Information

The MGSB Cheerleading Team will promote and uphold school spirit, develop a sense of good sportsmanship among the student body, and build relationships with other schools during all athletic events and competitions. All cheerleaders and coaches will work to uphold a positive image of the program, while actively participating in practices, games, and events.

Applicability

Cheerleaders selected for the team will be expected to adhere to this Code of Conduct. All cheerleaders and at least one parent or guardian will agree to and sign the last page of this document, understanding that all information listed in this document will be upheld during the season by the coaching staff. Each cheerleader will be expected to agree to, sign and present this document to coaches at tryouts. Any questions or concerns regarding this document should be addressed to the Head Coach.

MSHSL Eligibility

The Minnesota State High School League (MSHSL) governs high school cheerleading, in accordance with the National Spirit Federation (NSF), the American Association of Cheerleading Coaches and Administrators (AACCA), and the Minnesota Cheerleading Coaches Association (MCCA). All cheerleaders must abide by the MSHSL and MGSB eligibility policies including:

- A health physical every 3 years on record with MGSB Athletic Office
- No smoking, drinking, or mood altering chemicals are to be used at any time, in-season or out-of-season
- Athlete must make satisfactory progress towards graduation

Please see www.mshsl.org for more information.

Cheerleading Letter Policy

Any violation of the MSHSL rules will cause a cheerleader to lose their letter eligibility for that season. Any member who quits waives their lettering eligibility. If an injury occurs, with an approved doctor's note, that prohibits a member from participating as outlined below, the coaches will make the decision whether or not to allow the athlete to letter. Members who qualify will receive a letter of achievement at the end of the season banquet. Letter "patches" are not to be purchased or worn until after the end of the season banquet.

In order to receive a letter in sideline cheerleading, an athlete must:

- Display a positive and respectful attitude at all times to teammates, captains, coaches, officials, and other MGSB teams, opposing teams, fans and MGSB staff
- Be a member or alternate of a varsity squad
- Participate in 75 percent of all required fundraising activities
- Participate in 5 or more Varsity games
- Return the school uniform

Sideline cheerleaders may letter twice in the school year: once in the fall and once in the winter.

Athletic Fees & Registration

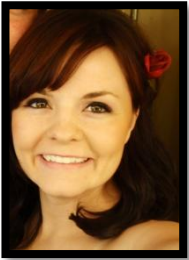
Cheerleaders are required to pay an athletic fee of \$180 for each season they participate. Additionally, cheerleaders are required to have a current physical on file and register as an athlete with the MGSB athletic office. Sports registration takes place in the front lobby area of MGSB. Cheerleaders must register no later than the first practice of the season. Please visit the MGSB website to learn about registration times. Contact the Head Coach or Barb Neumann at MGSB with any additional questions.

Coaches

The Cheerleading Coaches make decisions based on safety, skill level and what is in the best interest of the team. All of our coaches are knowledgeable and safety conscious. We ask that all team members and parents respect the coaches, their decisions and expertise in the sport. We also ask that you respect the decision of squad placement. These decisions are based on many factors and are always in the best interest of the program.

The coaches are interviewed and hired by the MGSB Athletic Department to coach and supervise MGSB Cheerleading. Responsibilities of the coaches include:

- Enforcing team rules and the Code of Conduct
- Organizing and scheduling practices, games, and events
- Coordinating and organizing tryouts, summer camp and clinics
- Making final member selections and squad placements
- Choosing Squad Leaders and Spirit Coordinators
- Coordinating and communicating with the Booster Club regarding financial and fundraising matters
- Providing a safe working environment for all cheerleaders



Head Coach: Nicky Hass

Nicky began cheerleading her sophomore year of high school at Maple Grove. She enjoyed cheering for the competition and sideline squads and was captain during her junior and senior years. Nicky was a volunteer coach at Maple Grove in 2008 and became an assistant coach in 2009. In 2010, Nicky was excited to take over the head coaching position at Maple Grove. As the Head Coach, Nicky will be in charge of overseeing the Varsity Sideline squads as well as coaching the Varsity Competition squad. She is looking forward to the future success of Maple Grove Cheerleading. Nicky will be graduating from the University of Minnesota in May 2011 with a degree in strategic communications and management.



Assistant Coach: Kristy Anderson-Varsity Sideline

Kristy started her cheerleading career at Maple Grove Senior High when sideline and school spirit were the focus. After graduating, she headed off to the University of Wisconsin-Eau Claire, where she cheered on both sideline and competition squads, and coached the team during her junior year. After beginning her sales career at Cintas, she decided to continue her passion of cheerleading as a high school coach at Maple Grove. Kristy was the head coach of the Maple Grove Cheerleading team for four years. She took a year off to start her own family with her husband Dan. In June of 2010, Kristy and Dan welcomed their son Landon into the world. Kristy is now very excited to return to the program and looks forward to making it another great year!



Assistant Coach: Steve Powers-Varsity Comp

Steve Powers has been involved with competitive cheerleading for over 20 years as a performer, choreographer, clinician, consultant, judge and coach. He worked with UCA National Champion Sun Prairie High School Coed for over 15 years and was a founding member of their team. He coached and consulted for many programs, including University of Wisconsin, University of Wisconsin-Eau Claire, Edina High School, Greendale High School, CHEER WISCONSIN, and the Jyvaskyla Jaguars from Finland. As a judge, Steve has been heavily involved with Minnesota cheerleading for the past five years and has also judged a number of regional and national events. His expertise is assembling national-caliber coaching staffs and mentoring young coaches. Steve is the president of Legacy Investments & Insurance Services, Inc., a firm specializing in retirement, income and insurance planning for retirees, small businesses and families. He is married, and has coached with his wife Carrie for over 10 years. Together they have two small children, and are relocating to Maple Grove in the summer of 2011. This will be Steve's first year as a coach at Maple Grove, where he will be assisting with the Varsity Competition team. He looks forward to helping develop the Crimson into a national caliber organization.



Assistant Coach: Hailey Dahl-Varsity Sideline & Junior Varsity Comp

Hailey started out her cheerleading career as a sophomore at Edina High School. She cheered three years and was named captain of her squad her senior year. She traveled to UCA nationals in Orlando, FL for three years, and has a lot of knowledge and experience with competition cheerleading. Hailey will be coaching the Varsity Sideline and Junior Varsity Competition teams. She currently attends the University of Minnesota with an intended major of Family Social Science. Hailey is excited to be a part of Maple Grove's program and help bring it to the next level this upcoming year!



Assistant Coach: Mallory Tracy-Varsity Sideline & Junior Varsity Comp

Mallory began her performing career as a competitive dancer. She fell in love with the spotlight and joined the Maple Grove Cheerleading Team during her sophomore year. Eventually, Mallory became captain during her senior year. She traveled on an international team to Australia and New Zealand shortly after high school; the experience was very rewarding. In 2010, Mallory began volunteering at Maple Grove and is excited to continue as an assistant coach for Varsity Sideline and the Junior Varsity Competition squad. She currently attends the University of St. Catherine, majoring in elementary education and communication studies. She is engaged to be married in June 2012 and looks forward to sharing this next year with Maple Grove Cheer!

For general questions or comments, please email crimsoncheercoach@gmail.com.

To report attendance, please email crimsoncheerattendance@gmail.com.

Teams

The Maple Grove Cheerleading program is continuing its transformation to become more competitive. Both the sideline and competition squads work to support the teams at Maple Grove Senior High, as well as the community. Team members will be chosen at tryouts based on their abilities. Coaches will make final member selection. Attendance, attitude and dedication will all be factored into original tryout scores when final placements are determined. Coaches may make squad placement changes anytime after tryouts.

Squads

Sideline: All Crimson Cheerleaders will be required to be on Sideline Cheerleading. Sideline Cheerleaders have tremendous school spirit and enthusiasm. They work hard and love cheering Crimson sports teams onto victory. Sideline Cheerleaders know how to involve the fans and get them on their feet during games. Sideline Cheerleaders not only lead but also entertain the student body through various performances at halftimes and pepfests.

Sideline Cheerleading is broken into two seasons: fall and winter. Cheerleaders for the 2011-2012 school year will support the following sports.

- **Football:** The Football Sideline Cheerleaders will cheer at home and away Maple Grove Varsity Football games. The majority of football games are held on Friday nights throughout the season. During the season, cheerleaders may be asked to cheer at games on another weeknight. Cheerleaders will go to a select number of playoff games, which may occur on any day of the week. The playoff schedule will be given to cheerleaders once it is finalized.
- **Boys & Girls Soccer:** The Soccer Sideline Cheerleaders will cheer at the home Boys and Girls Varsity Soccer games. On occasion, cheerleaders may be asked to cheer at away games and doubleheaders. For the most part, soccer games are played on Thursday nights, but cheerleaders may be asked to cheer at games on another weeknight. Cheerleaders will go to a select number of playoff games, which may occur on any day of the week.
- **Boys & Girls Basketball:** The Basketball Sideline Cheerleaders will be divided into multiple squads. Each of the squads will cheer for both the Boys and Girls basketball teams. The majority of basketball games are held on Tuesday, Thursday and Friday nights. Occasionally, cheerleaders may be asked to cheer on another weeknight. Cheerleaders will go to a select number of playoff and State games, which may occur on any day of the week. Playoff and State Tournament schedules will be distributed to the cheerleaders once they are determined.

List of Potential Cheerleading Games

The tentative cheerleading game calendar can be found at www.crimsoncheer.com.

Competition: Competition cheerleaders exceed expectations and know what it takes to compete. They are willing to put in the extra effort to have a flawless routine and win at competitions. Competition cheerleaders are extremely dedicated, show endless enthusiasm and are determined to win. The Maple Grove Cheerleading program is working to become more competitive and will hold competition cheerleaders to very high standards regarding attendance, attitude and behavior. Cheerleading will need to be one of their top priorities. Competition cheerleaders will participate in various local competitions and at least one regional and/or national competition. Cheerleaders who want the opportunity to receive a scholarship to a prospective college should consider competitive cheerleading.

The 2011-2012 Varsity Competition Squad will be composed of the Football Sideline Cheerleaders. The 2011-2012 Junior Varsity Competition Squad will be cheerleaders from the Soccer Sideline Squad. Both teams will have alternates who will learn and know the routine and be expected to participate in practices or competitions when necessary. The Competition Squad has a longer season beginning in the summer and ending in February or March. The Varsity Competition Squad will compete at several competitions over the school year. The Junior Varsity Competition Squad will compete at three or four competitions throughout the year.

The Competition Squad will function successfully as long as the following are met:

- The team fundraises to defer the cost of this opportunity.
- The team members travel as a group and stay together.
- Parent chaperones attend competitions. Coaches of the Competition Squad are not considered chaperones, as they need to deal with emergencies, should they arise.
- Cheerleaders have minimal school absence and maintain exceptional grades.

Tentative Dates for Competitions

Competition Name:	When:	Where:
Lakeville North (*)	October 29, 2011	Lakeville, MN
UCA 10,000 Lakes Regional (JV)	November 5, 2011	Minnetonka, MN
Jaguar Cheer Jam	November 12, 2011	Bloomington, MN
Candy Cane Classic (JV)	December 3, 2011	Champlin, MN
Edina Sweetheart Classic (JV)	January 14, 2012	Edina, MN
UCA Spirit of America Championship	January 21, 2012	Mall of America, MN
MCCA State Competition (JV)	January 29, 2012	St. Paul, MN
Crimson Cheer Challenge (E)	February 5, 2012	Maple Grove, MN
UCA Florida Nationals 2011	February 9-13, 2012	Orlando, Florida

(JV) signifies when Junior Varsity will be competing.

(*) signifies when Junior Varsity will be attending and observing.

(E) signifies when Varsity and Junior Varsity will be performing as an exhibition team.

Each competition we enter charges us a competition fee per cheerleader. The average range for local competition entry fees is \$15-\$40 per person. Each competition squad cheerleader will be required to pay these competition entry fees. If a cheerleader is unable to attend a competition, she will be required to pay the cost for her alternate.

UCA Florida Nationals 2012

During our competition season, the cheerleaders will be given the chance to qualify for UCA Nationals in Orlando, Florida held at Disney World. If we are to qualify, we would like to take the opportunity to compete at the cheerleading nationals and represent Maple Grove Senior High. This is a great opportunity for the cheerleaders to further their cheerleading career, and it is a perfect opportunity for the MGSJH cheerleading program to grow. Not only is it a beneficial experience, but it also is a chance for our cheerleaders to spend 2 to 3 days in Orlando watching other teams perform, enjoy all that Disney World has to offer, and have some fun in the sun!

Dates: The UCA Nationals usually fall during the second weekend in February (Friday-Monday).

Estimated Costs: The cost per girl is roughly \$800-\$1000. This includes airfare, hotel, transportation, Disney World passes, and the competition. This will be expensive so we urge the cheerleaders to participate in all fundraisers to raise their personal accounts, as well as fundraising on your own to raise money.

Crimson Cheer Challenge 2012

We will host our very own cheerleading competition on Sunday, February 5, 2012. Due to the fact that this is such a large event, all Junior Varsity and Varsity Competition parents will be asked to volunteer their time in efforts to make this event successful. More information about the competition will be given out at a later time.

Cheerleaders' Responsibilities

Grades

All MGSJH cheerleaders are expected to abide by the MGSJH academic policy.

Attendance

MGSH Cheerleaders are expected to have exemplary school attendance and exemplary cheerleading practice, game and event attendance.

Missed Events and Accountability

We expect every cheerleader to be at each practice, game, and scheduled event related to the MGSH cheer program. However, due to scheduled events, we understand that this is not always possible. Accountability will be essential for all cheerleaders, which will include up-front and early communication.

Absences

Two types of absences exist: **excused** and **unexcused**.

- This applies to ANY scheduled Cheerleading event (practice, game, mandatory fundraiser, etc...)
- All absences should be communicated by email. Please send notifications to crimsoncheerattendance@gmail.com.

Excused Absences

1. Personal illness (resulting in a missed, excused school day)
 - If a cheerleader is ill and misses a school day, two actions will need to be taken in order to clear the absence:
 - Contact the MGSH Attendance Office: 763.391.8700
 - Email crimsoncheerattendance@gmail.com
2. Funeral or death in the family
 - Unforeseen events, including funerals and deaths in the family, will need to be communicated as soon as possible to the coaching staff.
3. Required school or church activities, pre-approved with an email from parent/guardian
4. Religious holidays, pre-approved with an email from parent/guardian
5. Family Vacation, pre-approved with an email from parent/guardian

*If a cheerleader knows that he/she will be missing a scheduled event, a **three week advance notice** is due to the coaching staff, in email, from the parent/guardian. If notice is not provided before the 3-week date of when the cheerleader will need to miss an event, an unexcused absence may be granted.*

Proper format for e-mailing missed events:

We would like all cheerleaders to use a unified format when sending e-mails.

- In subject line please specify squad, first and last name of Cheerleader and date of absence.
 - For example:
Football, Becky Farley–Absent on 8/14/2010 or
Junior Varsity Comp, Becky Farley–Late on 8/17/2010.
- Please use the memo of the e-mail to explain the reason of your absence.

Please note that the following will NOT be allowed as excused absences:

- Work schedules or job interviews
- Dental or Doctor appointments
- Homework
- Concerts (Not school related)

If a cheerleader has excessive excused absences, the following will result:

- **Forth excused absence** = 1 Unexcused Absence (See Below).
- **Fifth excused absence** = 2 Unexcused Absences (See Below).
- **Sixth excused absence** = Dismissal from squad; NO exceptions.

Unexcused Absences

Unexcused absences are defined as those that are not received and approved by the coaching staff before the three week period. Failure to submit the above notification of missing a scheduled event will result in the following:

- **1 unexcused absence** = missed game; cheerleader will still attend in full uniform and be seated next to coach during game. Also equals 4 excused absences.
- **2 unexcused absences** = 2 missed games; cheerleader will still attend in full uniform and be seated next to coach during games; cheerleader will be talked to and a call will be placed to parent/guardian.
- **3 unexcused absences** = dismissal from squad; NO exceptions.

If you know that you are going to be absent for an unexcused reason, please notify the coaches ASAP. It is better we know where you are, then not to tell us at all.

Tardies

Being on time and ready for practices, games and events is crucial to maintaining and managing a cohesive and successful team.

Being on time means:

- Showing up 10 minutes before the scheduled time to ensure readiness
- Being in uniform (or in attire pre-determined for event)
- No jewelry or gum
- Hair tied back

If an event is scheduled for 5:30 p.m., we expect that at 5:30 p.m., cheerleaders are not only present, but are ready to practice.

If a cheerleader is not ready to begin at designated time, the following will result:

- **1 tardy** = Warning and extra conditioning
- **2 tardies** = Warning and extra conditioning
- **3 tardies** = 1 unexcused absence

Coaches Attendance Policy

The MGSJ Cheerleading Coaches are committed to ensuring that all practice times are in the best interest and are worthwhile for the cheerleader. This being said, the below are standards we intend to use in regards to coaches' attendance:

1. If a coach is ill on the day of practice/event, she/he will notify another coach.
2. If none of the coaches are able to attend practice or a game, the event will be canceled.
3. Under no circumstance should the team stunt without a coach present.

Practices

For an up-to-date and detailed calendar for the 2011-2012 school year, please see the handout or visit www.crimsoncheer.com.

General Practice Rules

Attitude: Team members must display a positive attitude at all times. Negative response, lack of productivity and disrespect will lead to dismissal. At the beginning of practices, cheerleaders are asked to "leave their drama at the door."

Flexibility: Regular practice times are scheduled and published on www.crimsoncheer.com. Occasionally a schedule of additional cheer events will be distributed. Ample advance notice will be given for additional practices that are scheduled. In the event that a last minute practice prior to a game or competition is needed, please be flexible and understand the importance of attendance.

Conduct: A team member must be a strong representative of the MGSJ Cheerleading Team at all times. Abusive or irresponsible behavior in or out of uniform will not be tolerated. Moral standards are important to the organization and will be regarded as a high priority for all members.

Attire: Cheerleaders MUST come to practice with hair pulled back, no jewelry, no gum, no long fingernails, and APPROPRIATE practice clothes. Appropriate practice clothes consist of cheer shoes, socks, shorts/pants, t-shirt, or tank top with large straps, and a sports bra.

Cell Phones: Cheerleaders will be asked to turn off or silence their cell phones before practice begins. If a cheerleader is caught checking her phone during practice, coaches will take the phone away and return it at the end of practice. Cell phones will only be allowed if a cheerleader needs to contact her parents or a ride.

Guests: All practices will be closed. This means that without permission from the Head Coach, no friends or visitors are allowed to attend. Parents are more than welcome to come to practice and watch.

Playoffs

Attendance is required at any playoff game scheduled during the fall season. Tentative dates will be posted on the cheer calendar at www.crimsoncheer.com. You can also follow the playoff schedule at www.mshsl.org.

Uniforms

MGSB will provide the shell and skirt for female cheerleaders and shirts/pants for male cheerleaders. These pieces are property of MGSB and must be returned at the end of each season. The rental fee for uniform upkeep is \$25 a season. Each member must take proper care of uniforms. A member may be asked to purchase or replace an item if its condition is considered unacceptable. Uniforms must be returned at the end of the season to avoid fees and fines.

Information regarding additional items for each cheerleader to purchase will be presented at the Parent Order Night. This includes shoes, poms, spirit attire, etc.

A member will not be allowed to participate unless in complete uniform. Full uniform means wearing a bodysuit, briefs, shell, skirt, socks and proper cheerleading shoes. Additionally, it means having hair all the way up and out of the face with a bow, and having poms on hand. Failure to bring the entire uniform to a game, event or competition will result in sitting out from the event and will count as an unexcused absence. The coaches will determine if bodysuits, jackets and pants will be worn by the entire team for a game or remainder of a game, based on weather and gym conditions.

The following rules are established by the MSHSL, in accordance with the NFHS and MCCA, to be in effect at every practice, game, competition and team event:

- Long hair must be pulled back off the shoulders and out of the face.
- Jewelry and loose glitter is prohibited.
- Finger nails need to be kept at an appropriate length for stunting.

Respect and Attitude

All members must project a positive attitude and show a willingness to work for the improvement of themselves and the team. All members must show respect for the advisors, captains, squad leaders, spirit coordinator, administration, booster club, and each other. This is extremely important since you are representing MGSB. Attitude and behavior are part of the criteria for lettering. Failure to abide by this may lead to suspension or dismissal from the squad.

Decorum

MGSB Cheerleading is a program of integrity. We encourage all cheerleaders to use social networking with caution and responsibility. Please be aware that any actions are not only a reflection of you, but a reflection of the entire MGSB Cheerleading team. Cyber bullying of any nature is not tolerated and will result in squad dismissal. Refer to the Decorum Reflection worksheet, the District 279 Policy, or meet with the coaches if issues shall arise regarding the morality of this program. The following examples are considered inappropriate:

- Swearing
- Bullying
- Indecent or suggestive photographs/dress
- Verbalization of negative body image
- Alcohol/Drug references

Communication

We are working very hard to make communication between coaches, cheerleaders, parents and Booster Club as effective as possible. Please remember that we are all here to support the cheerleaders involved in the program. All communication between parents, cheerleaders, coaches and athletic directors should be positive and constructive. E-mail is the preferred way

for the coaches and Booster Club to communicate information to the group. It is your responsibility to ensure the coaching staff and Booster Club has your current e-mail address.

- Information and handouts can be located at www.crimsoncheer.com.
- You may e-mail the coaching staff at crimsoncheercoach@gmail.com.

Fundraising and Estimated Costs

MGSB and District 279 cannot provide the funds to meet the needs of the program. For this reason, we have an active Booster Club in place. Cheerleaders participate in fundraisers facilitated by the Booster Club to pay for banquets, awards, assistant coach salary, additional uniforms and other special needs of the program. For more information about fundraising events for the 2011-2012 school year, please visit www.crimsoncheer.com.

Estimated Costs

MGSB provides the shell and skirts for cheerleaders. These pieces are property of MGSB and must be returned at the end of each season. A complete uniform consists of shoes, socks, bodysuit, briefs, poms, jacket and pants. All of these items must be purchased by the cheerleader and become their own property. Styles will be changed on a rotating basis, since many items are discontinued after some time. Cheerleaders may purchase their own shell and skirt for a more custom fit. A clothing order form for 2011-2012 will be provided, along with the estimated costs of the season. Families will be asked to write checks to the Booster Club to pay for the necessary cheerleading costs. If a check is returned (i.e., NSF, account closed), the cheerleader's family will be responsible for immediately reimbursing the amount of the check plus any returned check fee charged by the bank.

Payment Plans

The Booster Club offers payment plans for families who need additional time to pay off their cheerleading balances. On Order Night, families who utilize this payment plan will have to write a check for 60 percent of the total cheerleading bill. These families will be required to pay the remaining balance, or 40 percent of the total cheerleading bill, within six weeks (42 days) after the Order Night. If the balance is not paid by the second installment date, the following will occur:

1. The cheerleader will attend practices, games and events, but sit out in full practice attire or uniform. The cheerleader will be expected to give her full attention to the team and will not be allowed to do homework.
2. The Booster Club President and Treasurer will be in communication with the parents/guardian of the cheerleader and work out a payment plan of action on a case-by-case basis. This secondary payment plan must be approved by the Head Coach and at least two board members.
3. If no payments are made by the due date determined in the secondary payment plan, the cheerleader will be asked to leave the team. In addition, the cheerleader will be responsible for turning in all purchased items.

Coaching/Uniform Support

The Booster Club works with the parents to fundraise and collects dues to financially support the objectives of the cheerleading program at MGSB. Specifically, these funds are used to offset costs of running the cheerleading program that are above and beyond the expenses covered by the district, including additional coaches (district pays for two), equipment and uniforms. The Booster Club also supports the coaching staff in their day-to-day management of the squad by covering camp fees, awards and banquet expenses, treats, food, parade fees, and decorations.

Without fundraising, these costs would add up to approximately an additional \$450/year per cheerleader. Traditionally, fundraising covers these expenses, so the Booster Club refunds the dues paid by the parents based on a minimal time commitment supporting a few of these fundraisers or events. In addition, some of the fundraising opportunities allow the cheerleader to go "above and beyond" to earn personal credits to offset costs.

Spirit Coordinator

The Spirit Coordinator will act as the main liaison between the school, coaches and team regarding school spirit initiatives. This person will represent MG Cheerleading and be actively involved to lead pep fest spirit activities, make signs, work with MG Spirit Committee, and be an overall advocate of school spirit. We will be looking to the Spirit Coordinator to find out how cheerleaders can best be integrated with school spirit initiatives. Coaches will choose this position according to attendance, attitude, ambition, leadership and consideration of others. Interested individuals may be required to submit a written statement of interest in the position.

Conflict Resolution Policy

In an effort to keep lines of communication open, we have established the following conflict resolution policy in regards to coaching conflict. It is very important that cheerleaders and parents follow these steps when a conflict occurs.

Chain of command:

1. Cheerleader to Coach (if brought to assistant coach, assistant will bring it to the head coach)
2. Parent to Coach via e-mail
3. Parent/Head Coach to Activities Director
4. Parent/Head Coach to Principal and Activities Director

Every year, we receive suggestions from parents about the program and its operations. Please respect that the coaching staff has the authority to make these decisions. We invite you to offer comments or suggestions when necessary and will take these into consideration.

Please follow these steps to address comments, suggestions or concerns you may have:

1. Attend monthly Booster Club meetings and offer your ideas during the Open Forum section.
2. Email the Head Coach at crimsoncheercoach@gmail.com when a suggestion, comment or concern is not addressed at a Booster Club meeting.
3. When certain suggestions, comments or concerns pertain to individual parents or committees, please direct your concern to them first. If the concerns or issues are not addressed properly, please contact the President of the Booster Club for further assistance.

Maple Grove Cheerleading Emergency Plan

General Risk Management:

- The Head Coach and Sideline Coach will carry a copy of the emergency cards filled out by their cheerleaders.
- All cheerleading activities will be supervised by a qualified coach.
- The cheerleading coaches will attend the Minnesota State High School League cheerleading rules meeting each year.
- Cheerleaders will follow the safety guidelines provided by the Minnesota State High School League, in association with the National Spirit Safety Federation.
- Cheerleaders will perform new stunts and tumbling on adequate matting, when available. Additional spotters will be required until the skill is proficient.
- Cheerleaders will follow a conditioning and flexibility program as directed by the coaches.

In the event of a minor injury:

- A coach will stay with the injured person.
- The school athletic trainer will be located, if on school grounds. School nurse would be contacted if available.
- All other participants should allow the coaches to assess the situation, and not crowd around the injured person.
- Activities will continue, as long as there is supervision.

In the event of a serious injury:

- A coach will stay with the injured person.
- The school athletic trainer will be located, if on school grounds. School nurse would be contacted if available.
- If needed, the coach will appoint a reliable person to call 911.
- Cheerleader needs to provide the location and basic information on the injury (head injury, broken leg, etc., and tell the ambulance service where to enter the building/grounds).
- The coach will appoint a reliable person to meet the ambulance and direct to the correct location.
- If the injured person is to go to the hospital, the coach will accompany the person, unless directed otherwise by the parent or guardian. If there is not another coach available, all other activities will be cancelled (squad must be supervised).
- Parents/Guardians will be contacted, as directed on the emergency card.

Code of Conduct

We have read and understand the Code of Conduct for the 2011-2012 Cheerleading season. We understand that this conduct guide will be upheld by the coaching staff as guidelines to follow.

If you have any questions regarding the conduct guide, please direct inquiries to the coaching staff.

Cheerleader's Name: _____

Cheerleader Signature: _____

Parent/Guardian Signature: _____

Date: _____

Emergency Information

Cheerleader Name: _____

I understand that by signing this form and providing the below requested information, I allow the MGSJ Cheer Staff to allow for the medical treatment of the above named cheerleader in the event of illness or injury related to cheerleading.

Cheerleader Signature: _____

Parent/Guardian Signature: _____

Date: _____