

**Almeta Crawford High School**  
**Cheer Spirit Handbook**  
**2024-2025**



# ACHS Cheer Spirit Handbook

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# ACHS Cheerleader Requirements

***The responsibilities outlined below are aligned with and in addition to the FBISD cheer handbook attendance and participation requirements. While this is to be viewed as a comprehensive document, situations/circumstances could arise that are not referred to in this document. Cases such as these will be handled at the discretion of the coaches and/or school administration as the situation dictates.***

Welcome to the 2024-2025 Almeta Crawford High School Cheerleading Program! We are excited to have you and look forward to a great year. At this point in time, you are under the guidance and policies governed by the ACHS Cheer Coaches, FBISD Cheer Handbook, ACHS Student Code of Conduct, FBISD Extracurricular Handbook and the ACHS Spirit Handbook. You will be held accountable to all rules, requirements, expectations and policies from this point forward.

It is important that FBISD cheer members realize the level of commitment that is necessary to make a team successful. Attendance at all games and cheer events is not only crucial, but also mandatory. Absences jeopardize the entire squad and hinder success.

- Attending all practices, games, events, pep rallies, and fundraising activities is mandatory.
- Work or All-Star/competitive team practices are not an excuse to miss any of these events!
- An absence to a game/event will only be considered excused in the following circumstances:
  - *Personal illness/accident (resulting in missing school and a doctor's note may be required)*
  - *Funeral, serious illness, or emergency in the family*
  - *UIL, academic or school-related performance/event*
  - *It is the coach's discretion which absences will be considered excused*

## **Sporting Events and Expectations**

All cheerleaders will participate in supporting the following ACHS sporting contests & events as mandated by the coaches:

- |              |                              |                               |
|--------------|------------------------------|-------------------------------|
| ○ Football   | ○ Soccer                     | ○ UIL State Competition       |
| ○ Basketball | ○ All Sports Teams' playoffs | ○ Orientations & Ceremonies   |
| ○ Baseball   | ○ Spirit send-offs           | ○ Open house                  |
| ○ Softball   | ○ Spring Game                | ○ School ceremonies           |
| ○ Volleyball | ○ Community-wide events      | ○ Volunteer activities/events |

## **Additional Cheerleader Duties & Requirements**

- Support every ACHS team & organization with a positive and respectful attitude
- Cheer at Pep Rallies
- Attend Summer Cheer Camp
- Squad social and team bonding events
- Special appearances
- Paint Signs
- Provide football treats and signs
- Dress up for spirit theme days
- Participate in fundraisers and cheer clinics
- Competitions & events
- Exercise/Condition/Work Out
- Maintain and progress tumbling skills
- Mandatory after-/before-school practices (TBA)



## **Crawford Cheer Program Discipline Process**

A Crawford Cheer member takes on the role of a respectful and disciplined athlete who should be a model for her/his peers at all times - in school, after school, and in the community. This is a very visual position and your peers are looking at you. Along with this position comes a great deal of responsibility, good work ethics, and a spirit of cooperation with parents, coaches, other cheerleaders, and other students. Each squad member will be held to these high standards in and out of school, in and out of uniform, throughout the calendar year. All accountability will be handled in such a way as to teach the squad member the ethical principle that applies to the circumstance. The coaches of each campus program will determine all consequences based on the following prescribed discipline process and FBISD Cheer Handbook and FBISD Extracurricular Handbook. In addition, coaches will not discuss discipline/consequences with the entire team related to any one cheer member due to privacy issues. Cheer members and parents should refrain from asking coaches about any incident/discipline/consequence not involving their student.

**We follow the FORT BEND ISD CHEERLEADER DISCIPLINE POLICY.  
Please reference that document for any inquiries.**

# ACHS Cheer Expectations

(Cheerleaders may receive demerits(s) at the coach's discretion for breaking these expectations & other items listed in this Spirit Book)

## General expectations:

- Respect for all members and coaches
- Responsibility to read and abide by:
  - *Coach e-mails*
  - *SportsYou Messages*
  - *Crawford cheer website*
- If it is on the calendar, it is required and you must plan for it.
- Be prepared for games/ practices/ events
- Be responsible for your uniforms and accessories
- Keep Your Grades Up
- NO PDA
- NO smoking, alcohol, drugs
- NO unnatural colored hair
- Be a positive role model
- No showing tattoos in uniform
- When in uniform you must be 100% in uniform
- No wearing your uniform outside of scheduled school events
- No jewelry in uniform and/or practices
- Positive Attitude
- Cooperation and good sportsmanship
- Abide by all FBISD Cheer Handbook policies and rules
- Responsible use of social media
- Email ALL coaches if sick, absent from school, or if missing an event
- Attend all competitions and events scheduled by the coach

## Physical Expectations:

- Cheerleaders will demonstrate clear diction, vocal strength, rhythm, and coordination.
- Cheerleaders will perform physical moves that involve jumps, balance, agility, and upper body strength.
- Cheerleaders will exhibit stamina in physical activities that involve physical endurance and fitness and will be able to perform routines in both indoor and outdoor settings, in hot and cold weather.
- Cheerleaders must uphold the skill level demonstrated (i.e. tumbling, stunting, jumps, etc.) at tryouts while striving for continuous improvement. *Failure to uphold skills may result in consequences to be determined by the coach.*
- There will be times when cheerleaders must meet requirements determined by coach to participate in pep rallies, away games and/or other performances. Coaches will determine which cheerleaders will attend these functions.

# ACHS Cheer Practice & Game Day Expectations

- Respect your Coaches.
- Respect your Captains.
- NO COMPLAINING!!!
- Be an Athlete – 100% of the time.
- Always do your best!
- Make **respectful** suggestions, comments and constructive criticisms.
- Have a positive attitude and never give up.
- Be on time!
- Do not talk while a Coach or cheerleader is addressing the team.
- Turn in all paperwork on time.
- NO gossiping!
- Be willing to try new things.
- Be dressed properly, including:
  - Attire for the day
  - No Jewelry
  - Hair style for the day
  - Sports Bras & Bloomers with uniforms
  - Cheer Shoes
- No cell phone use during class, practices, games, or events. This is a district-wide policy.
- Team Physical Reminders when safety is not a priority.
- 5-minute dress/ changing time
  - This means you have 5 minutes after the tardy bells rings to be completely dressed, OUT of the locker room & READY for practice to begin.
  - 6<sup>th</sup> period tardy bell rings at 1:00, meaning you have until **1:05** to get dressed.
- Keep the locker room clean!

# Crawford Cheer Financial Responsibilities

- A payment schedule may be set up with the Head Coach for all payments due.
- All cheer members must be current with their payment schedule.
- Not being current will result in missing cheer events or games.
  - In the event that a cheer account is not current, permanent suspension is at the discretion of the coach and administration. In that case, the cheer member will still be responsible for the amount due to their program.
- Cheer members who owe a balance on their account will not be eligible to try out the following year until the amount is paid in full.
- Cheer members are encouraged to participate in group fundraising activities in which all money earned will be contributed to the general cheer activity fund.
- At the high school level, all financial obligations are handled by the head coach. Please turn contact to him/her if needed.
- Checks will **NOT** be accepted. Cash or Online Portal only.
- A late payment fee may be instituted if the pay schedule is not met.
- Cheer members who quit, resign, or are dismissed from a team may be responsible for unpaid balances. Items that are ordered and not able to be returned must be paid for by the cheer member.

## Mandatory Parent Payment Meetings

We will have 3 mandatory parent meetings soon after the new squad is announced to retrieve funds and kick off the program for the next school year.

Payment	Type of Meeting	Amount
1 <sup>st</sup> Payment	Welcome to the team!	Camp Registration
2 <sup>nd</sup> Payment	Uniform Fitting	Uniform(s) and Camp Clothes
3 <sup>rd</sup> Payment	Committees & Parent Roles	Your remaining balance

\*Please review & understand the FBISD policy regarding payment expectations & consequences for not staying current. The FBISD Cheer Handbook states, "All cheer members must be current with their payment schedule. Not being current may result in missing cheer events or games. In the event that a cheer account is not current, permanent suspension may result at the discretion of the coach and administration. In that case, the cheer member will still be responsible for the amount due to their program."

# Cheer Program Sponsorship & Donation Responsibility



The Crawford Cheerleading Spirit committee asks that each cheerleader, upon making the team, help raise funds in the form of sponsorships/donations for the program. This will serve as the bulk of our fundraising efforts for the year. We will also hold traditional cheer fund raising initiatives such as: Cheer Clinics, Spirit Item Sales and some additional events.

Sponsorships & donations will serve to support program expenses such as: new/additional equipment, camp events, uniform accessories, travel, gifts, competitions & banquet. Each cheerleader is asked to raise at least **\$100.00** in sponsorship/donations.

Cheerleaders may acquire sponsorships by solicitation to businesses (area doctors, dentists, salons, real estate firms, car dealerships, restaurants, etc.) or friends and family member donations.

An official sponsorship letter will be distributed to the new cheer members in early April in order to promote the fundraiser and distribute to potential sponsors. The letter will state sponsorship levels with incentives and rewards for supporting the ACHS cheer program.

**The sponsorship funds will be due by May 23, 2024 in order to prepare and organize the sponsorship package rewards.**



# Cheer Sisters



The Big sister/Lil sister relationship exists to foster support, mentorship, and camaraderie between squads and members within our program. Cheer sisters are asked to motivate, support, encourage, protect, and serve as accountability partners for each other. This is a bond that should be taken to heart and deeply respected.

Cheer sisters will focus on bonding, encouragement, mentorship, and spending quality time with one another. The older (big) sister will serve as a mentor and personal guide/teacher to the little (lil) sister. The big sister will take the lead in organizing, mentoring and planning events with their little sister.

Also, during the cheer class and throughout the year, we will schedule "sister time" to bond, mentor and work with your big/lil sister.

Consider the following thoughtful gifts and activity ideas for your sister;

- Dates will be set later in the season for mandatory gift exchanges
- Notes, posters, and cards of encouragement
- Meeting for coffee, tea or smoothies before school
- Eating team meals/snacks together during camp, summer practices and throughout the year
- Cooking a meal together at each other's homes
- Sleepovers and outings with other sister groups
- Craft making, poster painting, bow making, t-shirt designing together
- Go see a movie together
- Send a sweet, encouraging or inspirational text, tweet, or e-mail
- Sit together at lunch during the school year
- Bake her something and make a card for her birthday
- Go to your sister's games and cheer her on!

We look forward to your commitment and dedication to this part of our program. Please follow the guidelines set above and we will have a strong and successful cheer sisters program.