

Welcome to the SME Cheer Squad!!

Congratulations – We are so excited to work with you as your coaches this year. Keep this document as a reminder of the following important information throughout the year!

1. GRADES: You must maintain a passing grade in at least FIVE classes each day in order to participate at games or events (pep assemblies, competitions, etc.) for that day. If you are not passing five classes on any given day, you will be benched from whatever event or game is scheduled for that day, if any, until your grades have improved. If you are pulled from an event where choreography has to be reworked for a stunt or routine, it is at the coach's discretion as to whether or not you will be added back before the next performance due to time constraints and safety concerns.

2. ATTENDANCE:

a. **If you will be absent from a cheer event**, whether it is a game/competition class/practice, etc., you need to let your coach know well in advance of the absence. If you do not notify your coach of an absence at least one week prior to missing a game or event, it is one additional demerit.

i. **Exceptions:** absences for reasons such as a death in the family, sudden illness, or other extenuating circumstances are understandable! Please let us know 24 hours in advance if you will be absent for extenuating circumstances, when possible.

ii. **Appointments (medical, beauty, other):** Please avoid scheduling appointments during practice hours or during a game time unless absolutely necessary. Informing your coach at least a week in advance is a requirement for planned doctor's appointments (last-minute appointments for illnesses are considered extenuating circumstances).

iii. **Please submit absence notices in writing via email.** Please do NOT text me about absences unless you are giving me last-minute notice (i.e. you are leaving school early because you're feeling sick). Even then, please also send an email, as it helps me keep a consistent record of absences ☺ And as much as I'd love to say I'll remember what you tell me when you tell me about an absence in person, I will probably forget...

iv. **During basketball season (we'll review closer to the beginning of the season!),** please attempt to find a sub if you will be absent on a split-squad game-day. (If you miss a game for an unexcused absence you will receive four demerits– more info can be found in #4 on the next page!)

b. **If you will be absent from school on a game day**, you must have your absence approved in advance by the athletic director, Debbie Katzfey, in order to cheer that day. This is a district-wide requirement.

3. ATTITUDE:

*** Being a cheerleader at Shawnee Mission East is an honor and should be represented as such. This includes holding yourself and your teammates to a higher standard. Cheerleaders are considered leaders of the school and are looked up to. Therefore, it is important to represent yourself and this program in a positive manner, including locations outside of the school.

4. DISCIPLINE AND CONDUCT

Cheerleaders are expected to behave in a way that represents the program and school well. They are also expected to behave in a way that respects not only themselves, but also their teammates and their coaches.

Actions such as being late, not filling out items on time, talking out of turn, attitude issues, and other actions at the coaches discretion are considered minor infractions. Minor infractions incur disciplinary actions at the coaches discretion. Repeated minor infractions will be considered an act of extreme disrespect which will incur a serious infraction.

a. Serious Infraction

Serious infractions are actions which will result in serious discipline. Serious infractions are as follows:

- NO Contact NO Show to practices, events or games.
 - Extreme acts of disrespect towards coaching staff or other cheerleaders.
 - 5 or more excused or unexcused actions. (at the coaching staffs discretion)
- b. There will be a 3 strike system for serious infractions with an increasing level of disciplinary action for each one.**
- Strike 1 - Will result in benching from a game where the cheerleader will be required to attend in uniform and sit with the coach. (if the cheerleader does not attend that will count as a NC/NS as automatically count as another strike.)
 - Strike 2 - Will result in Benching for the remainder of the Fall or Winter Season.
 - Strike 3 - Will result in dismissal from the squad following a meeting with administrators and coaching staff
- c. Additionally a cheerleader may be **automatically dismissed** for any of the following reasons:**
- For any infraction which results in suspension
 - For criminal activity or any act punishable by law
 - When a cheerleader organizes or is involved in a hazing incident
 - On the first day of the beginning of the 7th week of academic ineligibility
 - If s/he violates the district's drug and alcohol policies as *referenced in the Student Code of Conduct*

5.WEIGHTS AND CONDITIONING:

- a.** Being strong and staying in shape is important to having good form for stunts, and for being healthy!!
- b.** If you are not enrolled in a designated weights class at SME, you will be required to participate in a weights session once a week with your coach. These sessions will be held either during practice or on designated days in the morning and in the afternoon – you will have 2 opportunities per week to attend one of the required sessions if an opportunity is not provided during practice.
- c.** If you are enrolled in an athletic class outside of cheer, that may be considered an alternate you're required weights session, so long as your instructor signs off on your hours each week.
- d.** You are now considered as athletes, so you will be worked out as such.

6. COMPETITION:

- a.** The competition squad is a separate team from Shawnee Mission East Cheer. It is composed of a competitive cheer environment, where the squad will participate in a cumulative of three competitions.
- b.** It is a requirement for all members of the squad to be a part of the competition squad unless they have opted out. Tonight is the last point that you may opt in or out of the squad.
- d.** 1st hour is reserved for the competition squad; it is mandatory to participate during this hour. If there are to be extra comp practices they will begin before school at 7 or later.
- d.** There will be a mandatory choreography camp to learn the material for the competitions; the dates are July 28, 29, and 30.
- e.** In addition to other cheer costs, there will be \$125.00 competition fee per cheerleader.

Contact Information

We are very excited to work with your student this year as an SME Cheerleader. On this form, we have included several pieces of important information. Please never hesitate to call or email with any questions or concerns.

*Please limit texts and calls to between 7a-9p unless it's an emergency.

Coach Information:

| | | | |
|---------------|--------------------|---|-----------------------|
| MKilar Otte | Varsity Head Coach | Email: mkilarotte@live.com | Phone: (785) 259-0943 |
| Morgan DeWalt | JV Coach | Email: morgandewalt@smsd.org | Phone: (816) 769-6111 |
| | Freshman Coach | | |
| Laura Buckman | Program Director | Email: laurabuckman@smsd.org | Phone: (913) 980-4653 |

Cheer Email: smeast.cheer@gmail.com

Finances and Due Dates:

Due today: \$675

Due September 1: \$125 competition fee

Due this summer: \$393.40 (new) or \$182.50 (returning) paid to Varsity Spirit through separate link.

- We do not want the cost of cheer to be a strain on families, if you would like to be on a payment plan please contact: smeast.cheer@gmail.com
- Please pay via check if at all possible.

Checks are payable to: Lancer Spirit

Mail to: MKilar Otte

Cheer Coach

Shawnee Mission East Highschool

7500 Mission Road

Prairie Village, Kansas

66208

Required Forms:

All required forms listed below will be **due no later than June 15, 2021.**

[Physical Exam & Concussion Form](#) (physical exam must be completed between May 1 – 31 2021)

Tobacco, Drug, and Alcohol Waiver

****Additionally:** A fully completed 2020-21 Athletic Participation Packet on skyward. (It will be available after July 1st on your skyward)

Concussions

Unfortunately, in the cheerleading world, concussions tend to happen with a bit more frequency than in other sports due to the nature of our activity (airborne stunts/skills, tumbling), especially as we are in the beginning stages of learning proper stunt technique. While we will do everything in our power to prevent these types of injuries from occurring, below is information regarding the SMSD Concussion Policy should your child be injured. Please note, we cannot make any exceptions to these rules, even if we, as coaches, feel your student is fine! This is for her own safety.

Phase 1: Diagnosis

- If a cheerleader experiences a “mechanism” for concussion (i.e. is hit in the head, falls to the floor, etc.), as coaches, our first step is to determine how s/he is feeling. If s/he is not experiencing symptoms of concussion at the time of the injury, we will keep an eye on them overnight just to ensure no symptoms develop. We will also report the injury to the school nurse and athletic trainer as a precaution.
- If symptoms occur immediately following impact, or if they develop the following day, we will require your child to be evaluated by a physician, per SMSD requirements. Please note: this cannot be negotiated, for your child’s safety. If s/he reports a symptom to a coach, the nurse, or the trainer, we are required by law to send them to the doctor, even if the “symptom” reported seems unrelated to the injury.
- When you visit the doctor, s/he will determine whether or not your child has a concussion. If they make the determination that s/he does not have a concussion, great! We just need a signed release stating s/he can return to play without completing the 5-step process. If s/he is diagnosed with a concussion, or they put them on evaluation to wait and see if signs develop, we still need a signed document stating the accommodations required, and s/he will be held out of practices and games until the 5-step process is complete.

Phase 2: Return to Play Process, Steps 1-4

- If a cheerleader visits the doctor with symptoms of a concussion, there are two things likely to happen.
 - o The doctor evaluates her, sees symptoms of concussion, but determines s/he can begin the return to play process. In this case, you will move to the next step.
 - o The doctor evaluates her, sees symptoms of a concussion, and requires accommodations / removal from practices and games until doctor approval is received to begin the RTP process. In this case, your doctor will likely require a second visit before allowing your child to begin the 5-step process.
- Once written approval has been received to begin the 5-Step Return to Play process, your cheerleader will work with the school’s athletic trainer, Dakota Gels/heimer, to complete a series of workouts to determine if the concussion symptoms are still present. These include:
 - o Step 1: a 10-minute light workout with the trainer
 - o Step 2: a 30-minute workout with the trainer
 - o Step 3: a non-contact practice with the coach/program
 - o Step 4: a regular, full-contact practice with the coach/program
- If, after each of the first four steps, your child reports no symptoms, s/he will be approved by Dakota and you will be allowed to complete step 5, which is receiving the final doctor’s sign-off to return to games. Note: if your child reports any symptoms are still present after any of the steps listed above, even if they are only present as a “1” on a scale of 1-10, s/he will have to repeat the step until the symptoms are gone.

Phase 3: Step 5 of RTP Process – Final Doctor’s Approval to Return to Play

- After successfully completing steps 1-4 of the return to play process and after receiving Dakota’s recommendation to move to step 5, you will need to have your doctor sign off on the final evaluation for you to return to games and events. Some doctors may require you to return in person for a final evaluation. Please note: As coaches, and as a building, we cannot allow your child to participate in games or other cheer events (aside from practices) until this final sign-off is received, regardless of which games/events are coming up!
If you would like to contact Dakota, our athletic trainer, for any additional info, her email address is dgelsheimer@kumc.edu.

Cheer Booster Board

Board Positions:

- President: Laura Brown
- VP Sponsorship: Shannan McKee
- VP Fundraising: Dawn Thibodeau
- VP Activities:
- Treasurer: Amy Winter
- Secretary:
- Varsity Mom:
- Senior Moms:
- JV Moms:
- Freshman Moms:

Committees (Each committee serve under the appropriate board member, as listed above)

- Lancer Day Parade Committee
- Scavenger Hunt Committee
- Football Cheer Clinic Committee
- Basketball Cheer Clinic Committee
- Banquet Committee
- Sponsorship Committee

PARENT/EMERGENCY CONTACT INFORMATION

PARENT/GUARDIAN - PLEASE FILL OUT [THIS GOOGLE FORM](#)

SME CHEER 2020-2021 Cheerleader Information

CHEERLEADER - PLEASE FILL OUT [THIS GOOGLE FORM](#)

For East spirit wear, please use this [link](#).

June

2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|-----------------|---|-----------------|----------|
| | | 1 Practice: 5-7 pm Location: Stage Gym | 2 | 3 Practice: 5-7 pm Location: Stage Gym | 4 | 5 |
| 6 | 7 Practice: 5-7 pm Location: Stage Gym | 8 Practice: 5-7 pm Location: Stage Gym | 9 | 10 Practice: 5-7 pm Location: Stage Gym | 11 | 12 |
| 13 | 14 Practice: 5-7 pm Location: Stage Gym | 15 Practice: 5-7 pm Location: Stage Gym | 16 | 17 Practice: 5-7 pm Location: Stage Gym | 18 | 19 |
| 20 | 21 Camp Send Off! 5-7 pm Location: Stage Gym | 22 Away Camp | 23 Away Camp | 24 Away Camp | 25 Away Camp | 26 |
| 27 | 28 Practice: 5-7 pm Location: Stage Gym | 29 Practice: 5-7 pm Location: Stage Gym | 30 | | | |
| | | | | | | |

July

2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------------|---------|--|--|--|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 Lancer Kids Camp 9am – 3 pm | 27 | 28 Choreography Camp 9-11 am 5-7 pm | 29 Choreography Camp 9-11 am 5-7 pm | 30 Choreography Camp 9-11 am 5-7 pm | 31 |
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