

## **J-22 CHEERLEADING POLICY**

The Board of Education believes that purposes of cheerleading are to promote school spirit and to provide an opportunity for selected students to participate in a leadership development activity. The Board approves and supports activities designed to accomplish these purposes.

In an effort to protect students who may participate as cheerleaders and to protect the interests of Board employees and board members, the following procedures are adopted as Board policy:

- Each cheerleading squad is to be placed under the direction of a certified Board employee who will serve as the coach or sponsor of each squad. Each cheerleading squad will become a part of the Opelika athletic program under the general direction of the Athletic Director.
- Students who try out for any Opelika cheerleading squad must meet and abide by all standards as set forth by the Alabama Athletic Association and National Federation of State High School Association for cheerleaders and other local standards as set forth by the Opelika Cheerleader Constitution.
- Each cheerleader sponsor or coach must be in attendance and must actively direct all cheerleading squad functions, practices and performances.
- Use of mini-trampolines, springboards, or any height-increasing apparatus is prohibited.
- Prior to participating in any cheerleading activity, each student must present an AHSAA Physicians Certificate stating that the student is in appropriate physical condition, including cardiovascular condition, to participate in cheerleading activities.

- All cheerleading activities will be in compliance with the established guidelines by the National Federation of State High School Association.
- All students participating in cheerleading squad activities must be insured under a catastrophic student policy.
- All cheerleaders will present signed permission letters from parents/guardian providing permission to participate in cheerleading activities outlined in this policy.
- The principal, athletic director and sponsors will designate a practice area(s) for the squad(s).
- No cheerleader shall attempt nor participate in any tumbling activities unless they have been trained to perform such activities by a properly certified instructor.
- All out of town travel will be in school vehicles or vehicles approved by the Athletic Director or principal.

**ADOPTED: May 11, 2004**

**Revised: February 22, 2011**

**LEGAL REF: Code of Alabama 16-1-30**