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WAKE FOREST

COUGAR PRIDE

September 2016

**Coach Faulkner Coach Blount**

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**554-8611**



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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | | Tue  ALL PRACTICES ARE MANDATORY!!  If you miss a practice without a doctor’s note you will not cheer the next game. | | | Wed | | Thu | | | Fri  GO! FIGHT! WIN! | Sat |
|  |  | |  | | |  | |  | | |  |  |
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|  |  | |  | | |  | |  | | |  |  |
| **28** | 29  1ST DAY  SCHOOL !!!!!!  OFF | | **30**  **VAR PRAC**  **2:30-4:30**  CANCELLED | | | 31  VAR PRAC  2:30-4:30cheerleader_clapping_pompoms_lg_clr | | September 1  VAR PRAC  2:30-4:30  JV Home Game 6pm | | | 2  **South East Ral.**  **AwayMC900441788[1]**  **Meet Bus @**  **TBA** | 3 |
| **4** | 5  Holiday | | **6**  **VAR PRAC**  **2:30-4:30**cheerleader_clapping_pompoms_lg_clr | | | 7  VAR PRAC  3:00-4:30 | | 8  VAR PRAC  2:30-4:00  JV Away Game | | | 9  **Rolesville HomeMC900441788[1]**  **Early Release**  **Team Dinner**  **TBA** | **10** |
| **11** | 12 | | **13**  **No Practice**cheerleader_clapping_pompoms_lg_clr | | | 14  VAR PRAC  3:00-4:30 | | 15  VAR PRAC  2:30-4:00  JV Away  Corinth Holder | | | 16  **Open Week**  **NO GAME** | 17 |
| Varsity Date | | | Opponent | | Site | Time | Sept. 23 | **Broughton** | | **HOME** | **7:00** |
| Aug. 12 | | | Friday Night Pigskin Kickoff  MUST PAY TO ATTEND | | Home | TBA | Sept. 30 | **Millbrook** | | **Away** | **7:00** |
| Aug. 19 | | | **Panther Creek** | | **Away** | **7:00** | Oct. 7 | **Wakefield** | | **HOME** | **7:00** |
| Aug. 26 | | | **Apex** | | **HOME** | **7:00** | Oct. 14 | **Heritage** | | **Away** | **7:00** |
| Sept. 2 | | | **South East** | | **Away** | **7:00** | Oct. 21 | **Leesville Road** | | **HOME** | **7:00** |
| Sept. 9 | | | **Rolesville** | | **HOME** | **7:00** | Oct.28 | **Sanderson** | | **Away** | **7:00** |
| Sept. 16 | | | **Open** | |  |  | Nov 4 | **Enloe**  **Senior Night** | | **HOME** | **7:00** |

## CHEER TEAM CODE OF CONDUCT

### Grounds for Automatic Dismissal

* Disrespect shown to coaches or squad members
* School Suspension
* Inappropriate Behavior including Facebook/Twitter/Photos(Instagram,Snapchat)
* An F in any subject at any Report Card Period
* Excessive Tardy(s) to school, any one class, or cheerleading event
* 1+ Game absences unexcused/ excused Aug-December
* 2+ unexcused school/practice absences/4+ excused (must notify the coach by 11:30am on practice days)

Sick, doctors appointments

***IF YOU CHECK IN LATE ON GAME OR PRACTICE DAYS, YOU MUST HAVE A Dr.’s NOTE!!!!!!***

## UNACCEPTABLE CONDUCT

1. Detention/ Office referrals/ ASD/ Skipping/ ISI
2. Teacher complaints
3. Insubordination /poor attitude
4. Not properly attired for game/practice

## ATTENDANCE

**Absences due to any other activities will NOT be deemed excused. Drivers Ed is not excused. Please**

**arrange to take Drivers Ed after the season.**

**\*Please do not ask us to give you permission to be late or not attend a scheduled practice, game, or event.**

**Make whatever decision is best for your family and accept the consequences.**

## UNIFORMS/PERSONAL APPEARANCE

* **Clean Uniform after every event**
* **Half /messy ponytails will not be allowed**. Hair/ponytails must be pulled all the way thru.
* **NO JEWELRY!!!!!!!!** If I have to remind you, you will be disciplined. **Don’t get anything pierced that you can’t take out by Tryouts/Camp/Practice. You must be able to take all jewelry off at every practice.**
* **Nails need to be trimmed and polished with clear coat ONLY. Colored nail polish is prohibited at all events.**

CONSEQUENCES

* Warning
* Probation
* Suspension
* Grounds for Permanent Dismissal

Anytime demerits are issued the Athlete will receive notice.

ACADEMIC POLICY

* Squad members need to maintain an overall C average with a 2.0 GPA
* Any member getting a D or F at Interims will be put on probation and must attend approved extra help session with documentation. (i.e. NHS tutoring, study hall w/ coach, extra help w/ teacher, private tutoring)
* If any team members have a D or F on the first report card, they could be Suspended from the team until the next Interim and will continue with tutoring options.
* Any team member with a Failing grade at the Semester could be Dismissed from the team.

We realize this policy is strict, but academics MUST take priority over cheering. This policy also helps ensure that during peak competition season we are not forced to replace or re-work routines because team members have not been performing academically.

**\*\*\*As with other activities, All-Stars is allowed, but do not come before WF scheduled events. Absences due to any other activities will NOT be deemed excused.**

**\*\*\* *Cheerleaders will not be allowed to participate in another school organized same season sport.***

**Everyone needs to realize his or her own limitations. It is very frustrating to prepare for an event and then have cheerleaders not be able to show up.**

Team Commitment Pledge

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_has our/my permission to try out for the 2015-2016 WFHS

Cheerleading Squad. We have reviewed all the requirements and team policies. We fully understand the yearlong commitment our family is making. We have also reviewed the list of anticipated expenses and are aware of the financial obligation we must assume. If selected, we agree to adhere to the WFRHS Cheerleading rules and regulations and those of the WCPSS. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Parent signature/date) \_­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Student/date)

A copy of this page will be returned to you upon your child making the team.