

LYONS TOWNSHIP HIGH SCHOOL SPIRIT CHEERLEADING



Cheerleading is a commitment to school, community, squad and self.

**The purpose of the Lyons Township High School Cheerleader is to always promote and uphold:
School and Community Spirit, Unity, Enthusiasm, Pride and Sportsmanship at Athletic Events,
in the Community and in Our School.**

Being a member of the **LYONS TOWNSHIP HIGH SCHOOL** cheerleading squad offers a unique opportunity for personal growth and leadership. The attitude, dedication and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Cheerleaders need to be committed to the highest level of self discipline, performance, respect for our school, respect for others and personal exemplary conduct. As a Lyons Township High School Cheerleader, please remember to always: **BE KIND TO EACH OTHER** – If you cannot be thoughtful and caring to everyone on the squads, you should not be a part of the LTHS Cheerleading Program. Personal grudges, gossip, bullying, etc. have **NO** place in LTHS Cheerleading. Always be part of the solution – be a team builder and leader.

ABSENCES/TARDIES

- If you are absent from school due to illness, you may **not** attend practices or games.
- Parents/guardians and cheerleaders are requested to email Coach Sisto **prior** to the practice/game/event time to excuse the student for illness or explain a late arrival.
- Academics are paramount and take precedence over arriving to practice on time. Therefore, if you meet with a teacher after school please bring a pass that is dated, timed and signed by the teacher to practice so you do not receive a tardy or absence.

Cheerleaders who are late or absent from practice, a game, etc. are responsible for obtaining any and all information/materials provided at the event they missed. If a cheerleader does not show up for multiple practices without notice or leaves a practice/game early without telling a coach, there will be consequences at the following game (such as sitting out a quarter/whole game/halftime). We are responsible for our cheerleaders during practice/game time, therefore, need to know if we should be expecting them to be there or if they left. Dishonesty with attendance will not be tolerated and may be taken to the Activities Director.

GAMES

- Game dates, times, locations, etc. indicated on the cheerleading calendar are subject to change by the Athletic Director and the Head Coaches of the respective sports. **Changes will be communicated by announcements at practices and/or LT email and the Remind app.**
- Fall JV Cheerleaders attend all the boys Sophomore Football games and Fall Varsity Cheerleaders attend all Varsity Football games (**including post season games**). If the football players are on the football field, we are on the sidelines cheering – rain or shine! Fall Cheerleaders attend both home and away football games. **Homecoming is an EXTENDED TIME commitment for ALL JV and Varsity Cheerleaders.**

- Winter JV Cheerleaders attend all the boys Sophomore Basketball games and Winter Varsity Cheerleaders attend all Varsity Basketball games **(including post season games)** and several Special Education Basketball home games. Winter Cheerleaders mainly attend all home basketball games (Friday/Saturday) and some away games. **Pack the Place is an EXTENDED TIME commitment for ALL JV and Varsity Cheerleaders.**

GUIDELINES FOR GAMES

- a) Cheerleaders are expected to sit together at both home and away games, and support each other when in the stands by cheering along with the girls on the line. Failure to participate will result in a quarter benching for each infraction.
- b) Cell phones are to be out of sight during all practices, games, events, etc.
- c) Water is allowed during games, meals are not. Please eat before your game.
- d) The times listed on the calendar or updated times shared at practices or through email are bus departure times or the time you are expected to be warmed-up and ready for practices or home games.

HOME GAME LOCATIONS

- Boys Football games are held at Bennett Field – South Campus
- Boys Basketball games are held at the North Campus Fieldhouse
- Special Education Basketball games are in the upper gyms at South Campus

BUSES FOR AWAY GAMES

- **Cheerleaders are required to take the bus to and from the away games.** IF there are extenuating circumstances in which a cheerleader needs to be dropped off or picked up by a parent/guardian, the parent/guardian must email Peter Geddeis (Activities Director - pgeddeis@lths.net), John Grundke (Athletic Director - jgrundke@lths.net) and Coach Sisto at least 24 hours in advance and receive approval. If approved, the parent/guardian needs to make visual contact with one of the coaches when picking up their cheerleader and sign them out. This is a rule across all extracurriculars and if approval is not received, the cheerleader will be required to ride the bus. No exceptions.
- Cheerleaders may NOT drive themselves to away games. This is a rule across all activities and athletics.
- The time on the calendar is the time the bus leaves.
- **Football game buses leave from and return to the South Campus parking lot by the pool.**
- **Basketball game buses leave from and return to the North Campus parking lot by the fieldhouse.**
- The bus is an extension of the school. Therefore, the same behavioral expectations outlined for classrooms/school will be adhered to on the bus. There will be no inappropriate language, screaming, loud music, etc. Violations will be responded to according to school policy.

PRACTICES

- **Days:** Tuesdays, Wednesdays, Thursdays
- **Time:** 4:00-5:30pm
- **Location:** South Campus Fieldhouse (Unless otherwise indicated)
- One or two additional practices may be scheduled in September/October in preparation for Homecoming (Fall season) or January/February in preparation for Pack the Place (Winter season).

- **Winter Practices:** Practices move to the North Campus Cafeteria in January for the Winter season. In December, January and February, several Special Education Games will be added to the schedule. These games are held on Tuesday evenings; and we cheer at these games in lieu of practice on those Tuesdays. All Winter Cheerleaders are expected to cheer at these games.
- Cheerleaders need to be dressed, warmed-up and ready to begin conditioning no later than 4:00. Warm-ups and conditioning are an important part of safety for cheering and stunting, and must be completed prior to participation in cheering/stunting practices.
- Practice Attire:
 - Shirts: close fitting t-shirts. No tank tops. LT gear is a plus!
 - Sports bras are mandatory.
 - Pants: shorts, leggings, biker shorts, or tennis skirts. No pajama pants or sweatpants.
 - Shoes: gym shoes/tennis shoes. Practicing barefoot is not allowed.
 - Hair must be worn in a ponytail if shoulder length or longer.
 - NO GUM OR JEWELRY!!! Jewelry should be off when you get to practice.
- Cell phones need to be OUT OF SIGHT during practice – if you need to contact your parent/legal guardian, please do so during a water break.

WHEN IN UNIFORM

- ❖ **SMILE:** Bring your energy and enthusiasm!
- ❖ **GAME DAY ATTIRE AT SCHOOL:** Cheer t-shirts and black pants, or your uniform will be worn most Fridays. Both JV and Varsity have designated t-shirts that are required for purchase.
- ❖ **HAIR/BOWS:** Shoulder length or longer must be neatly smoothed and tightly secured in a ponytail. Bows must be worn when in uniform.
- ❖ **CHEER BAG:** A designated backpack for cheer must be brought to ALL games stocked with a hair brush, bobby pins, hair ties, extra socks and any uniform item you are not wearing.
- ❖ **SPANX/BRIEFS:** Must always be worn when in uniform – NO exceptions. Pain LT blue (royal) only. This is a personal item that must be provided by the cheerleader.
- ❖ **PANTS:** Black yoga/dance/athletic pants may be worn under your uniform in school for warmth. Pants need to be short enough so they do not drag on the ground or have frayed bottoms. These may also be used for game days with cheer t-shirts when decided by the team. This is a personal item that must be provided by the cheerleader.
- ❖ **JACKETS:** Uniform jackets may only be worn when in uniform and only by the cheerleader – these are provided during the season.
- ❖ **SOCKS:** Solid white golf/tennis socks to be worn when in uniform. No colored edges. This is a personal item that must be provided by the cheerleader.
- ❖ **SHOES:** Shoes are to be plain white. This is a personal item that must be provided by the cheerleader.
- ❖ **POM POMS:**
 - JV: 1 solid royal blue and 1 bright gold
 - Varsity: 2 multicolored
- ❖ **SPORTS BRAS:** Must always be worn for practices and games. This is a personal item owned and provided by the cheerleader.
- ❖ **RAIN PONCHOS:** These are part of the uniform provided by the school and may only be worn at LTHS football games as needed.
- ❖ **MITTENS/GLOVES:** Must be royal blue and/or gold. This is a personal item provided by the cheerleader.

WHEN IN UNIFORM: No sweatpants, sweatshirts, sweaters, non-uniform jackets, etc. unless seen under your LT issued cheer warm-up jacket. You are expected to adhere to all uniform expectations from the time you step out of your home until the time you return home or until you remove your uniform. If a cheerleader is benched for any reason, they are expected to attend the game in full uniform.

CHEER GEAR COSTS (INFO COMING SOON FOR ONLINE PAYMENTS)

- ❖ **JV POMS:** \$24 for the set (1 royal blue, 1 gold; same as last year)
- ❖ **JV T-SHIRT:** \$15 (ALL JV required to purchase)
- ❖ **VARSITY POMS:** \$31 for the set (2 multicolor mix of vinyl/metallic blue/gold/white poms; all Varsity are required to purchase; new from last year)
- ❖ **VARSITY T-SHIRT:** \$17 (ALL Varsity required to purchase)
- ❖ **BOW:** \$15 (1 multicolor blue/gold/white bow; all JV and Varsity required to purchase)
- ❖ **BACKPACK:** \$55 (required for Varsity – if you are new to the squad and don't have a backpack already, optional for JV)
- ❖ LT mittens and headbands may become available throughout the season for optional purchase

FUNDRAISERS

- All cheerleaders participate in LTHS fundraisers which include:
 - Gold/Blue Cards – each cheerleader is responsible for selling at least 5 cards
 - One other mandatory fundraiser – usually Double Good Popcorn

NEW THIS SEASON FOR TEXT/APP REMINDERS!

Sign up below using the code that is for the squad you are on (only sign up for the squad you are on). You are not automatically added to this.

How to join:

- On the Remind website: [remind.com/join](https://www.remind.com/join), use the code or squad/class name below, or search for Sisto
- In the App: https://www.remind.com/send_the_app, use the code or squad/class name above, or search for Sisto

Codes:

- JV Winter Remind code: **f2hhh87** or **LTHS Spirit Cheer JV Winter**
- Varsity Winter Remind Code: **ebg2c4c** or **LTHS Spirit Cheer Varsity Winter**

Activities Director:

Peter Geddeis

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Coaches:

Kristen Sisto

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WE ARE LT