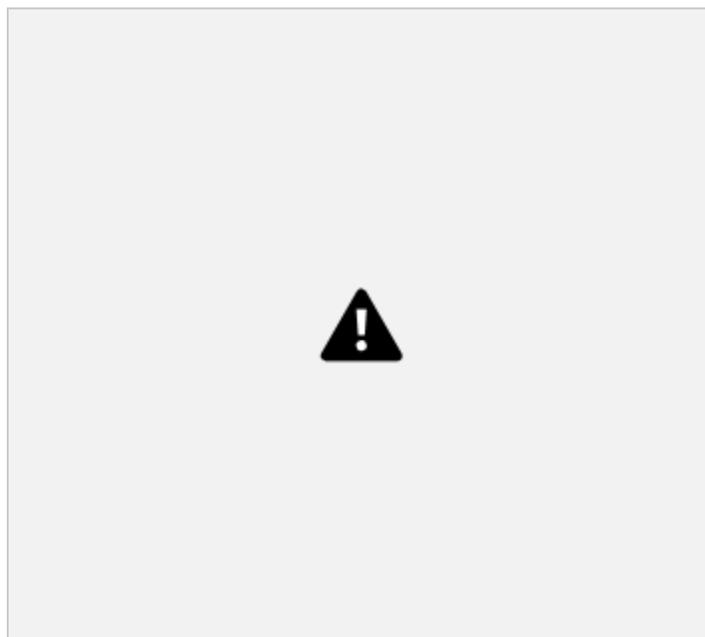


2018-2019



# Cheerleading Handbook

**Horace O Bryant School**

Principal: Christina Mcpherson  
Athletic Director: John Grimesey  
Head Coach: Brittany Ruiz



## Acknowledgement and Agreement

The student body, community, and athletic teams are all influenced by the performance of cheerleading teams. It shall be the purpose of Horace O Bryant School's cheerleading teams to promote and uphold school spirit, to develop a sense of good sportsmanship to better the relationship between our schools and the schools with whom we compete, and develop the skills to excel in the competitive sport of cheerleading. The tremendous exposure of cheerleaders must be carefully managed to promote constructive support and interest for our educational system.

The cheerleading program will follow all athletic policies and procedures established by Monroe County School District and Florida High School Athletic Association Guidelines.

This handbook has been written to provide coaches and athletic directors with a resource of information to assist them in the administration of their responsibilities. Coaches should direct any questions they might have to the cheerleading representative, the athletic director or principal of their school.

Both cheerleaders and their parent/guardian is responsible to abide by the rules and guidelines set forth in this document. If at any time the cheerleader is found in violation of the rules and guidelines, the demerit system will be applied including applicable consequences.

Signature below acknowledges and agrees to the information, rules, and guidelines set forth in the 2018-2019 Horace O Bryant School Cheerleading Handbook and **All** FHSAA, MCSD, and HOB student conduct, policies and procedures.

Signature below acknowledges and agrees to the information, rules, and guidelines set forth in the 2018-2019 Horace O Bryant School Cheerleading Handbook and **All** FHSAA, MCSD, and HOB student conduct, policies and procedures.

Participant's Name: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_



# Cheerleading Philosophy Statement

Adopted from the National Federation Spirit Committee

Interscholastic athletics shall supplement the secondary curricular program and provide the students with educational experiences and learning outcomes that contribute toward the development of the attributes of good citizenship. This can be accomplished only when the emphasis is placed upon teaching “through school athletics. Interscholastic athletics can be justified only when this is the primary philosophy and purpose.

Cheerleaders shall serve as a support group for the interscholastic athletic program with the school, and, as such, play a very important role in the administration of athletic contests. Each squad should strive to boost school spirit, promote good sportsmanship, develop good positive crowd involvement and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program.

As the term implies, cheerleading activities should center on leading or directing the cheering of student and adult fans. In this role, cheerleaders can become the school’s most effective student leaders. Cheerleading activities should be focused on creating a cooperative spirit among the cheerleader squads, athletes, student bodies, school administrators and communities; recognizing outstanding plays and examples of good sportsmanship on the part of both teams, and aiding the school and game officials in the promotion of good sportsmanship and the administration of the contest.

Performing is a secondary role of cheerleading and can effectively promote school spirit when included at appropriate times at interscholastic contests such as pre-game, non-injury time-outs and intermissions, as well as pep rallies and assemblies.

Cheer competition requires the development of physical skills performed in a choreographed routine. The purpose of this activity is to provide a basis for competition in which the team’s performance is judged against other team performances. Each local school system, state high school association or organization governing cheerleading in a state shall determine whether cheer competition is allowed by high school students. If cheer competition is approved as a part of the school’s activities, it should be placed in perspective with the total educational program and should not interfere with the primary responsibility of cheerleaders, which is to support the interscholastic athletic program. Cheer competition, like cheerleading, should serve to develop leadership, confidence and skill.

Being the most recognizable representatives of a school, cheerleaders are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body, which is the core of developing effective school spirit and student involvement.”

## **I. OBJECTIVES FOR CHEERLEADERS**

Cheerleaders need to be guided by coaches so that they can successfully fulfill this basic task and fulfill their basic tasks and fulfill other objectives associated with cheerleading.

A Cheerleader will be able to:

- A. Encourage and practice good sportsmanship and mature behavior at all times.
- B. Provide support and recognition for all athletic teams and other School groups as appropriate.
- C. Ensure that visiting teams are always welcomed courteously and treated with friendliness.
- D. Promote school spirit.
- E. Lead organized cheers and chants to the student body and other spectators.
- F. Acquaint students with a variety of appropriate cheers to be used in different situations.
- G. Control crowds through organized leadership.
- H. Follow the rules and constitution provided by the school.
- I. Commit to the full cheerleading season as set by the school.
- J. Uphold scholastic responsibilities during the cheerleading season.

## **II. RESPONSIBILITIES OF THE CHEERLEADER COACH**

The following responsibilities have been established through by consultation with coaches, athletic directors, the Director of Interscholastic Athletics, and Principals.

The Cheerleader will:

- A. Be responsible for the cheerleading squads in all their activities.
- B. Supervise all practices and performances or provide a faculty member substitute to supervise.
- C. Work cooperatively with the local school athletic director or proper administrator throughout the year.
- D. Arrange, through the athletic director, transportation of the squad for away games.
- E. Keep accurate attendance for practices and games.
- F. Approve all cheers.
- G. Provide leadership, chants, and stunts to captains of the cheerleading squads.
- H. Coordinate a schedule for the coverage of events and ensure that all sports receive some recognition.
- I. Keep a medical card for each cheerleader readily accessible at all practices and events.
- J. Supervise carefully the teaching of stunts and acrobatics, seek help from gymnastic teachers and coaches, ensure safety of the team and eliminate stunts requiring skills beyond the ability of the squad members.
- K. Be responsible for the planned practice tryouts and the selection of the squad.

- L. Encourage and practice good sportsmanship and mature behavior at all times.
- M. Ensure that visiting teams are always welcomed courteously and treated with friendliness.
- N. Follow the spirit rules and regulations of the National Federation of High Schools.
- O. Seek training in the elements of proper cheerleading.
- P. Ensure the cheerleading team practices proper athletic conditioning to reduce the risks of injury.

### **III. CODE OF ETHICS**

This code of ethics for sponsors has been endorsed by the Florida High School Athletic Association. All cheerleading sponsors will emphasize the following guidelines as they work with their squads.

- A. Strive to develop in each athlete qualities of leadership, initiative, and good judgment.
- B. Respect the integrity and personality of the individual athlete in the selection of the team as well as in the playing of the game.
- C. Demonstrate good human relations skills.
- D. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- E. Promote good health habits, including the establishment of sound training rules.
- F. Fulfill responsibilities to provide health services and an environment free of safety hazards.
- G. Exemplify the highest moral character, behavior, and leadership.
- H. Promote ethical relationships among sponsors.
- I. Encourage respect for all athletics and their value.
- J. Abide by the rules of the game in letter and spirit.
- K. Demonstrate a mastery of and continuing interest in cheerleading principles and techniques through professional improvement.

### **IV. KNOWLEDGE OF SPORTS**

Cheerleaders and coaches should become knowledgeable in the sport of cheerleading and the sports for which they are going to cheer. Coaches should contact coaches of various sports prior to the season for any needed assistance.

### **V. STANDARDS AND PROCEDURES FOR CHEERLEADERS**

- A. Eligibility rules for interscholastic athletics apply to all cheerleading squads.

- B. Squads shall be under the direct supervision of the appropriate Coach or Principal's designee at all practices, events, and performances.
- C. Coach shall coordinate programs and activities under the direction of the Principal or Principal's designee.
- D. Coaches will coordinate performance and tryout dates with one another and with the athletic director in order to avoid conflicts.
- E. Team member must try out each year to re-qualify for a position on the squad. Additional tryouts may be held to fill open positions.
- F. Prior to tryouts, each student must submit a signed Parent/guardian permission form.
- G. Each team member will submit a completed medical examination form/School Physical to the coach prior to the start of tryouts.
- H. The coach will keep updated insurance information readily accessible at all practices and events.
- I. Stunts and gymnastics should be taught under careful supervision. Tumbling mats and spotting techniques should be utilized while students are learning stunts and gymnastic skills. Coaches are encouraged to seek help from gymnastic coaches. All pyramids and partner stunts are limited to two (2) persons high. The base must have both feet on the floor. Basket tosses and any type of toss must have a spotter at the head and shoulders plus the two (2) original bases to catch the top person in a cradle dismount position. Stunts which require skill beyond the ability of the squad should be eliminated.
- J. The school should try to keep the financial expectations of performing groups to a minimum. All uniforms purchased by the school become the property of the school. Personal items other than the basic uniforms and designated accessory items shall be the responsibility of the individual member and will be retained by the student.
- K. The Schools have the responsibility to keep out-of-pocket expenses for cheerleaders to a minimum. "Voluntary" purchases such as jackets, which are not part of a uniform, should be carefully monitored and approved by the Principal.
- L. Transportation to athletic events will be provided by the School District. Participants must travel with the team to all events. Participants may be signed out using appropriate waivers at dismissal at the discretion of the coach and/or principal.
- M. Participation in summer camps is mandatory. Failure to report will result in an unexcused absence.
- N. No practice is permitted during regular school hours.
- O. All cheerleaders should respect the integrity and judgment of sports officials and display modesty in victory and graciousness in defeat.

## **VI. CHEERLEADER RESPONSIBILITIES**

- A. At away games, the squad will sit in the area designated by the athletic director of the host school.



- B. The members of the cheerleading squad shall:
  - 1. Conduct themselves in a courteous, polite, and considerate manner, reflecting good sportsmanship.
  - 2. Extend courtesy toward spectators, teams, and cheerleaders of the other school.
  - 3. Refrain from the use of profanity or any other unsportsmanlike conduct.
- C. Practice sessions, events, and activities shall be attended by all team members unless excused by prior consent of the coach.
- D. Appropriate apparel — t-shirts, gym suits, shorts, rubber-soled shoes, etc., shall be worn for practice.
- E. Uniforms shall be worn at all official cheerleading and related activities as approved by the coach.
- F. Uniforms shall be kept clean and in good condition at all times.
- G. Cheerleaders are to wear no jewelry. Sponsors will discuss general guidelines with their squads.
- H. Stomachs covered.

## **VII. TRYOUTS PROCEDURES**

- A. The coach will ensure that recruitment is school wide, utilizing a variety of techniques, so that all segments of the population are reached.
- B. All those eligible for tryouts will receive a schedule of clinic and tryout dates, words and guidelines for cheers, and a detailed description of the selection criteria and tryout procedures, expectations of behavior in various situations, safety in dress for practice, etc.
- C. The coach shall coordinate the tryout schedule with the athletic director to avoid conflicts with other athletic activities and facilities.
- D. Instructional clinics will be held for all interested students.
- E. Before the clinics begin, each participant will submit a permission form signed by the parent/guardian. A current medical exam is required.
- F. Each tryout participant should receive information describing the responsibilities of cheerleaders.
- G. Tryouts will be open to all eligible students enrolled in the school or who have an approved transfer prior to tryouts or who attend a feeder school.
- H. If a judging panel is to be utilized, it is recommended that the judges' panel have at least three members.

I. Judges for the tryouts should have knowledge of cheerleading skills. No students from within the school, graduates within the past four years, or parents shall be used in the selection process. Cheerleader coaches from other schools may serve as judges.

J. Prior to the tryouts, the judges should be given the selection criteria and a demonstration of the cheers, jumps, and stunts. They should also be given an explanation of the rating sheet and encouraged to maintain constant judging standards throughout the tryout.

K. Subjective teacher evaluation sheets, when used, should be approved by the Principal and cannot be confidential.

## VIII. GENERAL INFORMATION

### A. Practice and Performance Schedules

- The coach will set the official date for the start of practice. There should be at least two months of practice prior to the first game.
- It is expected that practices will be held at least 2 days or 6 hours a week in preparation for each season; thereafter, they shall be held to keep the squad up to a creditable performance.
- All school sports should receive some recognition; therefore, a minimum of 32 activities (16 fall and 16 winter) should receive support from cheerleading teams. The following sports should be supported a minimum of two times during their season:
  - **Volleyball, Football, Girls Basketball, Boys Basketball**
- Each team will cover at least the above minimum number of events. Beyond this minimum number, optional events will be scheduled by the coach and team according to the needs of the individual school. Sponsored optional events are permissible.

### B. Helpful Hints

- 1 Cheerleaders should warm up before every practice or performance session.
- 2 Cheerleaders should be dressed appropriately for all practices, including proper shoes, shorts, and shirts.
- 3 Schedules of game assignments and other responsibilities should be planned well in advance and given to each quad member as well as posted at some central location.
- 4 A notebook of cheers, chants, skits, traditions, etc., can be kept to pass from squad to squad.

## **IX. ELIGIBILITY**

- A. Participants will be required to follow the FHSAA requirements for interscholastic eligibility.
- B. If at any time, there is evidence that a participant is not performing academically, the student may be placed on probation to improve grades.
- C. Students absent from school for an entire day because of illness shall not be permitted to practice, compete or perform on the day of absence. Students absent because of illness in the morning must be in their afternoon classes to be eligible to participate in the after-school activities. Students absent because of illness in the afternoon classes are not allowed to participate. A school day is defined as more than one-half of the regularly scheduled class periods. Students absent for excused reasons other than illness have no eligibility restrictions. However, the school must officially approve the absence prior to participation.
- D. Students suspended from school for any reason shall not be eligible to participate until they have been reinstated by the Principal of the school and have attended more than one-half of their class periods for one day. Participants suspended from school for any reason may not travel with a team or group representing the school. They shall not perform any other function in connection with the school until reinstated by the Principal.

## **SELECTION AND RESPONSIBILITIES**

- An initial Spirit Squad will be selected to begin the 2018-2019 School Year. Candidates will have an option to cheer for both football and basketball, or football OR basketball.
  - Spirit Squad members may elect to try-out for the competition team at the conclusion of football season. Participation in the competition squad will exclude the member from basketball season cheer.
  - A special tryout may be held in October for “move-ins” only. “Move-in” candidates must score at or above the lowest score accepted at tryouts and are chosen at the coaches’ discretion. Cheerleaders who participate in other school activities during the cheer season will be expected to put cheerleading above other non-academic commitments.
1. Approximately 20-30 cheerleaders will be chosen based upon a combination of recommendations and tryout performance.
  2. Cheerleaders are required to cheer at all home and some selected away games for football and basketball as designated by the cheer coach and athletic director. Transportation to/from all practices and games will be provided via the school.
  3. Cheerleaders are required to attend no more than 4 events per week (practices/games) during the school week plus Saturday (3 game days maximum). Every effort will be made by the cheer coach and athletic director to limit the amount of time spent away from home during the school week.
  4. All cheerleaders should be prepared to cheer on Saturdays. This is usually an end-of-basketball season invitational or county tournament day. Game times will be announced prior to the day of the tournament. Therefore, cheerleaders must be available any time during the day of the tournament.
  5. When asked, the cheerleaders are responsible for creating and posting spirit and locker signs for football and basketball season, as well as other school sports/clubs.
  6. Summer cheer camp is MANDATORY. Camp dates are typically in July and will be posted by the end of the previous school year.
  8. Cheerleaders must learn HOB chants and cheers (distributed on DVD/posted online at the end of the preceding school year) by the first practice in August.
  9. Cheerleaders are responsible for learning any missed material before the next scheduled practice or event. Lack of preparedness is considered lack of effort as listed under Level 1 on the Disciplinary Demerit System

(attached).

## **ABSENCES**

1. Excused absences are: illness resulting in absence from school (if excused from school), funerals, or academic activity. Conflicts with other competitive sports (for example, travel soccer or competitive cheerleading) are not excused. The cheer coach determines if an absence is legitimate.
2. Only 3 excused absences will be permitted during the season (football/basketball), unless there are extenuating circumstances. Any other absences thereafter are unexcused. A doctor's note must be produced for an excused absence unless the student is on the absence list at school.
3. Cheerleaders absent from school the entire day may not participate in practice or games to be held on the day of the absence (see student handbook). A full day consists of at least 3 class periods.
4. A cheerleader's first unexcused absence will result in being benched for one game. The second unexcused absence will result in removal from the squad. An unexcused absence equals 1 half or more missed from a 2-game athletic event or 1 quarter or more from a single-game event. Cheerleaders are expected to be present from report time until the end of the last event/game.
5. An absence from practice or a game, no matter the amount of time in minutes or quarters, will be unexcused if prior notice is not given. Cheer coaches check e-mail often; please communicate!

## **CONDUCT AND RESPONSIBILITIES**

1. Cheerleaders are required to uphold school and athletic policies as outlined in the Horace O Bryant Student Manual and the Monroe County School District Student Handbook.
2. Cheerleaders will cooperate with coaches, administration, game officials and other squad members.
3. Cheerleaders will promote sportsmanship and school spirit through cooperation with teachers, administration, and other students.
4. Cheerleaders must attend and be on time to all required events such as practice, games, etc., including the designated warm up time before games.
5. Cheerleaders will be enthusiastic, well groomed, and practice self-control at all times.

## **PRACTICES AND GAMES**

1. Cheerleaders are required to attend all practices (including cheerleading camp, during the summer and before or after school during the season) and games.
2. Cheerleaders will maintain personal calendars to aid them with their schedules. **This is the cheerleader's responsibility.** This should help with the scheduling of personal appointments (dental, doctor, etc.), as well as family vacations, to prevent conflicts with practices or games.
3. Cheerleaders may not tumble or participate in stunts or pyramids without a cheer coach present. Cheers and chants are permitted.
4. Cheerleaders will follow Spirit Rules regarding legal and safe stunts.
5. Cell phones must be on vibrate and in cheer bag from report time until practice/game ends. If seen, the cell phone will be confiscated for the remainder of the event. Having inappropriate material on your cell phone or on social media may be grounds for removal from the squad.
6. Cheerleaders will dress appropriately for practices and games, including assigned apparel for school, practice and games, removing jewelry/piercings, pulling hair back away from the face, and no gum.
7. Cheerleaders should never give negative responses to the crowd or other members of the competing schools. This includes cheers or chants with negative connotations.
8. Cheerleaders will not eat, drink, or chew gum at practice or games except during half-time and

between-game breaks.

9. Cheerleaders are to report back from half time when the team is on the floor and warm-up when the team is warming up. For both football and basketball, cheerleaders should be back from half time with no less than 2 minutes on the clock.

10. Upon dismissal from practices and games, cheerleaders must inform the cheer coach before leaving with a parent. It is the cheerleader's responsibility to ensure eye/voice contact with a coach.

11. Cheerleaders must have a written note signed by a parent before leaving a game with an adult other than the cheer coach. Coaches will provide a "rides permission form."

12. Cheerleaders should **not** wait until the game or until practice is over to call parents or a ride. The coach will provide a calendar with pick-up times for scheduled events; please follow this schedule.

## **Fund Raising**

Every cheerleader will be expected to support all fundraising events which support the team.

Failure to actively participate in team fundraising can result in dismissal from the squad.

Turning in fundraising money after the due date will result in being benched.

## **DISCIPLINE**

1. Cheerleaders are leaders of Horace O Bryant School and will abide by all school rules, FHSAA rules, and athletic department rules as stated in the handbooks. All cheerleaders must also follow the law. Any cheerleader found in violation of a law (underage drinking, driving without a license, drugs, etc.) will be removed from the squad immediately.

2. Cheerleaders will adhere to the school dress code while on school grounds, whether it is before, during, or after school hours, with the exception of the cheer uniform. In doubt? Don't wear it!

3. Cheerleaders who use social media are encouraged to connect to the HOB Twitter, Facebook and Instagram profiles. Cheerleaders will refrain from participating in, commenting on, or posting inappropriate content on social networking, photo and video-sharing applications and websites. Be careful what you post! Inappropriate social media content may be grounds for dismissal.

4. Cheerleaders may be reprimanded for any behavior or conduct deemed inappropriate by the coach.

5. Refer to HOB Cheer Disciplinary Demerit System (attached) for specific discipline procedures.

6. Please note that no refunds will be issued to cheerleaders who leave or are removed from a squad.

## **UNIFORMS AND PERSONAL APPEARANCE**

The school purchases skirts and tops for the squad. A non-refundable rental and miscellaneous supply fee will be assessed for each cheerleader each year in the amount of \$20.00

- Squad fundraising opportunities will be provided to offset any personal costs associated with Cheerleading (bows, practice attire, travel, meals, etc).

2. Any loss or damage to a school uniform which occurs while the uniform is issued to a cheerleader is the responsibility of the cheerleader and parent. A new uniform must be purchased to replace the damaged or misplaced uniform at the current cost of the uniform. Cheerleaders are not to trade uniforms without a coach's approval.

3. Uniforms are to be kept clean, pressed, and in good repair by the cheerleader.

4. The cheer coach must approve any alterations to the school uniform. Tags or labels are not to be cut out of uniforms.

5. Clean shoes and socks (self-purchase after approval) are required when in uniform.

6. Cheer shoes are not to be worn except at cheerleading events. Shoes are part of the uniform and must be worn at all events. Substitute shoes are not allowed. If a cheerleader outgrows her shoes and an exchange is

not possible, she/her parents are responsible for replacing them.

7. School cheerleading uniforms are to be returned at the end of each season, cleaned and pressed. The due date will be announced to the squads before the last game day. Uniforms must be turned in prior to tryouts. A minimum fee of \$20.00 will be charged for damaged uniforms.

8. Members purchase (see fundraising): shoes, body suits, briefs, socks, camp clothes, warm ups, and hair bows.

9. Jewelry (earrings or other piercings, necklaces, rings, watches, etc.), spirit buttons, glitter, and corsages will NOT be worn during practice or games. Cheerleaders will not obtain new piercings that cannot be removed during the cheer season, beginning with cheer camp.

10. Hair is to be worn out of the face and up from the neck for all games, practices, and competitions. Flat barrettes, bobby pins, and hair devices made of soft material may be worn.

11. Fingernails shall be kept at a length appropriate for safe participation. The white of the nail should not be visible over the tips of the fingers as your palms face you. Only school or natural nail polish is allowed at games. Acceptable school colors are red, white, black, and silver, in any combination.

12. A well-groomed appearance is important for all games.

13. Uniforms and HOB Cheer attire will not be worn during the school day unless special permission is given from the coach and principal prior to the school day.

14. Only cheerleaders are allowed to wear the uniform, spirit wear, and warm-ups. Do not share/loan your cheer gear to others.

## **TRANSPORTATION**

Cheerleaders are expected to arrange their own transportation to and from practice, home games, and events. Cheerleaders must inform the coach when leaving a game or practice. It is the cheerleader's responsibility to make eye/voice contact with a coach. Cheerleaders are given schedules in advance. All rides must arrive within 10 minutes of dismissal time or the cheerleader may receive a Demerit as a result.

4. All travel over 50 miles will be coordinated by the cheer coach and the cheerleader is required to travel with the team both to and from away events.

**The coach does not leave until all cheerleaders are picked up. Please be on time.**

## HOB SCHOOL CHEERLEADING - DISCIPLINARY DEMERIT SYSTEM

Demerit 1 (coach/cheerleader conference)

- Missing or incomplete uniform, practice, or games; also loaning of cheer gear to others
- Eating or drinking during game or cheering time (with the exception of water)
- Gum at practice or games
- Inappropriate hair or nails
- Late to a practice or game; late transportation to or from a practice or game
- Jewelry or body glitter
- Arriving late from half time (less than 2:00 on the clock)
- Inappropriate conduct (lack of effort, sloppy motions, talking during games, failure to follow coaches' directives, horseplay, biting, pushing, attitude, & other behavior deemed inappropriate by a coach)
- Not fulfilling "spirit" responsibilities, including but not limited to participation in Spirit Club, design and distribution of locker and spirit signs

Demerit 2 (parent call)

- Negative teacher feedback (to coach) about grades or behavior
- Second incidence of Demerit 1 infractions
- Disregarding specific tumbling, jumping, and stunting rules (this specific rule may also result in an imposed benching depending upon the severity of violation)

Demerit 3 (parent/coach/cheerleader conference)

- Third incidence of Demerit 1 & 2 infractions
- Detention
- Public use of foul language or **inappropriate social media activity**
- Flagrant disregard for any HOB rule stated in the student handbook (**including dress code**)

Demerit 4 (benched for one quarter)

- ISS (In-School Suspension) will result in an automatic 1-game benching for each day in ISS
- Repeated incidence of previous infractions

Demerit 5 (benched for one game)

- Repeated incidence of previous infractions

Demerit 6 (removal from squad)

- Out-of-School suspension and/or illegal activity (in or outside of school)
- Repeated incidence of previous infractions
- Second instance of foul language, ISR, or inappropriate social media activity

Unexcused absences are handled separately from the disciplinary grid. See page 10 of the Handbook for attendance expectations.

Interpretation of disciplinary rules and consequences is subject to coaches' discretion.