Vista Ridge High School

2019-2020

Cheerleading Tryout Packet

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*Paperwork included (all must be submitted to attend first day of clinics)*

\_\_\_\_\_ Parent Letter (please keep)

\_\_\_\_\_ Vista Ridge High School Cheerleading Rules and Regulations (Parents and Candidates keep)

\_\_\_\_\_ Constitution & Dates acknowledgement form

\_\_\_\_\_ Tryout application

\_\_\_\_\_ Vista Ridge Athletics training contract and physical

\_\_\_\_\_ Concussion Form

\_\_\_\_\_ Financial Release: Returning Cheers must have a signed form from the Bookkeeper stating their cheer accounts are clear and in good standing.

\_\_\_\_\_ Grades

\_\_\_\_\_ Recommendations (2)

\_\_\_\_\_ Tryout T-shirt Fee $10

*Note: All Completed forms and tryout paper work is due on April 15th from 6:30-7:30pm at Vista Ridge High School. Athletes will be checked in and paperwork processed for tryout week at that time.*

VRHS Cheerleading

2019-2020

Parent letter

Dear Parents,

Your daughter/son is interested in becoming a member of the COED Cheerleading Program for the 2019- 2020 school year. If she/he is elected to be a cheerleader, there are specific responsibilities and obligations which your daughter/son must assume to qualify and remain an active member of the squad.

After reading the attached constitution and fully understanding of her/his responsibilities, please sign and have your child sign. All paperwork and tryout information must be turned in on April 15th between 6:30-7:30pm at Vista Ridge High School during our Tryout Check-In.

Being a member of the Vista Ridge High School Cheer Squad has many rewards and valuable experiences they will remember for a lifetime. Your daughter/son will give pride and spirit to our school, students, and community through participation! I am delighted to offer your daughter/son the opportunity to join our organization and I look forward to a successful and great year!

As your athlete’s coaches. We will lead by example and encourage our teams to perform by the CHSAA rules and respect the rights of the members of the opposing teams. We will do our best to provide a sports environment for our teams that is safe and educationally based. We will make every effort to improve our knowledge of coaching techniques so that we can teach the sport properly. We will place the emotional and physical well-being of our team members ahead of the personal desire or external pressure to win. We will also respect the games, practices, and competition officials and communicate with them in an appropriate manner. Finally, we will do our best to ensure all cheerleaders have an opportunity to improve their skills and create an environment that is well-organized, professional, and FUN!!!! If you have any questions concerning the constitution or cheerleader roles and responsibilities, please feel free to call or email.

Thank you for your cooperation!

Nikkole Weir, Dayna Nelson, and Marissa Sanchez

Vista Ridge High School Cheerleading

Rules and Regulations 2019-2020

PURPOSE

It shall be the purpose of the Vista Ridge High School COED Cheerleading Program to promote and uphold team spirit, to develop good sportsmanship by example, and to support good relations in the community and between teams.

Try-outs

Tryout clinics for the 2019-2020 Season will be held April 15th– April 18th from 5:30PM-7:00PM. Candidates will learn a dance, cheer, fight song, and jumps during clinics. Opportunities to work on stunting and tumbling will be provided as well. Coaches and up to three additional judges will evaluate all candidates’ skills during tryouts on April 19th from 4:00-9:00pm. Results will be posted by Monday April 22nd to the Vista Ridge Cheerleading website.

 ● Monday April 15th will be a mandatory check in day. All Athletes trying out for Vista Ridge Cheer will be required to attend between 6:30-7:30pm to turn in all paper work, t-shirt money, receive tryout number and have picture taken.

 ● Candidates will learn material over the course of a three-day clinic; 4/16-4/18 5:30-7:00pm followed by tryouts on Friday 4/19/19 from 4:00-9:00pm (Pease pack a lunch/snack and bring a water bottle) and will be conducted by the coaching staff and 1-3 extra judges. Coaches will have final say on team placement.

 ● Candidates for the VRHS cheer team will be scored on execution of jumps, cheer, and dance. Additional scoring will be based on interviews and overall appearance/attitude and tumbling.

Summer training

 ● The purpose of summer training will be for team members to gain skills to be used in competitions as well as regular season events. Although summer training is not mandatory, it is highly recommended that all athletes attend as frequently as possible.

● Varsity team practices will be held Tuesday, Wednesday, and Thursday (TENTATIVE). Tumbling classes will be held on Tuesdays during the summer. Weights training schedule will be released prior to summer break.

* JV Practices will be Tuesday and Thursday (Time TBD) with an optional tumbling class as well.
* Tumbling class will be provided- $45 per month with a tumbling instructor, once per week for one hour 4 times per month. \*Tumbling will be off of 4 week sessions- remember some months will have 5 Tuesdays which will carry into the next 4 week session. A detailed tumble schedule will be provided.
* Weights class will be offered throughout the summer and the school year. Athletes will be expected to participate in assigned weights class in conjunction with team practices.
* Athletes are encouraged to register for the weights class during the school day to help free up time after school. Athletes who do not take weights as a class will be required to attend the before school or after school sessions.

● The VRHS cheer team will have the opportunity to attend Camp this summer. Camp is not mandatory but is strongly encouraged. Cost for camp is separate from team fees. Camp this year will be with Cheer Athletics and held at Pine Creek High School from June 19-21 with a 2- night stay at the Great Wolf Lodge. The cost for camp will be $500.

* Varsity Will have Choreography July 29-31 (Tentative) @ VRHS 8:00am-6:00pm

Costs

● There are many costs associated with the sport of cheerleading and all parent/guardians of athletes are expected to keep accounts current.

● Tumbling class will be offered. The cost of this class is $45 per 4-week session. This is separate from Season Cheer Fees.

● Cheerleaders will NOT be allowed to participate in events without proper uniforms.

● Costs associated for the 2018-2019 cheer season will be up to $1500 Varsity Female, $800 Male, $900 JV (Camp NOT included) and will be broken into 4 payments.

*\*Price Break down will be provided when items are selected*

● Parents may opt to pay the total amount in full, or break it into four payments, but must adhere to the payment schedule.

● Expenses may include (but not limited to): \*Uniforms (Varsity- 1 game day uniform, 1 Comp uniform, JV 1 uniform) \*spirit wear/practice wear (The team will wear them during practices, performances and appearances throughout the year) \* Accessories (Shoes- sideline and comp shoe for Varsity, sideline for JV, bows, bag, poms) \*Warm ups \* Fall wear \* Athletic fee \*tumbling fees (Separate from Cheer fees) Camp (Separate from cheer fees).

Practices/Games

● All practices, games, and events are required.

● Cheerleading is a team sport that relies on all team members being present. Stunts and routines cannot be performed properly if even one person is missing.

● Cheer can be as much as 5-6 days a week between practices and games.

● Practice times may vary dependent on availability of facilities. Before school practices, evening practices, and weekend practices may be required to train efficiently.

● Game/practice schedules will be posted to Team Snap. Cheerleaders and parents are expected to check team-snap regularly and know the schedule.

● If necessary, additional practices and games may be added to the schedule when we get closer to competition/performances or playoffs. Coaches will do their best to give notice of any changes in the schedule. In these situations, coaches will handle attendance conflicts on a case by case basis.

● Work and other activities are to be scheduled around cheerleading. Work is not an excuse to miss.

● Proper dress for practice is required by ALL athletes- shorts or sweatpants, t-shirts, spankies, sports bras, and cheer shoes. Practice Wear Schedule will be posted to Team Snap.

● Games may fall on any given day of the week.

● Cheerleaders must arrive at games ready to go one hour prior to the start of games.

● All practices are closed unless otherwise stated. Parents may request to watch practice under special circumstances

Attendance

● Excused absences must have proper notification. Unless pre-approved by a Coach, all other absences are considered unexcused.

● Excused absences in school will be excused in Cheer as well. It is still the responsibility of the parent or athlete to notify a Coach that your child will not be at practice.

● Missing Cheer practices/games/events for outside activities and/or work will be marked as unexcused.

● Each cheerleader is allotted two unexcused absences per semester before removal from the squad.

● ALL absences must be emailed by a parent at least 2 hours prior to the scheduled event. If late notice is given, the absence will count as unexcused. “No call, no shows” are unacceptable. Disciplinary action will be reviewed on a case by case basis.

● Cheerleaders who miss any practices the week of a performance will not be allowed to participate in said performance (even if the absence is excused). Cheerleaders who miss any practice two weeks prior to a competition will not be allowed to compete (even if the absence is excused).

● All team members are expected to be on time and help set up and take down events and practices.

● Cheerleaders who are late must provide notification to the coach. If an athlete is late to practice additional conditioning will be implemented. If an athlete is late to an event/game, they will sit out of the first quarter of the game.

Competitions

● The opportunity to compete is a privilege that the Vista Ridge Cheer team must earn. The team and individuals will only be allowed to participate if team members remain in good standing with the coaching staff, teachers, and the Vista Ridge athletics.

● The Varsity Cheer team will attend 4-6 competitions in the 2019-2020 season. Projected competitions will begin the last week of October and will conclude with the CHSAA State Spirit Competition in December. Nationals will be considered only if the team is in good standing athletically, academically, and financially. *\*Be advised- the Varsity team WILL practice during fall break and absences will fall under the two week rule.*

● At the discretion of the Coach, Varsity members may be named Competition alternates. Alternates will still be expected to attend all practices, games, and events to end the season in good standing.

Eligibility

● All cheerleaders must have a current physical on file. Those who do not may not participate in any cheer activity; this includes tryouts and summer activities.

● Official Grade Pull will occur every four weeks, HOWEVER, Grades will be pulled every week. Cheerleaders with two or more F’s on a weekly grade pull will result in sitting out from all cheer games/events until next grade check. Cheerleaders who appear on the official grade pull will sit out for the next four weeks. Cheerleaders who appear on 2 official grade pulls will not be eligible to letter.

● Cheerleaders who fail two or more classes at semester are ineligible to cheer until the CHSAA regain date the following semester.

● Cheerleaders who fail three grade checks in a row are subject to termination from the team.

● The Cheerleading team will adhere to the VRHS eligibility policy.

Conduct

● Vista Ridge Cheerleaders will conduct themselves as official student representatives of Vista Ridge High School.

● VRHS cheerleaders will adhere and meet expectations of the district 49 drug, tobacco, and alcohol policy.

● VRHS cheerleaders should act in a sportsman-like manner at all times and discourage any unsportsmanlike conduct of supporters.

● Cheerleaders will willingly cooperate with the head cheerleader, squad mates, coaches, teachers and all administration at ALL times. That means, no attitude, ever, at any time; especially at games, practice or at school.

● If there is a problem between squad members, it is the squad members' responsibility to tell the coach. The coach will handle the situation. If issues arise, the coach should be informed. Keep what happens in the squad, in the squad; don't involve friends.

● No PDA will be tolerated at games, school or VRHS functions.

● Students athletes will adhere to the VRHS “Think” policy.

● Absolutely NO VIDEO representing the VRHS Cheer team is allowed to be posted on social media unless pre-approved by a coach.

● All grievances must first be brought to the attention of the coach either in a designated meeting or through email. Chain of command must be followed at all times.

● Parents will follow appropriate chain of communication coach / coach- AD / Coach -AD- Principal.

● Cheerleaders will not make inappropriate comments about coaches or other members (cheerleader or parents) of the program to other staff, students, parents or game spectators.

● The Coach reserves the right to bench, suspend, or remove any cheerleader for any conduct infractions.

● Consistent conduct infractions from the team will result in forfeiting competition rights as a squad.

Appearance

● Cheerleaders must wear their hair away from the face any time an activity is taking place (i.e. games, pep rallies, competitions, practices, etc.).

● Fingernails should be short to ensure that no injuries are incurred.

● Jewelry of any kind will be prohibited during all practices/events where you are representing Vista Ridge High School. DO NOT GET PIERCINGS DURING THE ACTIVE SEASON!!

● Cheerleaders must wear uniforms/designated outfit on Home game days.

● Cheerleaders must be dressed and ready to go before the start of all practices and games.

● Cheerleaders are responsible for bringing all parts of uniform and accessories to games, competitions and performances.

● Failure to comply with the dress code will result in sitting out of the upcoming game/event. If the cheerleader’s infraction prohibits him/her from participating in practice they will receive an unexcused absence.

Fundraising

● A parent committee will organize and run all fundraising. If a parent has an idea for fundraising this must be presented to the fundraising committee with input from the coaching staff.

●The VRHS cheer fundraising committee will participate in several program related fundraising events. These events could include Ad sales for the football program, Rockies concessions, Car Wash, food spirit nights and PUP Squad. Funds raised from these events will be placed into the VRHS Cheer fund to use for items and expenses related to VRHS Cheer. These items include equipment, game signs and flags, mascot costume, team gifts ect. If you have any interest in joining the committee, please reach out to Coach Nikkole.

● All athletes are expected to participate in program fundraising and volunteer work.

● Parents are asked to participate in the VRHS Booster club and to help with VRHS concessions as needed.

Safety

● Stunting and tumbling are integral parts of cheerleading and potentially dangerous if not treated seriously and respectfully.

● Both Parents and athletes agree to assume the risk of participation in an activity, instruction, or VRHS-sponsored event, including but not limited to muscle strains and sprains, pulls or tears, broken bones, knee/lower back/neck/foot/ankle injuries, concussions and other head injuries, and other personal injuries, however caused, occurring before, during or after your child’s participation with VRHS Cheer. If cheerleaders are injured during a practice or event they need to report it to a coach or VRHS athletic trainer.

● Stunt group positions are determined by the coaches in conjunction with experience and ability to best serve the needs of the squad. Not all members will serve in the position that they want and the cheerleaders must recognize the needs of the squad will come before individual desires.

● All squad members will learn a progression of stunts, beginning with the simplest drills

● Stunters in every position (base, back, front, flyer) must show proficiency before moving on to more complicated stunts

● For the safety of all squad members talking, laughing and “fooling around” will not be tolerated. Stunt groups will be asked to sit out the remainder of practice if they cannot follow the rules.

● Formations in routines/stunts will be determined by the coaches and can be modified at any time

● Tumbling skills must be acquired in a “perfection over progression” manner, to be determined by the coach.

● At no point should a cheerleader attempt new tumbling skills without consent/knowledge of a coach. This also applies to acquired skills on new performance floors.

Transportation

● All athletes are responsible for getting to and from practices and events when school transportation is not available.

● The VRHS Cheerleading coaching staff will not partake in carpooling with cheerleaders or between cheerleaders.

● In the event transportation is rendered by VRHS, all cheerleaders must travel to and from the event together.

Lettering

● Cheerleaders must participate at the Varsity level for at least 90% of the season to letter.

● Any cheerleader who is asked to leave the team or decides to leave on their own prematurely will be considered in “negative standing”

● Cheerleaders can letter for both football and basketball. Resignations for basketball season must be pre-approved by the coach and turned in, in writing, prior to the 1st of December 2019. Failure to do so will result in said cheerleader to have had left the team in negative standing.

● Cheerleaders must end the season in good standing to letter.

Captains

● Captains will be selected by a combination of team and Coach input. Ultimately, the coach reserves the right to final decision. 1-3 captains will be elected.

● A captain can lose their title at any time for breaking rules outlined in the cheer constitution or abusing/ ignoring their responsibilities.

● The captains will be responsible for the following:

\* Setting an example for the rest of the squad by following the rules and regulations for the cheer team.

\*Being at practice early and starting practice on time.

\* Leading warm up activities

\* Responsible for all necessary supplies needed for practice

\*Contacting cheerleaders with practice changes and reminders (As designated by the coach)

\* Leading cheers and stunts during games

\* Being the Cheer team’s “Cheerleader”. At no time should a captain discipline other members of her/his squad.

\* Be available to teammates and encouraging always. Remember, captains are there for the support, not as the coach. BE POSITIVE!!!

Transparency

Due to Board Policy GBEA

Separate from my role as the VRHS cheer coach, I currently hold the position of sales rep for Rebel Athletics, a vendor of cheerleading team uniforms and apparel. I am disclosing this to you because Rebel Athletics has submitted a bid for cheerleading uniforms. My position as a sales rep may constitute a real or perceived conflict of interest.

To mitigate this potential conflict of interest, Mr. Baldwin and I have agreed that I will not participate in the final decision-making process for team uniforms. Bids will be reviewed by a parent committee and Mr. Baldwin.  I will not have any influence in the decision-making process. I have reviewed the cheer bids and will be happy with either of bids that have been submitted and the decision the committee makes.

Please discuss any concerns you have about this with Mr. Baldwin or Mr. Grose.

VRHS Cheerleading

2018-2019 Constitution & Dates Acknowledgement

The guidelines set forth in the VRHS 2019-2020 Cheer constitution have been established with the goals of safety, clear communication between coaches, athletes and parents, and fairness to all squad members. By signing this contract, the athlete and parents indicate knowledge of the contents of this contract, including the potential risks involved, knowledge of the Vista Ridge Activities Rules and Regulations and the willingness to abide by them. By signing below the athlete has parent permission to participate in Vista Ridge Cheer clinics 4/15-4/18 and tryouts on 4/19.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

2019-2020 Parent Meeting and Payment Schedule

Mandatory Parent Meeting will be Thursday, April 25

\*JV 6:00-7:00pm

\*Varsity 7:00-8:00pm

* First Payments are due Thursday, April 25 at designated team parent meeting.
* Payment schedule is as follows (Broken into 4 equal payments and a Camp payment):

\*First payment-

Varsity $450.00 April 25th

JV $225.00 April 25th

\*Second Payment -

Varsity $300.00 May 17th

JV $225.00 May 17th

\*Camp Payments-

ALL Teams $500.00 June 7th

\*Third Payment -

Varsity $300.00 June 28th

JV $225.00 June 28th

\*Final Payments -

Varsity $450.00 July 26th

JV $225.00 July 26th

* Please remember, Items will not be ordered without payment. Your child’s placement on the team could be affected if items are not purchased on time as per the Cheer rules and regulations.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

Vista Ridge High School Cheerleading Tryout Application

 Personal Information Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Texting: Y or N: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade in the Fall: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Texting: Y or N: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other Information

1. Are you currently a member of any club, organization, or team requiring extra practice time?
2. Please list with days/times.
3. List any honors you have received in school:
4. Do you have prior cheer/tumble experience? If so, please describe.
5. Please list all summer plans/vacations: