

2017-18 Cheerleading

Guidelines & Expectations

Central Cheerleading Mission Statement: My role as a CHS cheerleader is to demonstrate a positive leadership ability to my myself, my teammates, my school, and my community. In addition, I will continuously add skill and talent to the team through hard work, dedication, and commitment.

As a Central High School cheerleader, I am expected to represent the school in the most positive manner. My job is to boost school spirit and support the football and basketball teams while instilling new skills to prepare for competition season. My attitude, dedication, and enthusiasm are just as important as any other cheerleading skill I offer the team. My teammates and I are expected to be committed to athleticism, performance, self-discipline, respect for others and ourselves, and the ability to balance academic responsibilities with the cheerleading requirements. Student athletes are students *first* and athletes second.

Cheer Character Contract:

I will....

1. Treat everyone the way I want to be treated.
2. Try new things.
3. Take pride in cheerleading.
4. Be respectful.
5. Be a leader.
6. Be tolerant.
7. Be dedicated
8. Be positive.
9. Be encouraging.
10. Be civil.
11. Be loyal.
12. Be optimistic.

I will not...

13. Post about team drama on social media.
14. Bring my bad day to cheerleading.

I will always...

15. Do the very best I can.
16. Know I'm representing the team, school, and community through my words and actions.
17. Follow the rules of the athletic handbook.
18. Have high goals and expectations of myself and others.
19. Defend my teammates honor.
20. Be willing to help others follow the character contract.

Team Options

1. Varsity competing member: athlete who is expected to participate in all practices, games, and local competitions.
2. Varsity NHSCC team: Varsity competitor who will attend the National High School Cheerleading Championships assuming the team determines they are ready (will be determined by fall). This will include normal practices, games, competitions, but also fundraising opportunities, and **the expectation to pay any funds not fundraised** for the event. NHSCC may cost as much as \$1200. Including this as on your interest teams locks the cheerleader and her family into this agreement of paying the difference of funds not fundraised.
3. Varsity sidelines: This person is expected to cheer with Varsity on the sidelines at all football games if she's not quite ready to be a competing member of Varsity. She will also cheer with and perform half time routines and future competitions with JV. She should attend Varsity practices on JV's days off. During basketball season, her role during games is yet to be determined. This will allow her to experience the sidelines with Varsity and to grow to start working herself to the Varsity level. This person(s) will also be the first members asked to join the Varsity team if the Varsity team needs an alternate during competition season. See Varsity alternate cheerleader for more information.
4. Varsity alternate cheerleader: athlete who is expected to cheer at all games and attend practices with their role acting as fill-in when someone's out due to injury, grades, scheduling conflicts, or athletic violation. Person *may* eventually be added to normal competing member once specific skills are solidified. Athlete also risks *never* be added to competition routine due to team size restrictions. If a Varsity alternate, she is expected to attend all days of practice when JV doesn't practice, competitions, and games to support her teammates if she would like to letter. She may also plan on attending Nationals in Florida in case she is needed.
5. JV1 competing member: athlete who is expected to participate in all practices, games, and competitions.
6. JV2 cheerleader: is not ready to take on the responsibility of a competing member of JV due to various circumstances (prolonged injury, major conflicts in scheduling, etc). She has the ability to sideline cheer only. These athletes will act as manager during practices/competitions. Athletes will be notified of specific dates to attend to focus on game only situations. Athlete may be invited to JV1 as her skills improve and the team's needs change.

Awards/Lettering

1. If a Varsity athlete attends all practices, games, and competitions, she will letter as a competing member or sideline member.
2. **JV athletes do not letter**, but will receive a participation award for the season.
3. Athletes who are pulled up from JV can letter if they pulled up prior to October 1 for football season and December 31 for basketball season.
4. If a Varsity athlete misses one game or competition, she may become ineligible for a team award at the end of the season.
5. Violation due to poison ingestion will not letter nor be eligible for team voted on awards nor the Booster Club award.

Team Time

1. During practice times, athletes focus is the team. No cell phones, no visiting with non-cheer friends.
2. If an athlete is out due to an injury, she must attend and watch practice from the sidelines. She should not be eating, doing homework, on her cell phone, on a computer. She should be actively **helping as needed**.
3. If an athlete is out due to grades, she must attend practices with all of her work until reinstated by the Athletic Director. Athlete must show initiation by bringing grades up and notifying coach when she is eligible. From there, the coach will follow up with Athletic Director to return athlete to routine.

Issue: Poisoning your body

1. **Drinking alcohol or using any other drugs or tobacco is strictly prohibited.** All incidences will be reported to the Athletic Director. School policies will be enforced. This includes consumption, taking pictures with any banned substance, or using social media to “brag” about any banned substance.
2. Athletes who are ineligible due to alcohol, drugs, or tobacco will not receive their letter, chevron, homecoming queen candidate, cheerleader of the game, or any other award from cheerleading for that season and will not be eligible *through their senior year* for the Booster Club Award.
3. If an athlete becomes ineligible for any of the above reasons, all monies fundraised/ her fees paid/costs for materials will not be reimbursed but be enrolled into general cheer fund or passed on to her replacement.
4. If an athlete becomes ineligible for any of the above reasons, the athlete will only be reworked into the routine when/if the head coach feels it is appropriate and best for the team.
5. If an athlete is ineligible for any banned substance, the athlete will not sit during practice but tend to the team needs and chores up to and including: vacuuming cheer mats, dusting trophy case, organizing the uniform room or coach office, recording routines, organizing paperwork, or any other chore necessary for the team or school.

Issue: Poor attitude/behavior/reflection on team

1. See the initial page for behavior expectations.
2. Social media can be highly beneficial for the team because it can be used to make announcements or post videos about the team. However, it can be highly detrimental to a team. Cheerleaders are expected to use the social contract while using social media. If a problem presents itself, the athlete will be talked to by coach, if the problem reappears, parents and administration will be contacted and athletes will be disciplined accordingly.
3. Posting pictures and/or using social media to promote poor behavior will not be tolerated.
4. Discipline will be handled on a case by case basis and can include anything from owing teammates a sincere apology (format to be determined), aerobic activity, being "benched" for a game or competition, change of team and/or expulsion from all teams. Administration will be included on decision making as needed. The Athletic Handbook outlined suggestions will be followed.
5. Discipline will be determined by the coach and Athletic Director. At no point, should any teammate be responsible for discipline procedures.

Rationale: Each athlete's character and behavior will have a reflection on the team-- good or bad. Each athlete must remember (from tryout day forward), she will represent the team. Poor decisions reflect poorly on the team as do good decisions reflect well on the team.

Issue: Grading Policy

1. Athletes will be following the district's grading policy.
2. Failing any class could result in permanent removal from routine. When removed, the team must go forward without the missing member. This could change the entire dynamic and position of the person removed.
3. If an athlete is failing a class or needs extra help after school, she can speak with coach ahead of time to make proper arrangements. However, since JV nor Varsity practice directly after school, athletes should use the time after school for help from teachers or teammates.
4. Every athlete who earns a GPA of 3.5 or higher, will earn an award at the end of basketball season.
5. See subheading Academic Eligibility in Athletic and Activities in handbook for further information.

Rationale: Academics are a priority for all athletes.

Issue: Dressing appropriately

1. Athletes must wear school appropriate attire for practices. No buttercups. No tank tops.
2. Sport bras (sometimes more than one) must be **worn at all times**.
3. Briefs alone do not count as shorts.
4. Tennis shoes must be worn at all times. No "fashion tennis" shoes are allowed.
5. For every game/competition, the *athletes* are expected to look like a team. Prior to an event, there is a quick survey taken as to what will be worn.

Rationale: To be considered an athletic team, the team must look unified as one team.

Issue: Missing a game/practice/team bonding/event/camp

1. Camp ensures all athletes are pushed to the next level, build skills, and build relationships.
2. Missing a practice **for any reason** may result in being replaced in the routine. There is no guarantee of *any athlete* being reworked back into a routine if she misses a practice/game/competition.
3. If an athlete misses an event, she is expected to inform the *coach ahead of time* preferably in person or by phone or email. Any missed events that the coach is unaware, may result in the athlete not receiving a letter. *An athlete may not inform a teammate on her situation to pass on to coach*. The athlete must inform the coach herself or by parents when appropriate.
4. Each practice must be attended. If an athlete does not have a valid reason for missing practice i.e. funeral, hospitalization, contagious disease, she risks not lettering, nor being included in the routine. Driver's Education, vacation, "grounding", not enough gas, babysitting, going out to dinner with a long lost family member, birthdays, etc. are not valid reasons to miss practice. Missing shows a lack of commitment to the team at all levels.
5. General rule: if it's on the schedule, it's required. Any miss risks not being included.
6. Any missed practice may result in routine removal.
7. In the event of an "unforeseen" circumstance, each athlete will be dealt with on an individual basis..

Rationale: Cheerleading is a team sport which requires a team commitment. All cheerleaders are expected to be at every event. When one athlete misses a practice, it puts the team in a situation where they cannot perform the routine full out. Our time and space are already limited.

Issue: Arriving late to game/practice/competition

1. Both coaches are NOT in the building after school. We depend on every teammate to help set up mats to ensure the gym is ready to go when coaches arrive.
2. Each team is expected to be in the gym to help set up mats unless previously notified. Furthermore, for every minute someone is late, the entire team must stay after for that amount of time (up to ten minutes--plan accordingly). For any athlete who is more than ten minutes late, she will be expected to stay after and make up her time individually with the coach. She will make up time through aerobic exercise/chores.
3. Arriving late to competition may result in loss of the team competing at that event. On game days and competition days, the girls will be notified for the arrival time the night beforehand. This will also be posted on the team Facebook page and Twitter account.
4. JV is required to attend all Friday night home Varsity football games per athletic department. This allows the JV's to see what is expected of Varsity athletes. Varsity athletes should be modeling the higher level skills and attitudes.
5. Practice times **do not** include setup and breakdown. Adjust accordingly.

Rationale: Cheerleading is a team sport which requires a team commitment. All cheerleaders are expected to be at every event on time.

Nationals- Updated 2017

The Varsity team should actively be planning to attend Nationals in Disney World. The team has had many successes in the past few years creating a desire to continue to compete at the highest level. Throughout summer and fall, the team will push skills which will pay off locally and nationally. 1-2 weeks prior to choreography, the coaches will revisit this idea, and then bring in the team to evaluate our skillset and determine if going to Nationals is the right decision for us this year.

1. Varsity must earn a bid at the Milwaukee Spirit Championship hosted by UCA in order to attend Nationals. There are **no paid** bids or partial paid bids earned here.
2. The team will have two fundraising opportunities specifically for Nationals. In addition, the team will host the annual Kiddie Clinic to offset music and choreography costs. My goal is to create committees who want to be the lead on each fundraising event. There will be one "head" for each committee who will relay information to any helpers, the team, and the Varsity coach. The Varsity coach will then pass the information onto the Athletic Director and remind the rest of the team what's needed. Everyone who participates in each fundraiser will earn a share of the funds earned. If you cannot make a fundraising event, you do not earn the money raised at that event. Although there is one head per committee, there is no expectation that person take on all of the work. Afterall, working together well is what we want our children to do, so let's model this behavior and work as a team to make our fundraisers successful. Please do not contact the Athletic Director for any fundraising efforts without informing Natalia.
3. Any athlete removed academically OR for violations of the athletic handbook OR for violations on the cheer contract risks not attending. The Athletic Director, Head Coach, JV Coach, athlete, and her parents will come together to discuss her individual plan taking into consideration the circumstances. If it is determined she cannot attend, her fundraised and personally paid monies will go towards finding someone to replace her.
4. If we are asking the community to help our efforts in fundraising, we must look at the trip as a job. This means, our priority is doing our best. Even though we are in Florida, "The Greatest Place on Earth", tired athletes will never perform as well as those who have rested. Our goal is to do well, and we must remain focused on the purpose of our trip. Because we do not know our team size, we have no prediction of performance times. This means time at the park and hotels will be determined by Coach and the team, as we get our next performance schedules. Part of this "job" also means that it is not a family trip. Family and friends are more than welcome to attend, but please be aware the focus of this trip is for the team to succeed.
5. Although performing well at Nationals is ideal, our season does not end until WACPC's State Competition the first weekend in March. Please do not let Nationals blind our goal at winning State. NHSCC is an outside organization unrelated to **ANY** state events.

Schedule

1. Tentative team schedules will be handed out at as soon as possible by each season: summer, fall, winter. Athletes and parents should review the schedule carefully and report any conflicts throughout the season to the coaches by the last day of tryouts (on tryout packet) per season.

Uniform:

1. Uniforms will be handed out prior to the first competition/game.
2. There will be no cost to each athlete unless damages/loss occurs for the shell, skirt, liner, bag, poms, jacket, pants.
3. Uniform cannot be handed until all athletic paperwork is in and the parent/athlete has attended the Mandatory Parent Meeting hosted by our athletic director in the fall. Date and time to be announced.
4. The uniform contract must be filled out every season.

Costs:

1. Shoes will be picked by seniors. Cost is approximately \$75-\$100.
2. Matching team shirt \$12
3. Black Bodysuit- to be purchased on your own. Try Omnicheer.com
4. Black Briefs for competitions ("Fun colored" briefs may be worn at practice only).
5. Tumbling \$10.00 per session. X ____ weeks = approximately ????
6. Team bonding costs may occur.
7. Bows \$8.00- \$12.00 depending on chosen material. Cost pays for materials only.

Contact Information

Varsity Coach: Natalia Vernezze

Cell phone (text/call) 262-308-0619

Email: vernezzen@westosha.k12.wi.us

Facebook public page: Westosha Central Cheer

Twitter: @WestoshaCheer (do not message me on that!)

JV Coach: Tayler Kessler

Cell phone (text/call) 262-515-8601

Email: kesslert@westosha.k12.wi.us

Twitter: @westoshaJVcheer

I have read, understood, and agreed to the 2017-18 cheerleading guidelines and expectations.

Student Athlete Signature

Parent/Guardian Signature

Varsity Coach Signature

Athletic Director Signature



JV Coach Signature

Keep this handbook for your records. Turn in the following pages.

This must be turned in at tryouts!

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I have read, understood, and agreed to the 2017-18 cheerleading guidelines and expectations.

Student Athlete Signature

Parent/Guardian Signature

Varsity Coach Signature

Athletic Director Signature



JV Coach Signature

Parents and athletes, please initial which team you would like to be eligible to cheer.
Approximate costs included. Team interested in being considered:

| Parent | Athlete |
|--------|---|
| _____ | _____ JV 2 (Game Only) (\$200 tumble, \$75 shoes, \$40 undergarments) |
| _____ | _____ JV 1 (\$200 tumble, \$75 shoes, \$40 undergarments) |
| _____ | _____ JV 1+ Varsity Sideline (\$200 tumble, \$75 shoes, \$40 undergarments) |
| _____ | _____ JV 1+ Varsity Alternate (up to \$1200+ normal Varsity/JV fees) |
| _____ | _____ Varsity local competition only (\$200 tumble, \$75 shoes, \$40 undergarments) |
| _____ | _____ Nationals Team inc. local competitions (up to \$1200+ normal Varsity fees) |

Team Contact Information- **WRITE CLEARLY!**

Athlete- the best way to reach you!

Name:

Phone:

Email:

Address:

The best way to reach a parent/guardian!

Parent Name:

Phone(s):

Email:

Parent Name:

Phone(s):

Email:

Do you have access to the internet? Yes/No

Do you have access to Facebook? Yes/No

Do you have access to Twitter? Yes/No

Reflection of School Year

Read the following statements. Then, rank yourself accordingly. Be honest with yourself! Use this as your thought... *My teachers would say....*

| | Strongly Agree | Agree | Disagree | Strongly Disagree |
|-----------------------------|----------------|-------|----------|-------------------|
| I am respectful student. | | | | |
| I am a leader. | | | | |
| I am responsible. | | | | |
| My attendance is excellent. | | | | |
| I work well with others. | | | | |

Read the following statements. Then, rank yourself accordingly. Be honest with yourself! Use this as your thought... *I would say....*

| | Strongly Agree | Agree | Disagree | Strongly Disagree |
|-----------------------------|----------------|-------|----------|-------------------|
| I am respectful student. | | | | |
| I am a leader. | | | | |
| I am responsible. | | | | |
| My attendance is excellent. | | | | |
| I work well with others. | | | | |

Please explain any comments you may have about yourself from your teachers' perspectives or from yourself.
I understand children grow and learn. Be honest.

Name _____

1. Are you academically available as of this moment?
2. What other commitments do you have going on in your life?
3. What will your role be on our team?
4. Why do you want to be part of Central Cheer?
5. How do you handle conflict?
6. List any events they may interfere with cheerleading between now and March 3 to the best of your knowledge.