

# 2016-17 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. JV or Varsity competing member: athlete who is expected to participate in all practices, games, and competitions.
2. Varsity NHSCC team: Varsity competitors will attend the National High School Cheerleading Championships. This will include normal practices, fundraising opportunities, and the expectation to pay any funds not covered for the event. NHSCC may cost as much as \$1200.
3. 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. If a Varsity alternate, she is expected to attend all practices, competitions, and games to support her teammates if she would like to letter. If she is on JV, the only possibility the athlete has to join in the competition routine is consistent attendance. Varsity alternate cheerleaders will be given the opportunity to compete down at the JV level joining the JV team.
4. JV or Varsity game only cheerleader: is not ready to take on the responsibility of a competing member of JV or Varsity due to various circumstances (prolonged injury, major conflicts in scheduling, etc). She has the ability to complete sideline cheerleaders 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.

## Awards/Lettering

1. If a Varsity athlete attends all practices, games, and competitions, she will letter as a competing member, alternate member, or game only cheerleader.
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.
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 time, athletes must focus on the team.
2. Athletes should not be socializing with friends and family. There are practices where friends and families are invited.
3. Cell phones and/or iPods should not be used without coach approval. If issues arise, coaches will start collecting phones at the beginning of practice. In the case of an emergency, the coach can be contacted by parents.
4. 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 **coaching**.
5. 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. Additionally, she will not be invited on overnight trips with the team which includes camps, State, and Nationals.

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 dress like other athletic teams do in the school.

### **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. Everyone benefits from camp.
2. Missing a practice 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 for any reason.
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. 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 are not valid reasons to miss practice. When an athlete misses a practice, another team member will be placed in that spot so the team can continue to strengthen skills. This means, an athlete risks replacement every time they do not attend a practice. The time length will be used per the coach's discretion. 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. 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. It is highly suggested that athletes arrange a carpool or a team call out in order to make sure all girls are at the school at the appropriate time.
4. 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.
5. JV is required to attend all Varsity 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.
6. 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- New this year 2016

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 four 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. If your athlete is removed academically OR for violations of the athletic handbook OR for violations on the cheer contract, her fundraised and personally paid monies will go towards finding someone to replace her. If an athlete cannot be trusted locally, there is no reason to bring her to a Nationals Tournament. If a violation occurs after flights are booked, the athlete will attend but will not perform. She will be Natalia's shadow. Her poor decisions will then likely have a direct effect on the team as teams who do not max out their division size have more trouble progressing than those who do not.
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 well at the Nationals tournament. 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. Based on last year's schedule, our division performed early on Saturday morning for Semi-Finals. Finals were Sunday mid-morning. This means time at the park and hotels will be determined by Natalia 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 last Saturday in February. Please do not let Nationals blind our goal at winning State. NHSCC is an outside organization unrelated to **ANY** state events.

## Schedules

1. NHSCC team practices will be on Mondays from 7-9pm **PLUS** one of the following: attend another open gym day of your choice (Wednesdays 4-6pm and Thursdays 1:15-3p), weightlift with other Varsity programs, or tumble with Elite. If these days and times do not have adequate attendance, the schedule will be adjusted accordingly.
2. JV athletes are required to attend 50% of open gyms throughout the summer.
3. Tentative schedule for Fall 2016 to be presented August 1.
4. Final schedules will be posted/passed by the Sunday after the first week of practice.
5. Please check periodically as events and locations can change.

## Important Dates

1. Varsity Camp July 19-21. Varsity camp payment of \$219 June 20th.
2. First Varsity Football game August 19 and every Friday night thereafter.

3. JV Camp August 13-14. JV Camp payment of \$135. Due date TBD.
4. First **mandatory** practice for JV August 2nd.
5. First JV Football game August 26 and Thursday's thereafter.
6. Football/Cheerleader Day July 14th from 5-8pm! All levels invited!
7. Open gyms in summer: Wednesdays 4-6pm and Thursdays 1:15-3pm.
8. Choreography camp Oct 22 & 23.

**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.
4. The uniform contract must be filled out every season.

**Costs:**

1. Shoes will be purchased this season. Cost is approximately \$75
2. Black Bodysuit- to be purchased on your own. Try Omnicheer.com
3. Maroon or Black Briefs ("Fun colored" briefs may be worn at practice only) for game day.
4. Jersey, maroon shorts, socks for Homecoming routine approximately \$45.
5. Tumbling \$10 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.
8. Varsity camp \$219. JV camp \$135.
9. NHSCC approximately \$1200.

**Contact Information**

Varsity Coach: Natalia Vernezze  
 Cell phone (text/call) 262-308-0619  
 Email: [vernezzen@westosha.k12.wi.us](mailto: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: [taylorcheers@gmail.com](mailto:taylercheers@gmail.com)  
 Twitter: @westoshaJVcheer

I have read, understood, and agreed to the 2016-17 cheerleading guidelines and expectations.

\_\_\_\_\_  
 Student Athlete Signature

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

\_\_\_\_\_  
 Varsity Coach Signature

\_\_\_\_\_  
 Athletic Director Signature

\_\_\_\_\_  
 JV Coach Signature  
**pages.**

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

# This must be turned in at tryouts!

## 2016-17 Cheerleading

### Guidelines & Expectations

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I have read, understood, and agreed to the 2016-17 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 Competition (\$200 tumble, \$75 shoes, \$40 under garments, \$135 camp)
_____	_____	JV Game Only (\$200 tumble, \$75 shoes, \$40 under garments, \$135 camp)
_____	_____	Nationals Team (\$1200+ normal Varsity fees)
_____	_____	Varsity Competition (\$200 tumble, \$75 shoes, \$40 under garments)
_____	_____	Varsity Alternate (\$200 tumble, \$75 shoes, \$40 under garments)
_____	_____	Varsity Game Only (\$200 tumble, \$75 shoes, \$40 under garments)

## 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 \_\_\_\_\_

Circle one or more of the following: I'm trying out for...

Varsity Competition, Varsity Alternate, Varsity Game, JV Competition, JV Game, NHSCC member

**Are you academically available as of this moment? Yes/ No**

Other commitments \_\_\_\_\_

For other commitments, how willing is your job/church willing to work with your schedule?

\_\_\_\_\_

What priority is cheerleading seen in your life?

Explain. \_\_\_\_\_

\_\_\_\_\_

—

\_\_\_\_\_

—

What will be your role on the team?

\_\_\_\_\_

\_\_\_\_\_

—

\_\_\_\_\_

—

Why do you want to be part of our

program? \_\_\_\_\_

\_\_\_\_\_

—

\_\_\_\_\_

—

What dates are you NOT available (This is your only opportunity to be excused this season- look ahead)

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What difficulties may you run into this season? How will you work through them?

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