

# Winter 2015-16 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 help 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 team 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.

## Roles on the teams

1. JV or Varsity competing member: athlete who is expected to participate in all practices, games, and competitions.
2. JV or 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. She is expected to attend all practices, competitions, and games to support her teammates if she would like to letter on Varsity. 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.
3. JV or Varsity game only cheerleader: athlete who is out due to prolonged injury or major conflicts in scheduling. 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. Athletes who are pulled up from JV can letter if they pulled up prior to January 1.
3. If a Varsity athlete misses one game or competition, she may become ineligible for a team award at the end of the season.
4. **JV athletes do not letter**, but will receive a participation award for the season.
5. Violation due to poison ingestion will not letter nor be eligible for team voted on awards.

## Team Time

4. During practice time, athletes must focus on the team.
5. Athletes should not be socializing with friends and family. There are practices where friends and families are invited.
6. Cell phones and/or iPods should not be used without coach approval.
7. 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 cell phones, on a computer. She should be actively **helping coach**.
8. **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. **Change this year:** 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. **Change this year:** If an athlete becomes ineligible for any of the above reasons, all monies fundraised/given/costs for materials will not be reimbursed but be enrolled into general cheer fund.

4. **Change this year:** If an athlete becomes ineligible for any of the above reasons, the athlete will only be reworked into the routine when the head coach feels it is appropriate.
5. **Change this year:** 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, and/or expulsion from the team. 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. At no point, should any teammate be responsible for discipline procedures. Depending on the situation, the coach and athlete will have a discussion. If the situation reappears, a parent/guardian will be contacted. If needed, the Athletic Director and other administration will be included.

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 a prize 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 must be worn at all times.
3. Tennis shoes must be worn at all times. No "fashion tennis" shoes are allowed.
4. 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.

## Schedules

1. Varsity tentative at [http://westoshafalcons.org/library/files/demo135.bigteamsdemo\\_com\\_892/files/Winter2015-2016.pdf](http://westoshafalcons.org/library/files/demo135.bigteamsdemo_com_892/files/Winter2015-2016.pdf)
2. JV tentative schedule will be posted to westoshafalcons.org shortly
3. Final schedules will be posted/passed by the Sunday after the first week of practice.
4. Please check periodically as events and locations can change.

## **Issue: Missing a game/practice/team bonding/event**

1. 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.
2. 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 of, 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.
3. 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.
4. General rule: if it's on the schedule, it's required. Any miss risks not being included.
5. Any missed practice may result in routine removal.
6. 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. All Varsity cheerleaders are expected to be in the gym by 3:20 helping 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). 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.
2. 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.
3. 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 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.

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

**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 (if owned by CHS, poms, pants, jacket, sweater, bag)
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 \$9.50 per session. \$9.50x currently 12 sessions= \$114 per athlete to be paid the first tumbling Wednesday of each month.
6. Team bonding costs may occur.
7. Spirit wear flyer will be handed out. Nothing will be mandatory.
8. 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](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: [taylercheers@gmail.com](mailto:taylercheers@gmail.com)**

I have read, understood, and agreed to the 2015-16 cheerleading guidelines and expectations.

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

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

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

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

\_\_\_\_\_

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

# Fall 2015 Cheerleading Guidelines & Expectations

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

I have read, understood, and agreed to the 2015-16 cheerleading guidelines and expectations.

---

Student Athlete Signature

---

Parent/Guardian Signature

---

Varsity Coach Signature

---

Athletic Director Signature

---

JV Coach Signature

# This must be turned in at tryouts!

# 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 2015-2016 School Year so far

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.

Other Information:

Name \_\_\_\_\_

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

Varsity Competition, Varsity Alternate, Varsity Game, JV Competition, JV Alternate, JV Game

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 this season- look

ahead!)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What difficulties may you run into this season? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can you overcome this difficulty(ies)? \_\_\_\_\_