



# Ridgevue Warhawk Cheerleading Parent/Athlete Agreement 2020-2021



Informational Student/Parent Meeting April 20th at 6pm in the lecture hall.

## TRYOUTS:

May 5th, 6th, & 7th from 4:00-8:00 pm in the Ridgevue Gyms

\*Attendance will be taken each day\*

Please communicate with Coach Miranda Tanner in advance if there is a scheduling conflict with another school activity that prevents you from attending tryouts.

## FOCUS:

For the 2020-21 School year, our cheerleading program will focus on school spirit, student attendance at extracurricular activities, community service/involvement, technical work such as stunting and tumbling, and continue our successes in competition.

## A Warhawk Cheerleader will:

- Promote Ridgevue school spirit and proudly represent Warhawks United.
- Develop a sense of good sportsmanship among all students.
- Maintain a positive relationship between schools during all athletic events.
- Be a school leader and a good citizen in our community.

## Lettering Requirements:

- Exhibit Varsity behavior by demonstrating a commitment to the team and Ridgevue High School at all times by showing good sportsmanship and conduct. Always remembering that their actions are a reflection on their team, their school and their families. Always maintain a positive attitude and effort toward squad goals.
- Attends all practices and assigned games unless excused by the coach.
- Does not receive a major violation in any season, Fall or Winter.
- Minimum of 10 hours of community service during season. Must be cheer sanctioned or approved by coach.
- Participates in all mandatory team fundraisers.
- Remain academically eligible per the athletic guidelines for the season

- If cheerleader is on grade checklist the situation is quickly resolved, and athlete does not appear on list following week.
  - Passes all classes for Fall Semester.
  - 2.0 GPA at Semester
- Participate in Varsity Sideline Cheer, minimum of 10 Varsity games.
- Finish cheerleading season in good standing.
- Return all school equipment at the end of the season.
- Attend the sports banquet to receive the letter unless excused by the coach.
- A varsity player who suffers a season ending injury would be considered for a letter if he/she stays involved with the program, assists the coaches and attends all games.

### Tryout Eligibility Requirements:

- Current Physical on file
- Try out Application/ Interview Questions due April 15th
  - Must be turned into Coach Miranda or Coach Shania at Tryouts.
- Completed Ridgevue Pre-Participation Packet before April 14th
  - Turn in packet to the main office, to Coach Miranda, or to Coach Shania at Tryouts.
- Must have a current *cumulative* GPA of 2.0

### Attire for tryouts and clinics:

- White solid colored shirt with no logos or writing.
  - No tank tops, crop tops, sweatshirts, no cutouts, etc..
- Black solid color shorts or solid color leggings.
  - No designs or cutouts
- Cheer or athletic shoes.
- Girls: Long Hair must be in ponytail with bow, short hair is to be pulled half up with a bow for girls and all loose hair/bangs secured.
  - All bows need to be facing forward
- Boys hair must be off face and styled.
- Absolutely no jewelry or piercings
- No long or artificial nails, nail polish should be removed, clear or a natural color.
- Make-up should be natural. No dark eyeshadow or lipstick colors.
- A number will be given and to be worn each day of tryouts.

### Squad Selection Process:

RHS Cheer squad will be selected based on a combination of technical execution including jumps, tumbling (if any), cheer motions, spirit and dance ability, as well as teacher recommendations, GPA, and tryout attendance and coachability/attitude of the athlete during tryout week.

### Expectations if you are selected to be on the team:

1. Agree to abide by ALL rules and regulations set forth by the Athletic Department of Ridgevue High School as set by the Vallivue School District Policy.
2. Maintain 2.0 GPA or higher.
3. Adhere to the “No F policy”. Squad grades are reviewed each Monday. Any cheerleader with an F in any class (59.5% or below) is considered *ineligible* until there is signed documentation showing that grade has been raised above to a 60% or higher. *Cheerleaders who are on the Grade Checklist multiple times within the year will potentially lose their right to compete or remain on the team.*
4. Any violation of the Idaho Code with respect to the use of drugs, alcohol, or tobacco by minors during the complete calendar year by any cheerleader is prohibited and is grounds for dismissal from the Warhawk Cheer program.
5. Cheerleaders are expected to use social media responsibly and adhere to the student-athlete expectations of the Vallivue School District to guide your choices. Violations of these guidelines and misuse of social media could be grounds for dismissal from the Warhawk cheer program.
6. Cheerleaders are expected to uphold the values and expectations of a Warhawk Cheerleader in and out of uniform, at school and in the community.
7. Cheerleaders are required to be in attendance for the full day of school in order to cheer in a game that evening.
  - a. NOTE: If you miss a game for attendance you will be given a demerit unless presented to coaches a doctors note.
  - b. All cheerleaders required to learn all cheers and dances.
8. Cheerleaders are expected to be in attendance at all practices, games, performances, and events. *The absence of only one member at any time drastically affects the entire squad because all members are choreographed into stunt groups (if progressions allow) and routines.* Cheerleader will be allowed ONE pre-approved absence with no penalty per semester. Excessive absences, impact your position in the program and consequences will be at coaches discretion, including grounds for dismissal from the program.
9. Cheerleaders are required to compete as a team when competition season comes.
10. Have an IHSA physical form signed by a medical doctor on file in the office dated after May 1, 2020 for all ages.
11. Purchase an ASB Card(\$35), and be a member in good standing of the Associated Student Body of Ridgevue High School
  - a. If you do not purchase an ASB Card before the first game you will not be cheering and will receive a demerit.
12. All cheerleaders are required to attend the home camp. This is where we learn safe stunting techniques and routines.
13. Stay current with all necessary costs and payment due dates.

14. No unnatural hair colors (pink, purple, blue, green, etc.)
15. No long or artificial nails, nail polish should be removed, clear or a natural color.
16. Absolutely no jewelry or piercings during practice and games
17. Hair must be tied up and out of face for all practice and games.
18. All cheerleaders are required to dress up for game days and special themed school days/weeks in order to promote school spirit.
19. All cheerleaders are required to have learned all cheers and dances by the first practice July 7th.
20. If selected for the team you will be given a remind number and code, once you are on the team you will need to text the code to the number given in order to receive reminds, parents can sign up as well!

### **Injury Protocol:**

- If an injury occurs while at or away from Ridgeway High School please notify the Coaching Staff and the Athletic Trainer Kira Skroh.
- If you witness an injury happen please report it to the Coaching staff and Athletic Trainer immediately.
- If an injury resulting in a concussion occurs please notify the Coaching Staff and the Athletic Trainer. Then refer to the 'Return to Play' protocol attached at the end of this packet.
- If an injury occurs and the athlete is taken to a doctor that same doctor to diagnose the athlete has to be the same person to clear the athlete.
- All doctors note must be turned into the Athletic Trainer with a copy going to the Head Coach.
- If an injury occurs the athlete will be required to sit out of games and competitions until they are cleared. An athlete must be present at games if the injury is minor. If the injury is major, such as a major concussion, the athlete is permitted to stay at home.
- If the athlete does not express an injury or a discomfort to a Coach or Athletic Trainer we may not be able to help the athlete in time. Even if the athlete feels it is insignificant please notify a Coach or Athletic Trainer.

### **How much will it cost?**

All squad members will be required to purchase a school activity card and pay off their cheer accounts.

Individual cost sheets will be given out the first team meeting.

*The \$200 non-refundable down-payment is due May 13th, 2020. This is to help pay for camp costs for athletes.*

Student athletes will be required to pay \$150 at the beginning of each month until their accounts are paid in full. Failure to make a payment will result in sitting out at games and a demerit until you can make the payment.

Failure to remain current with one's individual account will result in the cheerleader not having the necessary cheer items and gear to perform and compete with their team. If cheerleader does not have all necessary items to cheer they will sit out and be given a demerit.

### Fundraisers:

Monthly fundraisers will be organized to help monthly payments. If one does not make enough money in fundraisers then that cheerleader is responsible to pay the remaining amount by the specified due dates which are monthly through Additional fundraisers will be considered as needed.

1. June-July: Sponsor Donations: Companies or individuals donate to our cheer program to get their name on our website, t-shirts and other benefits. If a donor chooses to make a team donation, then 100% will go to RHS Cheer account to help pay for cheer boxes, travel expenses, competition entry fees, and other expenses. These sponsors help keep the RHS Cheer Program running.
2. Sale of individual items: Coupon Cards, Cookie Dough, etc.. 100% profit will go to Individual Accounts

### Summer Schedule:

- Uniform fitting will be May 18th at 6pm in the RHS gyms..
- BSU Cheer Camp July 15th - 18th times TBD
- No Contact Period: July 4th weekend, and the first week of August.
- June will be the month to take vacations and spend time with family before school starts again.
- Practices begin July 7th and will be held every Monday, Wednesday, and Friday from 6am-8am at Ridgevue.
- \*October may result in the addition of extra practices for competition season.\*
- \*NOTE: cheerleaders are required to have learned all cheers and dances by the first practice July 7th\*

### Communication with Coaches:

Email will be the preferred choice for communication:  
Head Coach Miranda Tanner: [miranda.tanner@vallivue.org](mailto:miranda.tanner@vallivue.org)  
Assistant Coach Shania Marks: [shania.marks@vallivue.org](mailto:shania.marks@vallivue.org)  
Ridgevue High School - 208/453.4480

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**Parent Involvement:**

Parent support is an important part of a successful cheer program. Occasional parent meetings will be scheduled on the cheer calendars. Parents can be involved in the fundraising portion of cheer if they choose. Meetings usually start in the summer to prepare for upcoming planning.

Any Questions Please Email: [miranda.tanner@vallivue.org](mailto:miranda.tanner@vallivue.org)

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Parent Signature

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Date

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coaches Signature

\_\_\_\_\_  
Date



**\*Please Sign, Cut and give to Coach Miranda April 29th at tryouts.\***