

Cheerleading Candidates & Parents/Guardians,

Thank you for your interest in trying out for the 2017-2018 Warsaw High School Cheerleading squad. We appreciate your enthusiasm and interest in the program. Now that cheerleading is recognized as a sport, it has become a two season sport. We will be holding one tryout for all seasons. If you are interested in cheering for football season, basketball season, or both seasons you will indicate that before tryouts. Competitive squads will be chosen during the summer. You must be a member of the football or basketball squad to be eligible to try out for the competitive squads.

It is very important that you understand the commitment that Cheerleading involves. The overall commitment expected from both parents and student is tremendous. The commitment requires enthusiasm and dedication not only from the cheerleaders but from the parents as well. There is a lot of parent involvement including fundraising, team dinners/snacks, and helping to plan events for the cheerleaders throughout the season. The team can be at its best only if we have your support.

Prior to your daughter/son's tryout read the Cheerleading Constitution along with the following conditions, rules, and expectations. If both parents and student can agree to the following terms, please sign along with your student, and return the "parent permission to tryout" which is attached to this letter. All forms included in this packet must be returned to the coaching staff by Saturday May 6th.

We understand the decision of the coaches is final and NOT negotiable after tryout and that tryouts are closed to parents, friends, and spectators.

*Please understand that cheerleading is somewhat of a subjective activity. You, your parents, and friends may have a different opinion, but the coaches are going to make the final decision when selecting the squads.

We understand the cost involved with being a part of the Warsaw High School cheerleading program. (Cost are outlined in the Cheerleading Constitution)

We understand and agree that coaches will not enter into any discussion with parents regarding coaching decisions about squad selections.

We understand the coaches will be happy to discuss our daughter's strengths and weaknesses, with her, in order to help your daughter increase her skills. And that the coaches have to consider the team as a whole rather than individuals when selecting the squads.

We understand that cheerleading must become 1st priority in terms of commitment. Jobs, other clubs, organizations, etc., must be arranged around practices and activities for cheerleading. Failure to do so will result in points and possible benching at games.

We understand that if our daughter/son misses a practice for an unexcused reason she will be assessed points and may be benched at a game.

We understand that if our daughter/son quits at any point throughout the season, it will affect future tryout results. Ex. If your cheerleader signs up for both football and basketball seasons, then decides after football that they want to quit, the following year's tryouts will be affected.

I sincerely hope that you understand that while every one of your kids is important to us, it is impossible to make them happy all of the time, especially when it comes to the selection of the squads. An impartial and experienced panel of judges will be used to select the squads. The final squad selection will be determined by the coaches. We are looking for young men and women who can represent Warsaw High School both as excellent cheerleaders and as excellent role models for the student body.

Please take the time to re-read the Cheerleading Constitution and this, once you sign and return the permission form, I will hold you accountable to the agreed upon items. I realize this is a lot to take in—especially those of you who have never participated before, but at the same time, I'd like to be as clear as possible to prevent misunderstandings later. If you have any questions I can be reached by email:

kdoty@warsawschools.org

We have read and understood the Cheerleading Constitution and the Parent Permission to Tryout Form. We also understand that all decision of the coaches at tryouts are final and are prepared for the financial obligation of cheerleading.

We/I give permission of our daughter/son _____ to tryout.

Parent/Guardian Signature: _____ Date _____

Student Signature: _____ Date _____

Tryouts

Tryout practice sessions will be **May 1st, 2nd, & 4th, 5-6:30** in the Career Center Gym, with the final tryout on **Saturday May 6th, 1-?**

You must attend at least **two** open gyms to participate in the final tryout!!!! If you are involved in a spring sport you must attend at least **one** open gym to participate in the final tryout.

Varsity: Full up to half or full, straight up lib with positions, 360, full down from a full and one leg extended stunt. Low to high lib or express up, as well as a triple jump combination, and any tumbling.

JV: candidates must show a straight up full, Show-n-go, step over lib and be working on a straight up lib, as well as a triple jump combination, and any tumbling.

Freshman: candidates must show a half, press full, and be working on a straight up full step over to lib, as well as a triple jump combination, and any tumbling.

The cheer, chant, and dance that you will need to know for tryouts is located on **YouTube...**

WCHS Cheerleading Tryout Material 2017-18

It is your responsibility to learn these on your own before tryouts. If you have questions or do not have access to YouTube, you can learn the material at the Cheer Tryout Practice Sessions.

Cheer 1 Words: WCHS x we're back once again x we'll go and will fight and we'll W-I-N x Tigers on top xx Let's win x Yeah!

Cheer 2 Words: Tigers, get up yell, Let's go Orange, Let's go Orange. Tigers, get up yell, Let's go Black, Let's go Black. Tigers, get up yell, Let's go Orange, Let's go Black x Let's go Orange, Let's go Black!

Chant: Tigers, Who's the best x WCHS

*In addition to the above material you will be judged on jumps, tumbling, and stunting.

Remember...Tumbling is very important to the sport of cheerleading but it is not required*

Warsaw High School Cheerleading Constitution

Warsaw Cheer Program Mission is to:

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not) including, and not limited to, all forms of Social Media.
- Promote friendship with each other and with schools with whom we compete, perform and go to camp.
- Promote the development of lifelong values and skills.

Warsaw Cheer Program Standards:

Cheerleaders understand that teamwork and maintenance of discipline is key to the success of the cheer program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Standards is vital to achieving these goals. All members realize that the manner in which they conduct themselves, whether in person or on any/all forms of Social Media, directly reflects upon the entire team and the program.

It is recognized that these standards are necessary to maintain squad morale, discipline, and effective learning. Consistent enforcement of rules and regulations is also necessary to ensure the safety and general well being of each individual cheerleader. Participation in cheerleading is a **privilege, not a right**, and may be revoked by school administration and/or the coaching staff when a cheerleader violates the rules and regulations.

Conduct

- Positive attitudes towards the coaching staff and teammates is expected and required at all times. Failure to do so will result in **points** and possible expulsion from the squad.
- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camps, competitions, and all forms of Social Media.
- Being part of cheerleading, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community, on Social Media, and at all school functions where you are a representative of Warsaw High School.

- Members must cooperate with all faculty, squad members, game officials, and coaches.
- Cheerleaders must display proper behavior in class.
- Cheerleaders must display proper behavior on all forms of Social Media.
- Each case of discipline will be judged individually. The coach, with the assistance of the administration if deemed necessary, has the final decision in any disciplinary situation.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.

Absences

- Absences should always be avoided when possible.
- **Absences must be excused prior to practice/game. The coach must receive a note, call, or text from your parent if you are sick. Call must be received at least 30 minutes prior to start time or the absence will be considered unexcused and points will be assessed. Failure to notify your coach will result in points.**
- Absences due to work schedules are unexcused. Jobs must be worked around the cheer schedule.

Practices

- Practices are mandatory.
- Cheerleaders must arrive to practice on time wearing proper shoes and clothing with hair secured in a ponytail. On time is 15 minutes before practice begins!
- Chewing gum or eating during practices is prohibited... Break time does not equal snack time!!
- No Jewelry...no exceptions!!!! All piercings must be taken out prior to practices or games. Taping or covering the piercing is not allowed due to safety concerns.
- All taping or visits to the trainer must be done prior to practice.
- Nails must be athletic length and no Acrylic nails are permitted.
- A positive attitude is required at all practices. A poor attitude is not tolerated at practices or games and will be dealt with by talking with the coach and receiving points. **There is no room for poor attitudes anywhere in Cheerleading!!!!**
- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice
- Safety is our first priority. No excessive horse-play. Never stunt without the coach present.

- Everyone is required to help get mats out and put them away before and after practices
- **Parents:** Practice times do not include the time it takes to get the mats out and put the mats away. Please be aware of this when arranging rides.
- There is no cell phone use during practices or games. This means that when we take a water break it is not time to be on your phone...**Cell Phones are to be turned off during practices and games. Cell phones may be collected at the start of practices if this becomes a persistent issue.**
- If school is cancelled, on a practice day, the squads will still practice. School administrators will decide if practices can still take place and any limitations to practice hours etc. Coaches will notify cheerleaders of practice times as soon as the information becomes available to us. Your attendance is required!

Games

- All games are mandatory
- Coaches will determine game time arrival and make that time known via Cheer News.
- All taping or visits to the trainer must be done prior to the “45 minute before game” time
- **You must arrive at the game in uniform and with your hair done failure to do so will result in sitting out the first quarter of the game for the first offense. 2nd offense will result in sitting out for half a game and the 3rd offense will result in sitting out an entire game and points given (2).**
- Coaches will determine hairstyle to be worn for games and communicated via Cheer News.
- No jewelry and nails need to be athletic length with no acrylic overlays.
- Tattoos must be covered
- No chewing gum or eating during games...with the exception of Half Time.
- **Socializing with friends while the game is in progress is not allowed.**
- During game suspensions, the squad member will sit with the coach (in team warm- up) for the game and help where needed. No Cell Phones!

Transportation

- Cheerleaders are not allowed to drive to away games or competitions. They must ride in either school transportation or authorized transportation.
- Cheerleaders must be fully dressed in uniform or warm –ups including cheer shoes when they arrive to ride the school transportation. Hair must be up. This is to promote team unity and identity.
- Cheerleaders may ride home from games or competitions with **their parents**, as long as a note is provided from **their parents**.

Ex... Cheerleaders cannot have a note from their parent stating that they can ride home with another cheerleader/ boyfriend parent.

Discipline Policy

The following violations will be taken to the administrative level and will be evaluated and addressed from there.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member
- Stealing or breaking the law

WCHS CHEERLEADING POINT SYSTEM

Not in uniform with hair done
When arriving for a game (2)

Forgotten/Incorrect Equipment (2)
Ex... Wrong socks, briefs, bows,
Shoes...

Late for Practice/Game (2)

Excessive talking (2)

Not Following Directions (3)
Regardless of squad placement,
directions should be followed
by any coach at any given time.

Being Dishonest with coaches (3)

Having a Poor Attitude (3)
Ex... Rolling eyes, tone of voice
Making negative comments under
Your breath, posture, "Evil Eyes" ...

Unexcused Absences
From Practice/Game (3)
Ex...Appointments, family gatherings,
Job schedules...

Inappropriate use of Social Media (3)
Ex...Inappropriate photos, comments,
Videos...

*If it is questionable then it is probably not appropriate!

CONSEQUENCES FOR EARNED POINTS:

4 Points: Cheerleader will set out a game and a letter will go home to parent/guardian.

8 Points: Cheerleader will set out 2 games. The cheerleader, parent/guardian and coach will meet and discuss the matter.

10 points: Cheerleader will be suspended for a week of cheer activities and a conference with coach, parents, and athletic director.

12 Points: Cheerleader will be cut from the team

Cheer Program Expenses

- Squad members are responsible for the purchases of briefs, body suits, shoes, hair bows, bags, and warm ups.
- The squad will be participating in a fundraiser; however, it is the individual's responsibility to pay all expenses.
- NCA Cheer Camp & Camp clothes...between \$250(home camp... including camp clothes)-\$370(Overnight camp...including camp clothes)
- The estimated cost for cheerleading will be around \$300.00-\$500.00...these totals will vary depending on what your cheerleader will need for the season. There will be fundraisers to help with these costs.
- Cheer Cost break down:
 - Warm-up...\$85
 - Bag...\$35
 - Bows...\$20
 - Briefs...\$15
 - Body Suit...\$12
 - Camp clothes & Bows...\$50.00
- Varsity Members must have: Warm up, bag, briefs, body suit, bows, shoes(basketball)
- JV Members must have: Warm up, briefs, body suit, bows, shoes...bag is optional
- Freshman Members must have: Briefs, body suit, bows, shoes, and warm up... bag is optional

Uniforms

- Please know that you may be responsible for getting your cheerleaders uniform altered. This happens every year as we don't have the luxury to have new uniforms for every squad.
- The hand me down system is in place...so when Varsity receives a new uniform, an older uniform is passed down to JV and then to Freshman.
- The coaching staff will do our best to fit your cheerleader with a uniform that works for her.
- At the end of the season, uniforms must be washed before being turned in.
- You are required to have **WHITE** crew cut or no show socks. Any other color is unacceptable.

The participation in the WCHS cheerleading organization is a privilege, not a right. In order for the cheerleader to retain this privilege, the policies and procedures contained in the constitution must be adhered to in the spirit of discipline, education and overall goals and objectives of the Warsaw High School cheerleading program. Signing below indicates that you agree to abide by these rules and standards and understand that you will be held accountable to these rules and standards throughout the season.

I, _____, will do my best as a Cheerleader to always set a positive example for the Warsaw High School student body. I plan to follow the rules set forth in the Cheerleading Constitution and understand the consequences if I fail to adhere to the rules and regulations. I will commit myself to attending all practices, fundraisers, games, and competitions and I will always strive to have a positive attitude. I will respect my coaches and fellow squad members at all times.

Student Signature

Date

Warsaw High School Cheerleading Application

Student's Full Name

Birth date

Grade in School

Home Address

City

Zip

Mother's Name

Home Phone

Cell Phone

Father's Name

Home Phone

Cell Phone

Name of the relative or friend to contact in case of emergency

Home/Cell Number

Health Insurance Company

Family Doctor

Doctor's Phone

Are you currently being treated for any injuries?

Yes _____ No _____

If yes, please attach a detailed summary explaining the injury, treatment, and limitations.

Please list any medical conditions the coaching staff should be aware of:

Do you have any cheerleading experience? Please Circle: Yes No

If Yes, how many years? _____

Please circle the squad you will be trying out for:

*Note: If you do not circle a team you will not be considered for it

Freshmen Junior Varsity Varsity

Please circle the tumbling skills you are able to perform proficiently (meaning you are capable of doing the skill on a competition mat by yourself). If you circle it, you will be asked to demonstrate the skill. If you make the team, you will be required to perform this tumbling at practices, games, and competitions.

***Tumbling is not a requirement but is strongly encouraged!!**

Cart Wheel

Round Off

Front Walk over

Back Walk Over

Standing Back Handspring

Standing Back Tuck

Round off Back Handspring

Round of Back Tuck

Round off Back Handspring Back Tuck

List any other advanced tumbling skills at which you are proficient:

Please circle the season(s) you are trying out for.

- Football Season
- Basketball Season
- Both Seasons
- Competition Season