

# *Varsity Cheerleading*

*Gore Public Schools  
Varsity Cheerleading Handbook  
2015-2016*

*Varsity Coach  
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## **Cheerleading Tryouts**

Cheer Clinic	Tuesday/Wednesday March 24 <sup>th</sup> , 25 <sup>th</sup> 3:30-5:30 (gym)
Open Gym Practice (Practice only, no new material will be taught)	Thursday March 26 <sup>th</sup> 3:30-5:30
Parent Meeting	Tuesday, March 24 <sup>th</sup> @ 5:00 gym (mandatory)
Cheer Tryouts	Thursday, March 27 <sup>th</sup> @ 4:00 in gym

### **TRY OUTS WILL BE CLOSED TO THE PUBLIC!!**

- Those present in the gym will be judges, participant, coach and athletic director (if available).
- Tryouts will be judged by qualified judges who have experience in cheerleading, coaching, or judging.
- Those trying out will be evaluated on the following:
  - Entrance: tumbling, smile, appearance, and enthusiasm
  - Tumbling: cartwheel, round-off, handspring, etc. and execution
  - 2 Jumps: toe touch, pike, etc....
  - Cheer: voice, motion, and timing
  - Chant: voice, motion, and timing
  - Teacher Evaluation: this will include academics, respect to authority, responsibility, following directions, and interpersonal relationships

### **Judging Criteria**

• Entrance	15 points
• Jumps	20 points
• Tumbling	10 points
• Cheer	15 points
• Chant	15 points
• <u>Teacher Evaluation</u>	<u>25 points</u>
Total	100 points

## Estimated Costs

It is important that parents/guardians be aware of the expense involved in being a cheerleader. Please understand that most of the expense will be required before any fundraisers have been held. The money raised by fundraisers will be used to defray some of the expense, but some out of pocket costs will be required. All cheerleaders will be responsible for the cost of the following items (these are all estimated costs, not the exact costs).

- Cheerleading Camp (Mandatory if team is attending) \$150-\$250
- Camp Clothes/Practice Clothes \$100
- Kelly Green Hair Bow (if lost must replace) \$20
- Cheer Bag \$25
- Shoes- 2 pair (competition & sidelines) \$100
- Cheerleading Accessories \$50
- Cheer shirts/clothing for school on game days \$50
- Warm Ups/ Jackets/Pants \$100
- Physical *\*must have to participate* \$15
- Drug Testing *\*must have to participate* \$10
- Tumbling/Stunting (Mandatory if team is attending) \$30 a month

**\*\*Money raised from fundraisers will only be awarded to cheerleaders who participate in those fundraisers.**

### Example

If 5 cheerleaders work a fundraiser and raise \$500, that money would be divided among those 5 cheerleaders and applied to their amount owed.

## Cheerleading Rules and Guidelines

### **I. Uniforms**

Each team member will be equipped with a shell and skirt purchased by Gore Public Schools. However, each team member is expected to participate in fundraisers, work days, etc., to help defray the expenses.

Each team member will be responsible for these items: liner, hot pants, dance pants, shoes, white socks, and bow. If a uniform or any part of the uniform is lost, stolen, damaged by student, or destroyed, the team member will be responsible for replacing all parts of the uniform in a timely manner.

\*Each team member will sign and return a contract on how to care for and maintain the uniform.

\*\*A uniform consists of a shell, skirt, liner, hot pants, no show white socks, shoes, and bow.

### **II. Transportation**

Cheerleaders must attend all football games, basketball games, and activities. (see demerits)

All cheerleaders are required to ride the bus/van to and from every game unless previous arrangements have been made with the head coach one day prior to game.

Permission can be given for a cheerleader to ride home with a parent. A cheerleader will only be released to a parent (no one else); otherwise the cheerleader will be expected to ride home with the team. The parent must personally speak to the head coach and sign the student out in order for her/him to be released.

### III. Practice

Cheerleaders **must** attend all practices except in the event of an immediate emergency that is out of their control. A schedule of practice-dates and times will be provided for each cheerleader. All approval for missed practice shall be made through the head coach only.

Practice time is expected to be used wisely. If a cheerleader is late or doesn't attend, they will be required to stay after practice (if late) or stay late after the next practice to review missed material or complete make up work that was assigned. A make-up day will be given to the cheerleader.

Practice will include a strength program. The cheerleaders will be required to use weight room (under supervision) etc. Cheerleading is a very physical activity and by the use of weights the girls will become toned and build a strong core to help them excel in jumps, stunting, and tumbling, which are all parts of being a cheerleader.

**No cell phones at practice!** Cheerleaders may not have their cell phone on their person during practice, only when the coach states practice is over. If an emergency, please call the coach.

**An emergency consists of something that is out of the control of the cheerleader. An example is a cheerleader at the hospital, parents at hospital, or grandparents at hospital, or on deathbed.**

### III. Duties and Responsibilities

**Cheerleaders will be responsible for the following:**

- All cheerleaders will be required to cheer for football, basketball, and competition seasons. Football and Competition is one season, basketball is one season.
- If not cheering for competition season, cheerleader will only cheer for basketball season.

## Competition

- ALL cheerleaders on squad are not guaranteed to compete
- The division in which competing under is at the Coach's discretion for each year is different

## Mascot

- At the Coaches discretion a mascot is optional on a year to year basis.

### **Cheerleaders will be responsible for the following:**

- Cheerleaders will lead crowd in cheering at pep assemblies and games.
- OSSAA (Oklahoma Secondary School Athletic Association) eligibility requirements are enforced during the school year for cheerleaders to participate weekly.
- Cheerleaders should arrive at least 30 minutes before home games or when stated by weekly notes to have time to stretch. Coaches will give cheerleaders the correct arrival time on away games.
- Cheerleaders are expected to be on time and on the field or court **no later than 1 minute before** the beginning of the game. They are expected back on the field or court **no later than 1 minute before** the second half starts and remain there until the final buzzer.
- Cheerleaders ***must*** attend summer camp and practices. A monthly calendar will be provided. Summer practices will include conditioning and stunting.
- Cheerleaders ***must*** attend practice sessions during the week (unless emergency) in order to cheer at the game. If a cheerleader is not allowed to cheer, she will be permitted to attend the event and sit next to the coach, not her/his friends. Make up work will be assigned if a cheerleader misses or is late for a practice.

- Cheerleaders will have a weekly test. This is to test memory and motions. If a cheerleader does not pass, then they must sit out the following game.
- Cheerleaders must complete make up work at the end of practice if late. If missed practice they will complete make up work after the next practice.
- Lack of cooperation, unsatisfactorily performance, attendance, or behavior that reflects poorly on Gore Schools will be grounds for dismissal. (see demerits)

**\* Schedule appointments on non-game/non-practice days. Demerits will be given if practice/game/activity is missed by cheerleaders.**

#### **V. Cheerleading Standards/Character**

- Cheerleaders should be leaders within the school and set a good example at all times.
- Cheerleaders should be courteous and friendly to all team members, student body, faculty and staff, other teams and visitors.
- Cheerleaders should be respectful to the Coach and a credit to the school.
- Cheerleaders should maintain good personal appearance and good habits. Smoking, drinking and/or drug use are grounds for dismissal from team.
- Cheerleaders will have **no** visible tattoos showing or belly button rings in while cheering!

If at any time the coach, in agreement with the athletic director and administration, determine that the physical condition of a cheerleader may put the cheerleader at risk, the coach can require the cheerleader to refrain from physical activities associated with cheerleading. The coach will not put undue physical hardship or danger on the cheerleader (This does not removed the cheerleader from the squad but only limits the participation in the physical activities).

The coach will have authority to suspend or dismiss permanently any cheerleader for any of the following reasons:



- Improper attire
- Poor hygiene or sloppy appearance or habits
- Undesirable behavior (fighting, smoking, drinking/drug use)
- Undesirable language in uniform
- Unsportsmanlike conduct
- Uncooperative attitude
- Poor Attendance
- Any act or deed that harms the reputation of the school
- Suspension from school by the principal will be an automatic suspension from the cheerleading squad until the administration and coach review the situation

Permanent dismissal or quitting during the year will cause that member to lose participation credit and the right to reimbursement from incurred expenses.

**\*\*Any cheerleader who quits or is dismissed during the year will not be allowed to tryout the following year.**

## **VI. Points/Demerits**

Points or demerits will be used as a disciplinary tool to build a stronger cheerleading program. Demerits will be given to cheerleaders by the coach. Cheerleaders will be allowed 10 demerits per season. *Demerits for the fall season will start at the beginning of the summer.* After that the cheerleader can/will be removed from the team for violations of the rules.

- Three points will result in the removal from a game and/or pep assembly
- Six points will result in suspension for two weeks.
- More than ten points will result in dismissal from the team.
- One point will be given for:
  - \* Tardiness to any team activity/game/practice
  - \* Tardiness to the field/court before game time or after half time
  - \* Chewing gum in practice/game/activity
  - \* Incorrect uniform and/or hair

- \* Disrespect toward coaches or teammates
- \* Inappropriate practice attire including shoes or assigned practice clothing
- \* Use of inappropriate language
- \* Gossiping in uniform
- \* Not paying attention to the game/talking on sidelines
- \* Wearing any jewelry during practice or games
- Three points will be given for:
  - \*Cell phone usage during practice/games/activities
  - \***Non excused absence**
  - \*Fighting
- Ten points, or dismissal, will be given for:
  - \* Drinking/drug use/smoking in uniform
  - \***Inappropriate behavior while in uniform**
  - \***Being ineligible for 3 consecutive weeks**

## Score Sheet for Gore Varsity Cheerleading Tryouts

Cheerleader # \_\_\_\_\_

Judge # \_\_\_\_\_

<p><b><u>ENTRANCE - 15 POINTS</u></b> Appearance, enthusiasm, smiles, etc.</p>	
<p><b><u>JUMPS - 20 POINTS</u></b> Toe touch - 10 points Combination - 10 points</p>	
<p><b><u>TUMBLING - 6 POINTS</u></b> Difficulty: 0=none, 1=cartwheel, 2=round off 3=back handspring, 4= back tuck 5=lay out, 6=any full twist skill</p>	
<p><b><u>TUMBLING - 4 POINTS</u></b> Execution of tumbling</p>	
<p><b><u>CHEER - 15 POINTS (5 points each area)</u></b> Voice (loudness and inflection)= _____ Motions (techniques and sharpness)= _____ Presentation (enthusiasm and confidence)= _____</p>	
<p><b><u>CHANT - 15 POINTS (5 points each area)</u></b> Voice (loudness and inflection)= _____ Motions (techniques and sharpness)= _____ Presentation (enthusiasm and confidence)= _____</p>	
<p><b><u>TEACHER EVALUATION - 25 POINTS</u></b> All teacher evaluations will be averaged.</p>	
<p><b><u>TOTAL - 100 POINTS POSSIBLE</u></b></p>	

## Permission Slip for Cheerleading Tryouts

My child, \_\_\_\_\_ has my permission to be a cheerleader at Gore High School. I understand that she must abide by the rules and regulations set forth by the coach and the administration for Gore Public Schools and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the team. I understand and give permission for my child to ride with the coach and/certified personnel when necessary. I understand that all forms that are attached must be completed before tryouts or my child will not be allowed to participate. I understand that my child will attend all practices (unless emergency) and tryout sessions, football & basketball games, and competition or my child will not be considered for a cheerleading position.

I understand that qualified judges will evaluate my child and we agree to abide by the decision of the judges. I understand that I will not be able to approach the judges.

I understand that costs are involved as stated in the rules and it is my responsibility for this expense. If my child quits or is dismissed I will not be reimbursed for my expenses.

I understand by the very nature of the activity, cheerleading, and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Gore Public Schools or any of its personnel in the case responsible for an accident or injury at any time.

I understand that the uniform is property of Gore School and it will be returned at the end of the season.

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Parent or Guardian Signature

Date

I am interested in being a cheerleader at Gore High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the coach and the administration of Gore Public Schools. I promise to cooperate with and follow the instructions of the cheerleading coach. I understand that if I do not abide by the rules and regulations that I may be suspended or dismissed from the cheerleading team.

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Student Signature

Date

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Home Address

Grade Next Year \_\_\_\_\_

**Gore Public Schools  
Prospective Cheerleader and Parent  
Responsibility Form 2015-2016**

\_\_\_\_\_ has my permission to try out and participate as a member of the Gore High School Cheerleading Team. I have read the rules and guidelines, permission slip for tryouts, responsibility form, inherent risk sheet, cheerleader's pledge, and permission and agreement statement and agree to abide by all these documents. I will assist in every way to see that my child abides by the rules and regulations of these documents as well. I understand my obligations in the fundraising process and will help in any way I can. I will see that my child does her/his fair share of the work.

While I expect school authorities to exercise reasonable precaution to avoid injury, I understand they can happen. I understand that I assume the financial obligation for any injury incurred at tryouts, during practice, at events, or at camp. I believe my child to be in good health and able to compete in cheerleading at this time.

My signature further means that I will abide by the judges' decisions at tryouts whether my child is chosen or not. I understand that the total score will be based on talent and skills performed by my daughter/son at tryouts as well as a teacher evaluation. I further understand that if my child breaks certain rules within the guidelines, then she/he can and will be given demerits and/or even dismissed from the team, and all money paid or earned for the incurred expenses will be forfeited.

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Parent Signature

Date

I have read, agree to follow, and fully understand the rules/guidelines for being a GHS Cheerleader.

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Student Signature

Date

## Inherent Risk of Cheerleading

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an aerobic activity, which includes jumping, stunting, motions, and tumbling. All physicals must be on file with the school before you may participate in practices and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. However, if you take certain precautions, the possibilities of such injuries will be decreased.

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Be sure to consistently abide by the following guidelines:

1. NEVER stunt or tumble unless a coach is present.
2. Always practice in the presence of the coach.
3. Always warm up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to do safely.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, or concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt.
10. Report all injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind (no rings, earrings, belly rings, etc.) or chew gum when cheering.
15. Always have hair pulled back from face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Do not wear fake nails.

I have read the proceeding warnings. I thoroughly appreciate and understand the risks in cheerleading. I acknowledge that I am physically fit and am voluntarily participating in this activity.

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

## Cheerleader's Pledge

I pledge.....

To be drug, tobacco, and alcohol free.

To do my best at all practices and performances.

To promote school spirit and sportsmanship by my words and actions.

To be a positive leader and role model for my team, school, and community.

To be someone others can count on to be hardworking, dependable, and positive.

To follow all safety guidelines and stunt progressions set up by my coach.

To be the type of cheerleader that I would like to coach.

To help others.

To constantly work at improving my cheerleading skills.

To keep academics as my number one priority.

**Cheerleader's Signature:**

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## Permission and Agreement Statement

\_\_\_\_\_ has my permission to tryout for GHS Cheerleader. I understand the expectations concerning time and attendance required for practices and events for my daughter/son. I also understand the cost and agree to pay on or before the due date of the required fee owed; furthermore, I am aware that if my daughter/son should move, quit, or be dismissed, I am still responsible for any incurred expenses.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

If I am selected as cheerleader, I shall fulfill all of the requirements to the best of my ability.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_



## Cheerleader Uniform Contract

This is a reminder of the rules and regulations of the responsibility of the cheerleader for keeping a school uniform. This is from the cheerleader handbook pg. 5 Section II.

### II. UNIFORMS

Each team member will be equipped with a shell and skirt purchased by Gore Public Schools. However, each team member is to participate in all fundraisers, work days, etc. to help defray the expenses.

Cheerleaders may be asked to wear matching clothes/shirts and bows to school. Each cheerleader will dress as a member of the team. No flip-flops will be allowed with uniform at any event. (to and from events is permitted)

Each team member will be responsible for her/his uniform. If a uniform or any part of the uniform is lost, stolen, damaged, or destroyed, the team member will be responsible for replacing all parts of the uniform in a timely manner. Uniforms may not be altered in any way without the permission of the coach.

All uniforms will be returned to the coach at the end of the cheerleading season. If not returned in a timely manner the cheerleader will be placed as ineligible for other school events.

I have read and understand that it is my responsibility to care and maintain my cheerleading uniform. **I will only hand wash my uniform and line dry it to maintain a nonfading uniform.**

Cheerleader Signature \_\_\_\_\_

Cheerleader Coach Signature \_\_\_\_\_

Date \_\_\_\_\_

