

INTERLAKE HIGH SCHOOL SAINTS CHEERLEADING



2019 TRYOUT PACKET AND CHEERLEADING
CONTRACT

IHS CHEER TRYOUTS

Check List

Must have all paper work turned into Ms. Higgins in the counseling center a week before try outs.

- Signed contract
- Grade printout and signed by counselor
- Personal information sheet and questionnaire
- Current Physical and Final Forms Online Information on the Interlake Athletic website
- Impact test upon making team. Date will be announced.

Important Dates:

TRYOUT SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday
22-April	23-April	24-April	25-April	26-April
6:30am-7:30am	6:30am-7:30am	6:30am-7:30am	6:30am-7:30am	6:30am-7:30am and 4:30pm- 7:30pm (Upper Gym)

FINAL TRYOUT APRIL 26TH 4:30PM-7:30PM!
(Closed Tryouts)

Program Purpose:

1. Cheerleaders shall promote and lead school spirit and pride at school, in the community and at athletic events.
2. They shall lead the crowd involvement during athletic games.
3. They shall demonstrate the “team concept” by following the guidelines as set by athletic governing bodies.
4. Cheerleaders should promote good sportsmanship-like conduct and school spirit through cooperation with other students, teachers and administrators.
5. Cheerleaders shall cooperate with the coach, game officials and other squad members.
6. Cheerleaders perform skills learned throughout the year.

Our main goal as a team is to support Interlake High School Athletics and be positive representatives of IHS

Season Preview:

Attendance is required at all events (Please note: additional activities & events will be added throughout the year and dates/times are subject to change)

1. Spring & Summer

- May (TBD): Uniform fittings after school and team meeting
- Practice begin in July and runs through the school year
 - Summer Practice: Early mornings, days TBD
- All cheerleaders **must** attend cheer camp as established by the coach, extenuating circumstances must be brought to attention during tryouts (ex: already planned vacation)

2. Fall

- Practice 6:30-7:30am, Monday-Friday until December
- Cheerleaders will cheer at home and away Varsity football games every Friday night at 7:00
- JV Sparkle Games on Wednesday nights**
- Back to school assembly performance
- Mandatory Team Dinners (Before Football Games)
- Homecoming assembly performance
- All post-season Varsity football games, including weekends and holidays (possibly Thanksgiving)
- Participate and help run a week of mini cheer camp (Monday – Friday for 1.5 hours after school)
- Assigned locker signs will be made and posted for every Friday game
- Fundraisers determined by the team and parents (car washes, garage sales, etc)*

3. Winter

- Modified practice schedule
- Winter sports assembly performance
- Assigned locker signs will be made and posted for every quad game
- Cheer at assigned home Girls & Boys basketball games (1+ games per week)/In-district Away Basketball games
- Participate and help run a week of mini cheer camp (Monday – Friday for 1.5 hours after school)
- Fundraisers determined by the team and parents (car washes, garage sales, etc)*

***Missing practice due to performing in Snow Flake Lane or Playing Other Winter Sports will be unexcused and consequences will lead to having to sit out of the assembly and games.**

4. Spring

- Modified practice schedule
- Stuntman Assembly
- Captain Tryouts
- Captains Clinic
- Tryouts
- Cheer banquet
- Fundraisers determined by the team and parents (car washes, garage sales, etc)

Tryouts:

▪ **Qualifications and Standards:**

All candidates must be cleared through the athletic office before tryouts begin.

- a) Cheer tryouts are open to all current freshmen, sophomores and juniors.
- b) You must have an ASB card.
- c) Must submit a current sports packet with a current physical (good for two years), must be in good standing with the accountant on campus with no fines.
- d) Cheerleaders must abide by WIAA and Bellevue School District grade policies and keep their grades above a 2.0 GPA (cumulative) and passing 6 classes.
- e) All cheer squad members must be physically able to perform all cheerleading skills. These skills include: timing, rhythm, vocal strength, ability to jump, dance and stunt.
- f) It is important that a cheerleader has clear voice quality, so that she/he may be heard easily.
- g) A cheer squad member must have a high sense of good sportsmanship and fairness. They must be a good winner as well as a good loser and consistently display this behavior.
- h) Cheer squad members must be neat, clean and well groomed while in uniform.
- i) Cheer squad members must be in good health and stamina. Yearlong conditioning will be required, including: aerobic activity, weightlifting and conditioning.
- j) While in uniform, a cheer squad member is a trademark of the school and should act accordingly. Members should maintain proper behavior (i.e. NO swearing, smoking, drinking, gossiping, or public displays of affection, etc.).
- k) Cheer squad members are leaders of the school in and out of uniform. The school's purple policy will be strictly followed all year.
- l) Parents are encouraged to join and/or participate in Booster Club.

▪ **Judging**

- a) Squad size and final team roster is determined by the coach and based on the skill, attitude, talent and teacher recommendations of the athletes.
- b) Tryouts are judged by a panel of cheer, dance, and tumbling experts, captains, and Coach
- c) During tryouts, participants will perform a dance, cheer, jumps, and prep level stunt that will be taught at tryout practices
- d) For safety reasons, any tumbling skill performed during tryouts must first be demonstrated to one of the coaches and approved during tryout practices

General Conduct and Responsibility:

-Uniform and appearance

1. Entire uniform shall be worn to school on the day of a game or event. (at the discretion of the coach or captains)
2. Uniform (including warm-ups or outerwear) shall be worn at (to) all games and events. You must wear uniform pieces that are part of the uniform. (No flip-flops, UGGs/vans or non-issued clothing and/or long socks)
3. Each cheerleader is responsible for care and maintenance of all uniform pieces; anything lost must be replaced immediately. Missing uniform parts will result in not participating in the game.
4. Uniform and additional uniform items are to be purchased and kept by the cheerleader. Uniforms are not to be loaned out, borrowed, or worn by any non-team members.
5. Fingernails must be kept short. This is for the student's safety and a National Federation Rule.
8. Cheerleaders shall not eat, drink, or chew gum while on the field, court, mat, or on cheer mats.
9. It is required that all stunting and jumping be supervised by a coach, be it a practice or at a game. No stunting or jumping shall be done outside of designated game or practice time.

-Cost

Uniform

- a. Cheerleading is expensive and we will try our best to make this program affordable to everyone. Uniforms will not change every year. However, the coach does reserve the right to change a piece of the uniform if it did not fit properly when ordered also, there is a chance that any of our uniform pieces can be discontinued by the supplier at any time.
- b. Each cheerleaders is responsible for the cost of her/his uniform.
- c. Uniform pieces will be selected by the coach and captains.
- d. No student is turned away due to an inability to pay for their uniform (the coach needs to be informed before uniform fittings that a member needs assistance in procuring a uniform)
- e. All costs are ***WITHOUT FUNDRAISING***; the team can fundraise as much as the cheerleaders and parents want to.
- f. For new members the cost of uniform and camp clothes is approximately \$1,000
- g. For returning members the cost of uniform and camp clothes is approximately \$500
- h. District gifted uniforms will not be returned for \$

-Camp

UCA summer camp costs \$380 per cheerleader and is all inclusive. We as a squad will request a \$100 donation/scholarship per girl from the Interlake Booster Club- weather we receive the money or not is always up in the air depending on the money booster is able to donate.

The total season cost for new girls is approximately \$1,300 and the total season cost for returning girls is approximately \$500. See ATTACHED FORM With Estimated Cost Layout

-Team Leadership

- Coach Heather McLean/Bryianna Marlatt
- Captains
 - Will be selected based on a tryout process in the spring
- Team Parent
- Booster Club Liaison Parent

Parent positions will be filled within the first 2 parent meetings

-Discipline

- a) The coach and captains have a specific plan for each practice and often has a vision for the methods used that the cheerleader may not understand, but should always follow. It is acceptable to ask questions in a respectful way. If you are having inappropriate behavior you may be asked to leave

practice or the game- before returning to practice a meeting will need to be scheduled with Coach Heather.

Swearing, complaining, eye rolling and not cooperating are inappropriate behavior examples

b) The Head Coach and Athletic Director have the right to suspend any cheerleader from the team in situations that they deem appropriate in BSD 2151P

-Practice/Activity Attendance/Cheer and Dance Check-Offs

a) Cheer practices are all mandatory

b) Weekend or after school practices may be added if deemed necessary by the coach and captains. Students will wear shorts, sweats, t-shirts, cheer shoes and socks.

c) Attendance must be for the entire length of the practice unless extenuating circumstances apply. These must be brought to the coach and captain's attention beforehand.

Attendance is *extremely* important for cheer to function at its best. These rules enforce the importance of your commitment to being there for your school, for your teammates, for your own pride and self-improvement. Any absence creates havoc with formations and stunts; an absence can literally tear apart the whole team's game plan. If you are absent from a practice routines may be altered so the team can continue to practice.

Cheer members are a very select group of school leaders, so chosen because of their ability to understand the priority that must be placed on attendance at practices and games. Many times a member will sacrifice a family vacation, weekend trip, other school or sport related activities (i.e. team dinners, DECA) to fulfill her commitment to her cheer squad. If this seems strict with a heavy emphasis on attendance, it is because the team cannot fully function with even one member missing.

Cheer and Dance check offs are essential for the squad to look formal during assemblies and games. Each cheerleader is required to pass check offs before the school year begins. Each cheerleader will be required to pass all cheers and dances within two judgements by Coach Heather and Captains. Missing more than 3 cheers and 1 dance it will require another attempt. Help from peers and captains will be implemented in order to help the cheerleader pass check offs. If a cheerleader is requiring more than two attempts she/he will have to sit out for an assembly/game.

Rules on Absences and Tardies:

a) To excuse an absence must be reported from parent/guardian. Parent needs to contact the coaches via email, text message, or voicemail.

b) ABSENSES DUE TO ILLNESS will only be excused if the cheerleader is absent from school as well. Being ill for practice only will result in an unexcused practice.

c) ABSENSES DUE TO MEDICAL APPOINTMENTS, FAMILY TRIPS, ETC. need to be excused 48 hours BEFORE the absence occurs or it will not be considered an excuse. If it is the week of an assembly, absences will not be excused. This is because as stated earlier it is extremely important for everyone to be at practice in order for the team to function at its best.

d) **EXCUSED ABSENSES/TARDIES (parent emails and you are absent from school as well)**

- One = ok to cheer
- Two practices = Sit out at practice
- Three practices = suspended for the next game or activity
- Five practices = suspended from next 2 games and conference with Coach, Captains, and Athletic Director

e) UNEXCUSED ABSENSES in a SEASON

- One practice = warning
- Two practices = sit out at one practice
- Three practices = suspension for 1 game

- Four practices = suspension from next assembly, meeting with parents, coach and athletic director

f) During a suspension from a game or activity, the cheerleader must sit (in uniform) with the coach for the duration of the event

h) If you are absent from more than 5 classes in a day you are not allowed to participate in any games or performances that night

g) UNEXCUSED TARDIES

- 1 = warning
- 2-3= sit out of practice
- 4 = suspension from a game
- 5+ = suspension from performance/meet with coach and athletic director and parent will be called
(If you are given a consequence of a suspension you are still be expected to be at practice)

Academic Probation-

a) Grade checks will be done periodically on the members of the squad, if a member is not in compliance with the required 2.0 GPA or passing 6 out of 7 classes then they will be put on academic probation

b) If a cheerleader is on academic probation:

i. They will attend all practices

ii. They will not be allowed to attend extracurricular cheer activities (banquets, team dinners, etc.)

iii. They will be required to sit at all mandatory cheer games with the team and the coach in their uniform

iv. They will need to update the coach with a weekly grade report

v. The coach will call their parents and inform them of the situation

-Facebook, Twitter, Instagram and Social Networking Sites

a) Do not post any pictures or comments on social networking sites or websites that could be construed as inappropriate or insinuate illegal behavior.

b) Any reference to alcohol, drugs, or illegal behavior will not be tolerated.

c) The first time a picture/comment is found, the cheerleader will receive a warning from the coach

d) The second time a picture/comment is found; the coach will talk to the cheerleader's parents in a meeting and bring a copy/print out of the inappropriate material. Cheerleader and coach will also meet with the Athletic director.

e) The third time a picture/comment is found; the cheerleader will be put on probation until further notice.

f) If cyber bullying is happening online, school consequences may result in addition to team consequences.

g) Please remember that your profiles are not only a representation of yourself, but also of your entire team and school. Please be responsible and display a high level of integrity and self-respect.

-Resignation from the Squad

a) Must pay for the full cost of uniform and any other fees from time present on the team (i.e. Camp) paid off within 2 weeks.

b) Must have written resignation submitted to the coach with reasoning.

c) If you do choose to leave the cheer squad, we ask that you be respectful of the team and its position within the school and the community.

d) We ask that you no longer wear your uniform or team apparel after resignation from the squad.

Thank you, we look forward to a great season!

Estimate of Uniform Costs:

Required Purchases

Camp \$300?

Shell \$90

Liner \$80

Skirt \$75

Pants \$ 60

Saints Jacket \$125

Rain Jacket \$150

Shoes \$75

Poms \$40

Camp Clothes \$175

Camp \$300

Bow \$25

Total \$1300

Optional

Fleece \$125

Briefs \$30

Parent Acknowledgment

Please Sign _____

**IHS CHEER TRYOUTS
PERSONAL INFORMATION SHEET**

(Please Print)

First Name: _____ Last Name: _____

Address: _____

City _____ Zip Code _____

Cheerleader E-mail Address: _____

Parent Email Address: _____

Cheerleader Cell Phone: (____) _____ - _____

Parent Cell Phone: (____) _____ - _____

Entering Grade: _____

Date of Birth: ____ / ____ / ____

Current GPA: _____

I have read the 2019-2020 IHS Cheerleading handbook and contract and will abide by all rules and regulation stated throughout tryouts and the 2014-2015 cheerleading season.

Cheerleader Signature _____ Date _____

I have read the 2019-2020 IHS Cheerleading handbook and contract and give permission for my student to try out and partake on the 2019-2020 cheer team.

Parent Signature _____ Date _____

CHEERLEADER QUESTIONNAIRE

Will you be employed this summer or next year? _____

If yes, place of employment: _____

Hours/wk: _____

List all sports/activities in which you hope to participate next year in and outside of school:

Is there any reason why you would not be able to do cheer activities on the weekends? Be specific and include times if possible (i.e. church)

List any experience you have in cheer, dance or gymnastics. If you can tumble list what skills you can do:

Why do you want to be an Interlake Cheerleader?
