

# South View High School



## Cheerleading Information Packet

2018-2019

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## 2018-2019 SVHS CHEERLEADING CONTRACT FALL AND WINTER SEASONS

**Dear Prospective Cheerleaders and Parents,**

Thank you for your interest in becoming a member of the South View High School cheerleading program! Please read over this packet carefully, as it contains vital information regarding tryouts as well as information if you make the team.

We take pride in the cheer program at South View High School and expect athletes to adhere to the rules. If you have any questions please feel free to contact the coaches. Attendance is not mandatory at all workout dates, but HIGHLY recommended. Attendance at tryout clinics is required. You must attend both days of the Tryout Clinics to tryout. Candidates must be present on all tryout clinic/tryout date. Official tryouts will take place on July 24rd from 8am- until. (Be there early)Numbers and Tryout order will be given out upon arrival. Please speak with a coach if an extenuating circumstance prevents you from being present. This is very important. Tryouts are **closed** to family and friends. This is for the safety of all participants. This will give everyone the same advantage. Cheerleading candidates will be judged by a panel made up of cheer coaches and/or outside judge(s). **At no time will the scores be presented to the candidates, parents, etc. The decisions are final.** Tryouts can be stressful, so it is important that all candidates get plenty of sleep, eat regularly, and stay hydrated. Candidates should include a conditioning and stretching routine prior to and throughout tryouts to reduce incidence of injury.

**All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment, and responsibility required and expected.** Please read the SVHS Student Handbook/ Code of Conduct for athletic eligibility as they take precedence. In this packet, you will find detailed information of what is required of team members as well as outlines of expectations and/or changes from last season.

There will be a mandatory parent meeting held on **Monday, July 24rd at 5:45pm in the SVHS Gymnasium for all members who make the 2018-2019 squads.** At least one parent per candidate is required to attend.

It is an honor and privilege to become a SVH Tiger Cheerleader, and your role on the squad should not be taken lightly. As a squad, we do much more than cheer at games. We take part in community service, pep rallies, and we are also considered role models and representatives of our school. Please consider the commitment and sacrifices that will be made to be a part of this elite family of cheerleaders.

Cheerfully,

Jamilla Parks

South View Cheer Coach

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### **Cheerleading Rules for 2018-2019**

The objective of the South View High Cheer squad is to promote and effectively execute school spirit that supports the athletic teams and school. Cheerleaders will serve as positive role models and leaders of the school by promoting sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for South View.

#### **MISSION**

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

#### **CONDUCT**

- By being part of an athletic team, 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 always, anywhere in the community and at all school functions where you are recognized as a representative of SVHS.
- THERE IS A NO DRAMA POLICY BETWEEN MEMBERS. Verbal altercations = benched (depending on severity). Physical altercations= Permanent dismissal for the remainder of the year.
- Promoting good sportsmanship by way of example is required always. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
- Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school.
- Proper appearance is required always, with clothing appropriate to the occasion.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.

#### **EXPECTATIONS:**

- All South View High School guidelines must be followed always.
- A demerit system will be implemented from day one.
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing SVHS, cheerleaders must not:

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- Drink alcoholic beverages
- Use controlled substances
- Use tobacco products
- Show unsportsmanlike conduct
- Use profanity
- Show displays of affection
- Be academically dishonest
- Cheerleaders must wear the designated attire to school on the day of a game.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional. Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders cannot wear or loan SVHS cheerleading uniforms/outfits when attending non-cheerleading activities.

All official cheerleading decisions and activities will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.

### ELIGIBILITY

To be eligible in the fall/winter of 2018-2019 for cheerleading, a student must have:

- Been promoted and Passed **at least** 3 out of 4 classes for the 2017-2018 school year.
- Achieved at least 2.0 grade point average for the 2017-2018 school year
- Been present 80% of second semester of the 2017-2018 school year

### ATTENDANCE

- You will be expected to be at all practices and games, though understanding things do come up and illnesses are common during the seasons change. Proper notice needs to be given to the coach before or during the time of an absence.
- Jobs, club's activities and extracurricular activities, doctor's appointments, disciplinary actions by parents, etc., must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies
- Please refer to the Guidelines set forth by the SVHS Athletics code for any further information on attendance.

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### GRADES

- Because cheerleaders are students first and athletes second, coach will continuously check on grades, coach must see progress reports and reports cards. A minimum of 2.0 GPA must be maintained throughout the cheering season
- If at any time, you are failing, you will be required to attend tutoring, have a tutoring log signed by the teacher. Failure to attend tutoring will result in being benched for a game or until completed.
- Any student who receives a D or F on their report card will have consequences such as a demerit or possibly being benched for a game.
- If a cheerleader will attend tutoring, it is best that they give notice to the coach and come with a note from the teacher as well.

### SQUAD MEMBERS

- Members will be chosen at a formal tryout session.
- The JV squad will consist of up to 20 freshmen and sophomores who will cheer at JV football, basketball games, and may participate in some pep rally events.
- The Varsity squad will consist of up to 20 sophomores, juniors, and seniors who will cheer at all Varsity football games, basketball games, competitions, and pep rally events. (rare occasions freshmen can make the squad).
- Alternates may be chosen to fill in for a missing squad member, alternates are held up to the same standard as squad members.
- If a member of a squad is removed from a position, the coach, Athletic Director, or Principal will determine a replacement.

### PRACTICES and GAMES

- Squads will have practices each week. A detailed schedule will be given out at the parent meeting. All practices are mandatory, and other schedules should revolve around cheerleading practices. **Additional practices may be added when needed.**
- During football season, games are held on Thursdays for JV and Fridays for Varsity. Cheerleaders will be expected to be present at all games, including playoff games.
- During basketball season, games are held during the week day. Occasionally, games may be held on other days of the week (especially during playoffs and inclement weather when games must be pushed to the next night)
- Safety is our priority. No excessive horse-playing. Never stunt or tumble without the coach present.

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### **SUMMER**

- It is imperative that cheerleaders of all seasons attend and participate in summer practices, activities, and events. Updates will be posted if there are summer practices or events.
- Cheer Camp is after tryouts. July 30- Aug. 1 approximately \$300. (Not mandatory but HIGHLY RECOMMENDED.)
  - Cheer camp is held at NCSU
  - Camp is one of the first opportunities the team gets to have to bond. While at camp, team members will be rooming with 3 team members. This will give each member time to get to know one another before we get back home. (Formulating unity)
  - The Coach has right to select roommates for camp.
  - Camp Packing List will be given out. Campwear is to be worn on designated days of camp with appropriate bows.

### **FUNDRAISING – CHEERLEADING PROGRAM FINANCES**

- Fundraisers performed by the cheerleaders support the Cheerleading Fund. This fund is used to pay for uniforms, snacks, drinks, competition and entry fees, awards and miscellaneous expenses.
- Cheerleading Shoes, Briefs, Bags, Hair bows, poms, team sweats, and t-shirts are all at the expense of the cheerleader. Fundraising opportunities are available to alleviate these expenses.

### **SAFETY**

- All safety rules of the North Carolina High School Athletic Association and the National Federation of State High School Association are enforced and followed at our practices, games and competitions.
- Cheerleaders are responsible for a certain amount of their own safety and protection during practices, games and competitions. Wraps, braces or tapes are to be worn when needed.

### **UNIFORMS:**

- You are responsible for your uniform(s).
- Uniforms are provided by the school and must be cared for properly. DO NOT DRY CLEAN! Machine wash in cool water, hang to dry.
- Camp clothing is also considered uniform and it must be kept.
- Do NOT allow friend to wear any SVHS cheer apparel.
- Hair will be designated by the coaching staff.

### **APPEARANCE:**

- Cheerleaders should always be presentable, especially in uniform or spirit wear.

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- Cheerleaders should keep a clean uniform and washed regularly.

### **TRANSPORTATION:**

- If a parent is going to pick up their cheerleader at an away game, the coach must speak to the parent at the game. The coach cannot go searching through the parking lot for parents. They must come and see the coach before you leave with them. If the parents does not speak to the coach, you are expected to ride the activity bus back to SVH.
- Your parent is the only one you are allowed to leave a game with, not boyfriends or friends. (You must be signed out to leave from away games.)
- There will be a 15 min. grace period after practice for athletes to be picked up. If an athlete is picked up late more than twice, they will sit out the next game. Any lateness after will result in consequences or dismissal.

### **SOCIAL MEDIA**

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters). Similar comments made in person, the South View Cheer Program will not tolerate disrespectful comments and behavior online, such as: - Derogatory language or remarks that may harm my teammates or coaches; other South View student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools. Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, smoking, selling, possessing, or using controlled substances; or any other inappropriate behaviors. Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is limited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

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Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command:

- Squad Coach
- Athletic Director
- Principal

### ESTIMATED COSTS

With coming to realization that cheerleading is an expensive sport, we try to cut the cost down as much as possible. Although we can't give you an exact amount at the moment, we can give you an estimate that should be close to the camp amount. While looking at assorted brands and companies to find high quality, but low prices for items throughout the season.

<b>Cheer Camp @ NCSU Jul 30- Aug 1</b>	<b>\$290 due upon selection</b>
<b>Camp Wear (Includes Camp Bows)</b>	<b>\$85</b>
<b>Total Amount for Camp &amp; Campwear</b>	<b>\$375</b>

\*\*These prices are camp only prices, upon team selection, camp money will be due at the parent meeting. Cheer camp sets the tone for the season to come, while also giving the team time to bond with each other. Since we do learn new things at camp that will be used throughout the year, it is encouraged that all attend camp, but it is not mandatory.

At the parent meeting, you will receive more information on warm ups, spirit wear/ game day wear, etc.



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### 2018-2019 Varsity and Junior Varsity Cheerleading Tryout Info

The following **MUST BE** turned in **BEFORE** you can participate in clinics or tryouts:

- NCHSAA Physical Packet (Turned in before clinics)
- Completed Ticket to Play
- Completed Information Sheet
- Statement of Permission and Acknowledgement
- Inherent of Risk and Liability
- Judges and Final Score Agreement
- Cheerleader Questionnaire
- A copy of your year-end report card; please do not bring the original.

\*\*Get a current physical on file before tryout clinics. Physicals must be on the NCHSAA form. You can pick up a form from Ms. Buie in Athletics or athletic webpage-

<http://athletics.ccs.k12.nc.us/files/2017/05/Athletic-Participation-FORM-HS-5.22.2017.pdf>

Also, Complete: <https://arbiterlive.planeths.com/index.php?keyword=signup&schoolID=2011>

\*\*Candidates will NOT be allowed to tryout without an updated physical, per school's rules.

<b>Workout Dates</b>	<b>Tryout Date</b>	<b>Practice Dates</b>	<b>Parent Meeting</b>
June 14: 9-11am June 27: 8-10am June 28: 8-10am July 9, 10, 11: 8:30-10am Tumbling times: TBA	Try out Clinic: July 23: 8am-until <i>*Tryout Material will be learned at tryout Clinic.</i> Tryout Day: July 24 8am	July 24: 2:30-5:30pm July 25-27: 9-12	July 24- 5:45 pm *Required Parent Mtg. All Must attend

**WORKOUTS:** Summer workouts will be held on the track, unless otherwise noted. You must be on time for workouts. Workouts are not mandatory, but highly recommend.

#### TRYOUTS:

**1. What to expect at Tryouts:**

- a. Expect Tryout clinics to be swift, material will be taught on there will be a small review at the end of the day.
- b. Tryouts will start on time, number will be handed out upon arrival. Get there early. Anyone arriving late will have to wait to receive a number.
- c. Once you are finished, you will be asked to leave or wait for your parent to arrive.
- d. Teams will be announced at 1:30 pm, following the announcement, there will be a practice and parent meeting.

**2. What do you wear for clinics/tryouts:**

- a. Something athletic and comfortable that fits you properly. No jean shorts, etc.
- b. Candidates will not be allowed to wear cheer materials from previous seasons/schools during clinics or tryouts.
- c. On tryout day, all cheer candidates must wear a white shirt, designated cheer shorts by class, tennis shoes, and hair pulled up and out of face.
  - i. **Freshman: Black Shorts**

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- ii. **Sophomore: Gray Shorts**
- iii. **Junior: White Shorts**
- iv. **Senior: Orange Shorts**

### 3. What not to wear to clinics/ tryouts

- a. No Jewelry or false nails:
  - i. Don't get a new piercing before tryouts. You will need to take it out each day. You cannot tape it.
- b. Nails should be trimmed to sports length (even with the skin of the finger)-no false nails. Candidate will be asked to go home. (\*\*If you make the squad – NO NAIL POLISH OR ACRYLIC NAILS ARE PERMITTED).
- c. No baggy clothing, tank tops, or too small shirts/shorts.

### 4. Hair & Makeup:

- a. Hair must be in a secure high ponytail and off the shoulders. (\*\*If you make the squad – hair is expected be pulled into a HIGH ponytail for games/competitions)
- b. If you decide to wear a cheer bow, it must be an approved cheer bow by the coach. (*Plain white cheer bows are preferred.*)
- c. Make Up can be worn, since required for game day. Makeup must be neutral.

### 5. What to bring:

- a. WATER, WATER, WATER
- b. Make sure you EAT BEFORE COMING.

## EVALUATION PROCEDURE:

Candidates for tryouts will be judged on the following categories:

- Jumps, a cheer, chant, and a dance will be taught during tryout clinic.
- Jumps- Athletes must properly execute several jumps of which is required, plus one other jump of the candidate's choice (toe touch,herkie, pike, hurdler, around the world, etc.) – descriptions, videos, and or pictures of these jumps can be found on the UCA or NCA website.)
- Tumbling (standing and/or running)
  - Any cheerleader with standing and running tumbling will be asked to perform their highest skill and only be judged on the highest skill.
- Potential Flyers will be asked to pull 3 or more BODY POSITIONS on the ground
- Scholastic achievement and eligibility
- Conduct, Coach interviews- discussing attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and ability.

**\*\*Returning cheerleaders will not have a guaranteed spot on any team. Each spot is earned and will be filled accordingly based off criteria listed above.**

*Good Luck*

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**Cheerleader Information Sheet**

Student Name: \_\_\_\_\_ Student ID #: \_\_\_\_\_ DOB: \_\_\_\_\_  
School you attended 2017-18: \_\_\_\_\_ Grade: \_\_\_\_\_  
Home Address: \_\_\_\_\_ Mobile#: \_\_\_\_\_  
Email address: \_\_\_\_\_ Returner: \_\_\_\_ Yes \_\_\_\_ No Shirt Size: \_\_\_\_  
Short Size: \_\_\_\_ Shoe Size: \_\_\_\_ Trying out for: \_\_\_\_ Football \_\_\_\_ Basketball \_\_\_\_ Both  
Tumbler: \_\_\_\_\_ Highest Tumbling Skill: \_\_\_\_\_

**Parent Info**

Parent/Guardian Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Parent/ Guardian Phone: \_\_\_\_\_  
Mother's Work Phone: \_\_\_\_\_ Mother's Email: \_\_\_\_\_  
Father's Work Phone: \_\_\_\_\_ Father's Email: \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Relationship to You:** \_\_\_\_\_

**Emergency Phone:** \_\_\_\_\_

**Allergies/ Health Problems/ Medications (Please describe in detail):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Were you involved in any behavior infractions (ISS or OSS) during the 2017-2018 School year?  
If yes, please explain below.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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***Statement of Permission and Acknowledgement***

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If you make the cheerleading squad, realize that you are making a commitment to South View High School, your coaches, your teammates, and yourself for the complete season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of SVHS, you must maintain proper behavior always. You must follow the cheerleading guidelines set forth in the South View High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the South View High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest cheer programs in Cumberland County.

**Student Agreement**

I, \_\_\_\_\_, have read and understand the ***Cheerleading Rules for 2018-2019*** and the ***Tryout Information 2018-2019***. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

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

\_\_\_\_\_  
Date Signed

**Parent/Guardian Agreement**

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the ***Cheerleading Rules for 2018-2019*** and the ***Tryout Information 2018-2019***. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

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

\_\_\_\_\_  
Date Signed

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### Inherent Risk of Cheerleading

Cheerleading is a sport and as with any sport, there is risk of injury. Cheerleading is an anaerobic/aerobic activity which includes: Jumping, Stunting, Motions, Dance and Tumbling. All physicals and this document must be filed in the office before the athlete can participate in the sport, practices, competitions or games. Coaches should be informed of any injuries, chronic conditions or any medicines taken, prescribed or over the counter. Although the probability of injury is minimized if your coach is trained, you have been properly taught and you practice correctly; there is always the possibility of one occurring injuries. *Injuries that can occur in cheerleading include but are not limited to the following:*

**BLISTERS, MUSCLE STRAINS, LIGAMENT SPRAINS, ABRASIONS, LOSS of TEETH JOINT & MUSCLE SORENESS, CONTUSIONS, CONCUSSION/TBI, STRESS FRACTURES BROKEN BONES, SPINAL CORD INJURIES INVOLVING PARALYSIS, DEATH**

However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm up appropriately before cheering by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the coach. Follow proper stunt progression.
5. Always use attentive spotters when stunting. Back spot must have eyes on the flyer.
6. Always use mats when stunting during practice.
7. Always cheer in an area free from obstruction.
8. Do not stunt on uneven ground, wet surfaces and concrete.
9. Never talk, laugh, or clown around when performing a stunt or while learning a stunt.
10. Report all injuries, no matter how small, immediately to the coach.
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. Ex. earrings, belly button rings (medical id allowed)
15. Never chew gum while cheering.
16. Hair should be pulled away from the face and off the shoulders.
17. Eat nutritious meals and get plenty of rest.
18. Do not stunt or tumble when the ball is in play.
19. If unsure, ask for advice or assistance.
20. Take all cheer activities seriously.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and am voluntarily participating in the activity of cheerleading.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

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

**Judges and Final Score Agreement**

I, \_\_\_\_\_, and my child \_\_\_\_\_, understand that he/she will be judged by a panel of qualified judges, and will be scored on the categories listed under the "Evaluation Procedure" headline. **We understand at no time will my child's score nor any other cheerleader's score be discussed or provided to me as the parent, my child, or any other individual outside of school officials. We also understand that all decisions made by the judges are FINAL.**

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

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