

# Bethlehem HIGH SCHOOL CHEERLEADING

Dear Prospective Cheerleaders and Parents,

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

We take pride in the cheer program at Bethlehem High School and expect athletes to adhere to the rules. Attendance is mandatory at all camp dates. 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 concerned. This will give everyone the same advantage. Cheerleading candidates will be judged by a panel made up of cheer coaches and 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.

It is an honor and privilege to become a Wildcat Cheerleader, and your role in 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.

Cheerfully,

Nikki Ellenburg

Sponsor

# *Bethlehem HIGH SCHOOL CHEERLEADING*

## ELIGIBILITY:

*According to the Holmes County School Board Policy:*

- ~All students must have a current physical on file
- ~Have passed 5 of 6 classes
- ~Have been promoted to the rising grade
- ~Achieved a 2.5 grade point average on the last progress report

## \*\*Fundraising:

We will take part in many fundraising events throughout the school year and summer. While dates will be forthcoming, it is essential to note all cheerleaders will be expected to take part in fundraising. Our program cannot survive without some very important materials. We hope to reduce the cost to each cheerleader, but we are also expected to generate funds for the program to buy needed materials. Anyone choosing not to participate in any fundraising event will be expected to provide the monetary equivalent of the funds expected from each cheerleader. For example, if our goal for each cheerleader is to raise \$50 for the program, cheerleaders may opt to forgo fundraising and instead provide the \$50.

## FOR TRYOUTS:

All candidates must wear a white t-shirt, black shorts, and tennis shoes. No Jewelry or false nails and hair must be in a secure ponytail all day and off the shoulders. There should be no hair pins or clips.

## EVALUATION PROCEDURE:

### Areas of Evaluation:

Candidates for tryouts will be judged on the following categories:

A cheer, chant, and dance that will be taught during tryout clinics

Jumps- such as a toe touch is required, plus one other jump of the candidate's choice

Energy and spirit

Scholastic eligibility (copy of a report card must be turned in with application)

Teacher recommendations (3 recommendations must be provided by current teachers)

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## **IMPORTANT DATES:**

### **Free Physicals:**

Our school will be offering free physicals on **April 24th**. Your child is not required to participate, feel free to see your personal doctor for physicals but a current HDSB physical packet has to be on file before your child can tryout.

### **Tryouts:**

**Practice**~ April 25 and 26 (2:45-4:00),

**Tryouts**~ April 27 (3:00-until)

\*No makeups will be provided

### **Fundraisers (Mandatory):**

**Krispy Kreme**- May 1- May 12th Delivery day May 19th

Gym Signs/Banners

T-shirt sales

**Summer Camp:** July- date and cost \$150 per cheerleader. This camp is mandatory for each Varsity cheerleader.

**Fitting with Varsity:** Will be in August, immediately after school

**\*All dates are subject to change. Please keep these dates in mind when scheduling vacations, appointments, etc. Failure to attend any mandatory event will result in inability to participate.**

**\*\*Any cheerleader who chooses to depart the team, or who has been removed from the squad will not be given refunds of payments made. The cheerleader will also be financially responsible for any items ordered or events scheduled prior to departure. Failure to pay will result in a "hold" being placed on the cheerleader's school account. Students with "holds" on their account will not be allowed to graduate until payment is made.**

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## **Estimated Cost:**

### **Camps:**

Summer Camp Date: TBA cost \$150.00 (required for all varsity cheerleaders)

T-shirt (2) for camp: \$25.00

Cheerleading Uniform \$350.00 (this includes shoes, socks, pom-poms, bloomers, and bows)

October-Pink- Out Volleyball game T-shirts and activities \$25.00

January- Homecoming attire and supplies \$75.00

Optional

Warm-up \$100.00

**\*\*\*Payment plans are available\*\***

**\*\*Camp shirts and fees is due by June 1st.\*\***

**\*\*Uniforms must be paid in full by September.\*\***

ATHLETE CONTRACT



# *Bethlehem HIGH SCHOOL CHEERLEADING*

Cheerleading is considered an extracurricular activity and is subject to all the rules and regulations stated in the Bethlehem High School Activities Handbook. Students and parents must sign all appropriate contracts and consent forms and pay all fees prior to the student participating in the cheerleading program.

Being a member of the cheerleading squad is a privilege, and all team members are expected to conduct themselves in an appropriate manner at all times and fully participate in all aspects of cheerleading including practices, fund-raising activities, pep assemblies, games, poster making, locker and hall decorating, and any other scheduled spirit events.

## **1) BE ON TIME!**

A **tardy** is defined as the arrival to a practice or event of **more than 5 minutes** after the appointed time to the appointed place. A parent running late is NOT an excuse. For practice, mats should be out and cheerleaders dressed and ready to stretch by the appointed time.

Pickup: Cheerleaders must be picked up on time. Any pickup occurring after 15 minutes from the end of practice or event, or 15 minutes after the return from an out-of-town event will be considered a late pickup. Late pickup may result in the cheerleader being sat for an event. Continuous late pickup may result in removal from the squad.

\*\*\*Leaving early will be treated the same as a tardy.\*\*\*

## **2) ATTENDANCE-including sporting events, fundraising, practices, etc.**

**Please understand attendance is crucial for cheerleading teams. The absence of one person has the potential to disable an entire squad since our routines hinge on the presence of all people involved. Cheerleaders will be held to strict attendance policies. Please consider the commitment involved in making the decision to participate.**

Cheerleaders will be allowed to attend club meetings until 3:30pm, and must bring a note from a club advisor. Club meetings must be placed on the squad calendar in advance.

## **3) BE A TEAM PLAYER!**

## **4) DRESS AND BEHAVE APPROPRIATELY!**

**\*\* Failure to have all parts of the uniform (uniform, bloomers, bow, white socks, shoes, etc.) will result in conditioning. If attire cannot be corrected, the cheerleader will be required to sit out of a portion or all of an event.**

**\*\* NO jewelry is to be worn during any practices or performances. This includes any jewelry or piercings of any kind!!**

**\*\* Hair must be worn off the shoulders and away from the face at all times. Only soft hairbands may be used - No hard barrettes. Bobby pins may be used during practice but must be securely fastened.**

**\*\* Shoes must be worn at all times during practices and performances. Toms, etc. will not be allowed.**

**\*\* Gum chewing is not allowed during any practice or performance.**

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**\*\* Cell phones** are to be turned off and/or left away from the performance floor and practice area. The coach will have a cell phone available in case of emergency.

**\*\* Cheerleaders** must come to practice and events ready to put in the work necessary. Cheerleaders are expected to maintain a respectful, accountable attitude at all practices and events, with teachers and peers. This includes communication with coaches, captains, and fellow cheerleaders. Severe or continuous behavior problems may result in suspension or removal from the squad.

## **5) OUT-OF-TOWN Games**

Cheerleaders and coaches will ride together when traveling to and from out -of-town games. If an extenuating situation presents that prevents a cheerleader from riding with the cheer team, the parent must provide written notification to the coach 1 week prior to the event. If approved by the coach, the cheerleader must be signed in by a primary guardian (if arriving late), or signed out by a primary guardian (if leaving early). Cheerleaders will not be signed in or out by anyone other than the primary guardian. Approval will be made at the discretion of the coach. Unapproved transportation may result in suspension from the event or future event.

## **6) LINES OF COMMUNICATION**

- Cheerleader to coach – cheerleader to parent – parent to coach- parent to head coach – parent to principal
- Coach to cheerleader – coach to parent – coach to head coach – coach to principal
- We will also have a private Facebook page to relay messages, pictures, and any other details you may need to know.

## **Demerit System**

### **DEMERITS**

After 10 demerits have been received, a member is dismissed from the squad for the remainder of the school year. This member will not be eligible to try out the following year.

#### **Total of Demerit**

##### **A. Attendance and Tardies**

- 1 Unexcused tardy to any practice, performance, or activity (more than five minutes)
- 2 Unexcused absence from any practice
- 3 Detention for tardies in other classes
- 5 Unexcused absence from a game or activity

##### **B. Performance Behavior**

- 2 Failure to wear the correct uniform or attire to a practice.
- 3 Failure to wear the correct uniform or attire to a performance or activity.
- 3 Lack of attention/participation during practice, performance, or activity.
- 3 Not learning and/or knowing cheers, chants, or dances.
- 3 Failure to return to the court on time after halftime.



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- 3 Chewing gum while leading cheers, eating (this includes practice)
- 3 Not following directions
- 3 **Using cell phone during practice, performance, or activity. Cell phones are to be turned off and out of sight!!!**

### **C. Misconduct**

- 3 Un-lady like conduct at anytime (disrespect toward the sponsor, other cheerleader, or any other adult in a supervisory role). (In uniform or not) This includes inappropriate language.
- 3 Any offense that results in a detention (other than tardies)
- 5 Any disciplinary action that results in assignment to I.S.S. (In School Suspension)

**As a cheerleader accumulates Demerits, the following will occur:**

- 3 Demerits- A written Warning from the cheer Sponsor will be issued.
- 5 Demerits- A parent notification will be sent out.
- 8 Demerits- A parent meeting will be scheduled along with at least (1) game Suspension (extended length will be determined by administration).
- 10 Demerits- Removal from the Cheer Squad.

### **CHECKLIST**

Please be sure all of the following have been completed by April 21.

Warning of Risk

Judges and Final Score Agreement

Permission Form

Information Form

Athlete Contract

Physicals Forms

HDSB

Failure to complete any one of the above items by April 19 will result in the inability for the applicant to participate in clinics or tryouts.

# *Bethlehem HIGH SCHOOL CHEERLEADING*

## Application

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Grade \_\_\_\_\_

Please mark your most recent stunting position:

Base \_\_\_\_\_ Top \_\_\_\_\_ Back Spot \_\_\_\_\_ None \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

## 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 \_\_\_\_\_



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## Parent/Guardian Permission Form

I give my permission for \_\_\_\_\_ to tryout and participate in the Bethlehem High School Cheerleading Program and travel with the team. I understand the cost involved for my child to participate and agree to support my child accordingly. I understand that failure to pay dues by the deadline may prevent my child's participation and could result in removal from the squad.

I acknowledge that cheerleading is a sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, outside or inside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury.

We have read the information above concerning the risks of cheerleading and travel. We understand and assume all risks associated with trying out, practicing, cheering at games, and traveling. In signing this form, we assume the inherent risks of cheerleading and travel and waive.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Parent/Guardian

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Participant

**These guidelines have been established with the goals of safety, clear communication between coaches, athletes and parents, and fairness to all squad members. By signing this contract, the athlete and parents indicate knowledge of the contents of this contract, including the potential risks involved, knowledge of the Bethlehem High School Activities Rules and Regulations and the willingness to abide by them.**

Please sign only after you have read and understand the "Athlete Contract" and ARE WILLING TO AGREE WITH AND SUPPORT IT'S ENFORCEMENT.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

Wildcats Get Up!

Let's go Black,

Let's go White,

Wildcats get up!

Yell

Let's go Black,

Let's go Black!

Wildcats get up!

Yell

Let's go White

Let's go White.

Wildcats get up!

Yell

Let's go Black!

Let's go White!

Let's go Black!

Let's go White!

## 2017 Cheerleading Tryouts

### Level 1 dance

<https://www.youtube.com/watch?v=Domo1MAz7LO>

### Teach

<https://www.youtube.com/watch?v=-qfxrlulRm8>

### Vikings get up

<https://www.youtube.com/watch?v=R6jc-OVetF8>

### Teach

<https://www.youtube.com/watch?v=PwOqGTW3J8w>