



## Wiregrass Range High School Cheerleading- Information Packet 2018-2019

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**The purpose of the WRHS Cheerleader is to promote school spirit by supporting teams during athletic competitions, to lead the crowd in cheering for the teams, to provide entertainment to crowds during events, pep rallies, parades and breaks in athletic competitions, and last but not least, to compete in competitions. Cheerleaders must maintain a professional appearance and attitude at all times. You are the “face” of Wiregrass Ranch High School.**

These cheerleading guidelines are provided to inform students of the expectations of participating in the cheerleading program at Wiregrass Ranch High School (WRHS). The guidelines are designed to comply with the WRHS Athletic Department, The Florida High School Athletic Association (FHSAA) and the American Association of Cheerleading Coaches and Advisors (AACCA) safety regulations. Persons selected for the WRHS cheerleading squads must be in agreement with these guidelines and must adhere to them during their time on the squad.

### **Tryouts**

Cheerleaders need to come dressed in shorts (no jeans), t-shirts (no spaghetti straps), socks, cheer shoes and hair up in a ponytail. You must attend everyday. There will stunt, jump, tumbling, cheer and dance evaluations on all days during tryouts. Each cheerleader will be give a number at the beginning of the week and will fill out cheer application and questionnaire.

Tryout results will be given individually by Thursday June 7<sup>th</sup> by 9pm.

### **Explanation of Teams**

**Varsity Football Sideline:** This team will be made up of Juniors and Seniors\* and will cheer at the Varsity Football games. This team will also perform at the Fall Pep Rally.  
\*Exception will be made for Sophmores who previously cheered on Varsity who score in the varsity range during tryouts.

**JV Football Sideline:** This team will be made up of Freshman and Sophmores and will cheer at the JV Football games. This team will also perform at the Fall Pep Rally.

**Competition Squad:** The Competition Squad is a competitive cheerleading team competing at the Varsity level. All members are expected to participate from June 2018 – March 2019. Members will be chosen from the Varsity and JV Football Sideline teams who elect to tryout. Tryouts for this team will be held on August 27<sup>th</sup> and 28<sup>th</sup>.

# Cheerleading- Information Packet 2018-2019 Cont'd

**Basketball Sideline:** If you participated in the football sideline cheer you will also participate in basketball sideline cheer unless you are on competition team. If you have been selected for the competition team you may elect to also participate on the basketball sideline team. This team will cheer at Varsity Basketball games in the Winter and will perform at the Winter Pep Rally. An additional cost for the basketball cheer uniform will apply.

## Competitions

Choreography for competition team will take place in late September. Practice for competitions begins in early October. Cheerleaders who have attendance issues or can not commit to full competition schedule will not be considered for competition team.

## Attendance

- Members are required to attend all practices, games and performances set by the coaches. This includes Homecoming, Pep Rallies and potential post season tournaments.
- Tardiness and leaving early at practice, games and performances will not be tolerated. Members must arrive at events dressed, taped and ready to warm up with the team by the set time determined by the coaches. Arrive 15 minutes early to avoid being late and to help set up mats.
- Members must be ready and in position for pre-game activities. They may not leave the game early without prior written approval. You must present a written note from the parent/guardian at least 24 hours prior to the event.
- Injured members must attend all events unless directed by a medical professional in writing submitted to the coaching staff, or they will be removed from team.
- All team members will remain together at all times during a practice, event or game.
- Class requirements that cannot be fulfilled at another time must be communicated to the coach and you must bring a note from the teacher which will count as excused.
- Always contact the coach 48 hours prior to not attending an event if possible.
- In case of emergency or illness, the parent or cheerleader must contact the coach on phone the day of the emergency or illness BEFORE the scheduled practice, meeting, game or performance. If coaches not notified prior to the event, the absence will remain unexcused.
- Three (3) unexcused absences from practices, meetings, games or performance will result in being removed from the team.
- Absences from practices except for documented illness or injury will result in being benched for football/basketball games. Cheerleader will still be required to attend game, however cheerleader will not dress out and will sit on sideline quietly by the coach. 3 games of being benched will result in removal from team.
- Attendance for competition team is mandatory. Three (3) absences for other than documented illness/injury will result in being removed from the competition team.

# Cheerleading- Information Packet 2018-2019 Cont'd

## **Conflicts**

There will be no overlapping in sports including all-star cheerleading, other co-curricular activities, doctor's appointments, social events or jobs without PRIOR approval from the coaching staff. Please discuss all extenuating circumstances with the coach.

## **Time Commitment**

Cheerleading is a long season. Students best suited for this team, should be able to handle stress well, keep on top of school work and maintain consistent attendance to practice. You must be respectful to all teammates. Members who fail to do so may be dismissed from the team. The practice and competition schedule will be handed out when available. If you have a conflict, you need to let us know ASAP. We will hand out the practice and competition schedule as soon as possible.

## **Paperwork**

All WRHS cheerleaders are required to have current paperwork turned into the coaching staff prior to the Tryout Sessions. Paperwork consists of the Athletic Participation Form, Consent and Release, copy of birth certificate, tryout application form, and physical (must be current). Forms will be available at the meeting on May 21<sup>st</sup> at 6pm in the STE Commons. If a physical should expire during the season, the cheerleader will be benched until the coaching staff has an updated physical. Prior injuries and any health issues must be disclosed to the coaching staff. Failure to do so will result in removal from the team.

## **Academic Responsibilities**

Cheerleaders are student athletes. Students first, athletes second. To be eligible to cheer on any squad, you must maintain the WRHS GPA of 2.0. If a parent/guardian is not satisfied with the grades of their student and feel they need to focus on schoolwork, please contact the coach PRIOR to initiating a consequences or plan that would affect the squad and their work as a team.

## **Classroom Attendance**

Attendance of all classes is required in order to practice and participate in games. Exceptions are doctors' appointments or family emergencies. Cheerleaders must attend 4 periods a day in order to participate in practice or games. If a cheerleader is too sick for school, they are too sick for practice. School policy states you are ineligible if you have more than 5 unexcused absences in a calendar month in any class period or 10 unexcused absences in a 90 days in any class period.

# Cheerleading- Information Packet 2018-2019 Cont'd

## **Communication**

Most communication is done via email and group text. You **MUST** provide an email address and mobile number for both cheerleader and parent.

## **Attitude Expectations**

Attitude is everything!! A positive team-oriented attitude is required at all times. Input is always welcome but the coach has the final decision. This includes good sportsmanship, refraining from the use of profanity and responding to the coach in a positive, non-aggressive manner.

- Each squad member will treat coaches, captains, teammates, game officials, teachers and other school personnel with respect at all times. This attitude will also extend to members of this and other cheerleading squads.
- Members are expected to behave appropriately during games and appearances, refraining from booing, heckling or other negative behavior towards anyone. Members are also to focus on the game.
- No talking during games either on the sidelines to teammates or spectators.
- Being late after halftime or breaks will not be tolerated and will lead to the benching of the cheerleader.
- Do not socialize with players or the crowd during a game and do not bring your friends to any event.
- No cellphone use during practices, events or games. You are to turn them off during these times.
- Members will be given a verbal warning at the time of their first offense, a parent meeting the second, and will be dismissed from the squad for any subsequent offenses. Coaches' discretion will be final regarding any inappropriate behavior or attitude.
- Each squad member is expected to help set up and put away mats for all practices and events.

## **Constructive Criticism**

Cheerleaders and captains must be able to accept constructive criticism. It is given to help improve the individual athlete and the team as a whole. Negative attitudes towards suggestions will not be tolerated.

# Cheerleading- Information Packet 2018-2019 Cont'd

## Appearance and Uniform

- Appearance must be clean and neat, including hair and makeup for all events including practices. Cheerleaders without proper attire (including appropriate shoes and hair pulled back) will sit out.
- You must wear a sports bra and compression shorts with the uniform and practice gear.
- Coaches' discretion is final on uniform fit and cleanliness.
- You are responsible for the upkeep of your uniform throughout the season. Issued uniforms and equipment must be turned in at the conclusion of the season or once you have completed duties with the squad.
- No smoking or consumption of alcohol will be tolerated.
- Hair must be kept out of the face and worn all up during all practices and games. All hair accessories should be worn in moderation and comply with safety regulations set forth by the AACCAA and FHSAA.
- Fingernails must be kept at moderate length. If scratches occur at practices or games, coaches reserve the right to require nails to be trimmed immediately. If the nails are not trimmed immediately, no participation will be allowed.
- **No jewelry of any kind** and no new piercing including practices and games. This includes earrings, belly buttons piercings and all body jewelry. Coaches will not be responsible for holding jewelry.
- Members are expected to maintain an overall level of fitness that allows them full participation in whatever their team demands which could include conditioning, stunting, tumbling and jumps. Skills need to improve over the year. Cheerleaders whose skill level drops will be taken out of dances, stunts and performances.

## Safety

- Every effort will be made by coaches and cheerleaders to reduce the risk of injury at all events. All members will follow coaches' instructions regarding safety practices in accordance with AACCA and FHSAA guidelines.
- Practices will take place on appropriate surfaces and under the supervision of an AACCA certified coach.
- Individual cheerleaders will not organize separate practices for stunting or tumbling outside of those scheduled by the coach. Private tumbling practices with a certified coach are permitted as long as they do not conflict with WRHS practices.
- The coaches' discretion will be final regarding individual or squad readiness to perform a particular stunt or program outside of practice. In general, a stunt must be performed successfully 9 times out of 10 in practice to be performance ready.
- Each member will be required to sign an informed consent statement listing an emergency contact person as well as providing an authorization for emergency treatment.

## Cheerleading- Information Packet 2018-2019 Cont'd

- WRHS cheerleaders will be required to participate in warm up, conditioning and other activities to maintain strength, flexibility and to prevent injury.
- A complete list of AACCA Safety Guidelines is available at [www.aacca.org](http://www.aacca.org).

### Social Media

For the safety of all WRHS cheerleaders, there will be NO posting of pictures in uniform unless it is from an event or game. No lewd pictures allowed. No posting of rumors, threats or insults will be tolerated. You should remember that nothing is private on the internet no matter what kind of protection you think is on a website. Anyone found in violation will be removed from the team.

### Financial Responsibilities

When you commit to the team, you commit to all fees. Payment of fees on time is essential. Though the uniforms are owned by Wiregrass Ranch High School and are provided to each cheerleader, individual members are responsible for some items and expenses. IF THE UNIFORM ISSUED TO A CHEERLEADER BECOMES LOST OR DAMAGED, THE CHEERLEADER IS RESPONSIBLE FOR THE COST TO REPLACE IT.

Throughout the year the squads will participate in fundraising activities in order to cover competition fees and expenses for the team. **Each member is expected to participate in fundraising activities. If you chose not to participate in fundraising you will be asked to make payment in kind.**

### Fundraising

Coaches will have the final say in all fundraising activities and events. The monies the cheerleaders earn in fundraising goes to the general fund to cover Choreography, Music, Competition Fees, team bonding, Banquet and any other fees that we might incur over the season. So the more they do, the less the cost to the parents. As coaches, we are willing to help set up fundraising, suggest ideas and get school approval but a parent volunteer is needed to head up fundraising.

### Rules

1. All cheerleading related events are mandatory when scheduled by the coach. ONLY the coach can add or make changes in the schedule. Changes may occur at any time. The coaches will TRY to give a 2-week notice.
2. A schedule will be issued in advance for practices and events. Practices may be added if the coach feels that it is necessary for the team.
3. If you participate in any other WRHS sport or out of school activity, cheerleading is your first priority. You are not permitted to miss practices or games for the other sport including all-star cheer.

## Cheerleading- Information Packet 2018-2019 Cont'd

4. Appointment, errands and club meetings are not an excuse to miss or for being late to practice. Only special exceptions will be made (ie severe illness or death in family).
5. Cheerleaders are expected to attend at least 4 classes the day of practices, pep rallies or games. Anyone who misses school will not be permitted to participate. You must check out of school if you are leaving campus, EVERYTIME! Coaches must be notified beforehand if the cheerleader will be absent.
6. Any cheerleader with an unexcused absence from practice forfeits the right to cheer at the next scheduled game.
7. Any cheerleader who is benched for a game for any reason must attend the game and sit with the coach. They may not wear their uniform during that time.
8. Failure to attend a mandatory event will result in a benching. Three benchings will result in a dismissal from the team. **Unless otherwise noted, all events are considered mandatory.**
9. When there is a scheduled uniform to a game, practice or event, the cheerleader must be in full uniform. Full uniform is no jewelry, cheer shoes, socks, uniform (game or practice) with hair up with designated color ribbon and/or bloomers. Changes will be made due to weather only. If not in proper uniform, you will be sent home.
10. Anytime in uniform you are always a lady! No foul language, disrespect or inappropriate public display of affection. Public displays of affection are NEVER considered appropriate, especially in uniform, at games or in school. People are always watching student athletes.
11. Cheerleaders are required to replace all lost or damaged WRHS uniforms and property.
12. All practices are subject to silent practices. This will assure total focus on the tasks to be accomplished. All practices are closed to family and friends – this is done to ensure focus of the teams during practices.
13. If injured, a note will be required from a doctor. You are still required to attend practices/events and will need to provide a release in writing from the doctor in order to resume cheering.
14. Cheerleaders will be monitored on all social media sites. Any inappropriate posts, pictures or retweets can result in being removed from the team.

### Coaches Discretion

All WRHS cheerleading rules will be interpreted and carried out by the WRHS cheer coaches and athletic staff under the guidance of the WRHS Athletic Director and WRHS Administration. Interpretation of these rules are at the strict discretion of the WRHS cheer coaching staff. Coaches may video athletes for evaluation and coaching purposes. These videos will not be available on social media.

### Coaches Contact Information

Wendy Trapeni 813-601-3243 or email at [wrhscheerbulls@yahoo.com](mailto:wrhscheerbulls@yahoo.com)  
Kathleen Powers 813-313-6480