

WIREGRASS RANCH HIGH SCHOOL CHEERLEADING
TRYOUTS 2022-2023

Parent/Tryout Meeting: Friday, May 6, 2022 at 6:00p.m

*Cheerleading is a sport and we fall under all FHSAA Guidelines. Therefore, physicals for tryouts must be completed and updated prior to Tryouts.

Tryouts: Monday, June 6th to Friday, June 10th in the Wiregrass Ranch Sports Complex

**Athletes will be evaluated on cheers, dances, stunts, jumps, and tumbling skills on
Friday, June 10th.**

**Athlete balance or half balance due: (Check made out to WRHS Athletic Boosters)
Monday, June 13th, 2022 (4:30pm fittings and 6pm parent meeting as well)**

Teams

One JV Squad (up to 15)

One Varsity Squad (up to 20)

Summer Practice Days and Times:

Monday-Wednesday (2:30-4:30pm)

Optional Conditioning Practice (2-3pm)

School Year Practice Days and Times (Game Day):

Monday's and Wednesday's 3:00 p.m. to 5:30 p.m. (JV)

Monday's and Wednesday 3:00pm to 6:00pm (Varsity)

Thursday 3:00pm to 4:00pm (Varsity conditioning/field check)

UCA Summer Camp Details:

Varsity: July 22nd-24th At Florida Atlantic University (Price per athlete: \$350)

Junior Varsity: July 27th-29th At Wiregrass Ranch Sports Complex (Price per athlete: \$300)

Camps for both teams are MANDATORY

Proposed Competitions for 22-23 (Official Dates will be provided once available):

Qualifier 1: TBD

Qualifier 2: TBD

Qualifier 3: TBD

Best of Pasco: TBD

Regionals: TBD

States: TBD

Nationals: TBD

UCA Nationals Notice:

The Wiregrass Ranch Varsity Cheerleading Program is a Nationals Bound Program. Therefore, in

signing this contract, you are stating that you both understand and expect to compete at UCA Nationals with the WRHS Varsity Cheerleading Program, if selected.

Student Signature/Date

Parent Signature/Date

2022-2023 Application for WRHS Cheerleading Tryouts

My child, _____, has my permission to be a cheerleader at Wiregrass Ranch High School. I understand that he/she must abide by the rules and regulations set forth by the coaches and Pasco County Schools. 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 squad. I understand that all forms attached must be completed and turned in prior to Tryouts.

- I understand that the athlete must be in accordance with the Pasco County Student Code of Conduct. **Link to DSBPC Code of Conduct:** https://www.pasco.k12.fl.us/library/student_services/conduct/csc_eng.pdf
- I understand that the coaches will evaluate my son/daughter and we agree to abide by their decisions.
- I give my permission for a member of the Wiregrass High School Coaching Staff to review my child's grades to confirm eligibility of at least a 2.0 GPA.
- I understand that there will be media coverage of Cheerleading events whether it is video or pictures. **Media Release Form Link:** http://www.pasco.k12.fl.us/library/is/forms/mis_667.pdf
- I understand the costs involved as stated in the packet and that fundraisers will be available to aid in payments. Furthermore, I realize that if any WR Athletic Gear (Uniforms, Warm Ups, Poms) issued to my child becomes lost or damaged, we are responsible for the cost to replace it.
- I understand FHSAA and Pasco County Schools require **ALL** Athletic Paperwork for the upcoming school year to be completed and submitted in order for my son/daughter to be eligible to tryout.

Student Signature/Date

Parent Signature/Date

I am interested in being a cheerleader for WRHS. If selected, I promise to abide by the rules and regulations set forth by the coaches and Pasco County Schools.

Student Signature

Cheerleader Name: _____

Cheerleader E-mail: _____

Cheerleader Cell Phone Number: _____

Parent Name: _____

Address: _____

Parent Cell Phone Number: _____

Parent E-mail: _____

2022-2023 WRHS Cheerleading Rules

- 1.** All Cheerleading related events are mandatory when scheduled by the coach. ONLY the coach can add or make changes to the schedule. Changes may occur at anytime. 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 unless prior arrangements have been made with the coach.
- 4.** Appointments, errands, work, and/or club meetings are not an excuse to miss or for being late to practice. Only special exceptions will be made (i.e. severe illness or death in family). Coaches must be informed via text or Band app
- 5.** Cheerleaders are expected to attend at least 50% of the school the day in order to attend practices, pep rally, or games. Anyone who misses school will not be permitted to participate. You must check out of school if you are leaving campus, EVERY TIME! 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.
- 8.** All cheerleaders will follow the three strike rule, and once the third strike is administered the athlete will be dismissed from the team
- 9.** Any cheerleader arriving late to a game will sit out a quarter
- 10.** Any cheerleader arriving later than 5 minutes prior to the conclusion of the halftime will sit out that amount of time. time goes by the game clock.
- 11.** When there is a scheduled uniform to a game, practice or event, the cheerleader must be in full uniform. Full uniform is no jewelry, squad shoes, squad socks, uniform (game or practice) with hair up with designated colored ribbon and/or bloomers. Changes will be made due to weather only. If not in proper uniform, Athlete will sit out that game
- 12.** Anytime in uniform you are always a lady/gentleman! 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.
- 13.** Cheerleaders are required to replace all lost Wiregrass Ranch High School uniforms, gear, and property. This is not the responsibility of the program.
- 14.** 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 the focus of the teams during practices.
- 15.** 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.

16. Social Media posts that are reported and found to be in violation of social media policy set forth in the Student Code of Conduct may result in being removed.

Student Signature

Parent Signature

**WRHS CHEERLEADING GUIDELINES and OFFICIAL/UPDATED CONTRACT
2020-2021**

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 policies, 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.

Tryout Results will be posted on the outside of the WRHS Gymnasium, as well as, on the WRHS Athletics Website under the Cheerleading Section.

- ◆ Regardless of grade year, tryout scores will reflect what team you are best suited for. Incoming freshmen may cheer for Varsity if the tryout scores reflect Varsity level and the final decision is at the discretion of the Coaches.
- ◆ All Cheerleaders are expected to be educated in the sport that they are cheering for and be somewhat knowledgeable about the game.
- ◆ **Senior Athletes are unable to make the Junior Varsity Team. Senior Athletes MUST make the Varsity Team as one of the athletes on the original roster.**

TIME COMMITMENT

Both Junior Varsity and Varsity team members will be attending summer camp, summer practices in addition to football games, basketball games and competitions. **CHEERLEADING IS A LONG SEASON!** Students best suited for this team should be able to handle stress well, keep on top of schoolwork 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 schedules as soon as possible.

PAPERWORK

All WRHS Cheerleaders are required to have current paperwork turned into the coaching staff prior to the Tryouts. Paperwork consists of the Athletic Participation form, Consent and Release, copy of birth certificate; Tryout Application Form, Physical (must be current) and other FHSAA mandated forms. Forms will be available on Monday, May 10, and can be found on the WRHS Athletics Website under the Cheerleading Section.

If a physical should expire during the season, the cheerleader will be benched until the coaching staff has an updated physical.

ALL incoming freshman/transfer students need to provide coaches, program, and school with a copy of their birth certificate prior to trying out. This should be included in submitted documents at tryout check-in.

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. Regular grade checks will occur, and grades will be monitored, followed by actions/consequences taking place. All other grade concerns will follow rules presented to the athletes in the informational meeting

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 consequence 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 50% of the school 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 90 days in any class period**. In case of emergency or illness, the parent or cheerleader must contact the coach by phone on the day of the emergency or illness BEFORE the scheduled practice, meeting, game or performance. If the student athlete is sick, he/she must have a parent call the school and/or provide a note within 72 hours of the absence(s). If not notified, the absence will remain unexcused. **Three (3) unexcused absences** from practices, meetings, games or performance may result in being removed from the team.

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.

1. Each squad member will treat coaches, captains, teammates, game officials, teachers, administrators and other academic/athletic staff with respect at all times. This attitude will also extend to members of this and other cheerleading squads.
2. Members are expected to behave appropriately during games and appearances, refraining from booing, heckling or other negative behavior towards anyone. Members are also expected to focus on the game.
3. Excessive talking during games either on the sidelines to teammates or spectators and being late after halftime will not be tolerated.
4. Do not socialize with players or the crowd during a game and do not bring your friends to any closed practices.
5. NO cell phone use during practices, games, competitions, or events. You are to turn them off during these times.
6. Members will be given a verbal warning at the time of their first offense and may be dismissed from the squad for any subsequent offenses. Coaches' discretion will be final regarding any inappropriate behavior or attitude.

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 from coaches will not be tolerated.

APPEARANCE & UNIFORM

1. Appearance must be clean and neat, including hair and makeup for all events. Cheerleaders without proper attire will be given one formal warning.
2. You must wear the Game Day Racerback White Sports Bra with the uniform. Other colors/sports bras will not be accepted.
3. Coaches' discretion is final on uniform fit and cleanliness.
4. You are responsible for the upkeep of your uniform. Issued uniforms and equipment must be turned in at the conclusion of the season or once you have completed duties with the squad.
5. Chewing gum is not allowed.
6. No smoking/vaping or consumption of alcohol will be tolerated.
7. 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 AACCA and FHSAA.
8. Acrylic, Dip, Gel, and Natural nails should be an appropriate and SHORT length. For all events color should be appropriate. Nail polish should not include bright colors/neon colors. If athlete cannot abide by these rules, athlete will be given one formal warning prior to be asked to sit out of event.
9. NO jewelry of any kind. This includes earrings, belly button piercings and all body jewelry. Coaches will NOT be responsible for holding jewelry.
10. Coaches reserve the right to limit the use of glitter or other items due to allergies on the team.
11. 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.

ATTENDANCE

1. Members are required to attend all practices, games and performances set by the coaches. This includes Homecoming, pep rallies and potential post season tournaments.
2. Tardiness 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.
3. 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.
4. Injured members must attend all events unless directed by a medical professional and will not be allowed to participate until released by a medical professional in writing submitted to the coaching staff.
5. All team members will remain together at all times during a practice, event or game.
6. 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.
7. ALWAYS contact the coach at least 24 hours prior to not attending an event OR needing to leave an event early. **THIS INCLUDES PRACTICE.**
8. If an athlete misses more than 50% of practice time, he/she both acknowledges and understands that an alternate can take/keep their spot for football games, pep rallies, and competitions, if

needed by the coach.

BENCHING

In order to be benched, an athlete must break a rule set in place by The WRHS Cheerleading Program.

Reasons an athlete would be benched includes but are not limited to:

- Missing 50% or more of practice.
- Being disrespectful to coaches/teammates.
- Social Media Behavior.
- Classroom/School Behavior.
- GPA
- Not abiding by Official Rules set in place per The WRHS 21-22 Cheerleading Contract.

TRANSPORTATION

We may or may not always have transportation to away games/events. If no transportation is provided, we will work together in order to carpool. You will still be required to attend all away games/events on the schedule. We will have release forms in order to assist us in transportation should a cheerleader not have a ride. Parents are encouraged to assist us and will be required to follow all Pasco County Schools' transportation regulations.

SAFETY

1. Every effort will be made by coaches and cheerleaders to reduce injury risk at all events. All members will follow coaches' instructions regarding safety practices in accordance with AACCA and FHSAA guidelines.
2. Practices will take place on appropriate surfaces and under the supervision of an AACCA certified coach.
3. 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.
4. 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.
5. Each member will be required to sign an informed consent statement listing an emergency contact person as well as providing authorization for emergency treatment.
6. WRHS Cheerleaders will be required to participate in warm up, conditioning and other activities to maintain strength, flexibility and to prevent injury.
7. A complete list of the AACCA Safety Guidelines is available at www.aacca.org.
8. Athletes are expected to report injuries to both the WRHS Cheerleading Coaching Staff and Athletic Trainer(s).

SOCIAL MEDIA

No lewd pictures allowed. No posting of rumors, threats or insults will be tolerated on any social media platform. You should remember that nothing is private on the internet no matter what kind of protection you think is on a website. Refer to the Student Code of Conduct to review the Social Media Policy. Any Social Media posts leading to disciplinary actions may result in removal from the team.

NO DISCRIMINATION POLICY

WRHS and The District School Board of Pasco County has ZERO TOLERANCE for discrimination of any kind. If there are any infractions with the Non-Discrimination Policy, then as a WRHS student, administration will deal with the consequences set in place per the Non-Discrimination Policy. However, as an athlete, coaches will deal with the consequences of this action, **which is complete dismissal from The WRHS Cheer Team/Program.**

FINANCIAL RESPONSIBILITIES

When you commit to the team you commit to all fees. Payment of fees on time is essential. Though the uniforms, warm ups, and poms, 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, WARM UPS, OR POMS, ISSUED TO A CHEERLEADERS BECOMES LOST OR DAMAGED, THE CHEERLEADER IS RESPONSIBLE FOR THE COST TO REPLACE IT.**

FUNDRAISING

Coaches will have the final say in all fundraising activities and events. The monies the cheerleaders earn in fundraising goes to both individual accounts and the general fund - 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.

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 all fundraising activities.**

ALTERNATES

There may be a total of **four** Varsity alternates. These alternates will be decided by coaches. Once chosen the athletes will be called in for a meeting to discuss the responsibilities and expectations that come with being a Varsity alternate. Athletes will have to approve Varsity alternate position before being placed on Varsity Roster (as needed).

CAPTAINS

At least two (2) captains will be chosen by their respective squads with the coach having the final decision. Captains will be held to a higher standard and will have greater responsibilities. Responsibilities include but are not limited to: getting the team started for practice with warm ups, helping coaches with equipment and calling their own games.

PARENTS/GUARDIANS

Parents and Guardians with athletes' part of the WRHS Cheerleading Program must understand and abide by rules/regulations put in place by coaches. Anything scheduled/ordered for athletes must be approved by coaches prior to planning/purchasing. This includes but is not limited to: Team Dinners, Team Bonding, Team Parties/Get Togethers, Customized WRHS Cheer gear/equipment/clothing, etc.

If there are any questions, please reach out to Coach Maya or Coach Maddie with any questions, comments, or concerns.

COACH'S 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 is at the strict discretion of the WRHS Cheer Coaching Staff.

CONDITIONING

Part of being an athlete is being able to have the proper endurance and stamina needed to perform at your best. With that being said, all cheerleaders are viewed as athletes and therefore, will have conditioning days. These include indoor/outdoor conditioning, which will take place after practices and on all designated conditioning days.

Coaches will abide by NFHS Heat Acclimatization Guidelines/Regulations when conditioning outside.

Athletes will be informed of designated conditioning days at least 24 hours prior to.

Student Signature/Date

Parent Signature/Date

Media Release:

Being a member of this cheer team, my child may be filmed and/or photographed for public and other use to promote activities and achievements. For example, students may be featured in materials to train others, and/or increase public awareness of our schools through newspapers, news outlets, radio, TV, the web, youtube, social media, DVDs, displays, brochures, videoed by event attendees and other types of media.

I, the parent or guardian of _____, hereby give Wiregrass Ranch High School, its employees, representatives, and authorized media organizations permission to print, photograph, and record my child for use in audio, video, film, or any other electronic, digital and printed media.

a. This is with the understanding that neither Wiregrass Ranch High School nor its representatives will reproduce said photography, interview, or likeness for any commercial value or receive monetary gain, for use of any reproduction/broadcast of said photography or likeness unless specified. I am also fully aware that I will not receive monetary compensation for my child's participation.

b. I further release and relieve Wiregrass Ranch High School, its Board of Trustees, employees, and other representatives from any liabilities, known or unknown, arising out of the use of this material. I certify that I have read the Media Consent and Release Liability statement and fully understand its terms and conditions

Student Signature/Date

Parent Signature/Date

The purpose of the WRHS Cheerleader is to compete in competitions, promote school spirit by supporting teams during athletic competitions, to lead the crowd in cheering for the teams and to provide entertainment to crowds during events, pep rallies, parades and breaks in athletic competitions. Cheerleaders will maintain a professional appearance and attitude at all times. **You are the "Face of Wiregrass Ranch High School"!**

Student Signature/Date

Parent Signature/Date

COACHES CONTACT INFORMATION:

Kaleea Hall: kaleeahall@yahoo.com

Tichanna Jackson: monique3630@gmail.com

