

River City High
School Cheer
Contract

**2010 – 2011
Season**

Revised 5.4.10

Cheerleader Contract, Procedures, and Tryout Information 2010-2011

RIVER CITY HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

Revised 5/4/10

After careful consideration, River City administrators and Cheerleading Coaching Staff have instituted the following cheerleader constitution and procedures for use with the River City cheerleading program. For the benefit of fairness and consistency to all members who participate in the program, we will support, in word and action, the following rules, guidelines, and procedures.

Nicolas Richter, RCHS Vice Principal

Char Ghio, RCHS Athletic Director

Jim Lofton, Coach

**RIVER CITY HIGH SCHOOL CHEERLEADER
CONSTITUTION AND PROCEDURES**

Revised 5/4/10

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PHILOSOPHY/PURPOSE

The purpose of the cheerleaders is to support the curricular and extracurricular activities of River City High School (RCHS) by promoting school spirit. Being a cheerleader is an honor and special privilege. Cheerleaders exist to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit. Cheerleaders are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the RCHS Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of

these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers.

OBJECTIVES

Cheerleaders are expected to be skilled in learning and remembering cheers/dances. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and timing necessary for group performance. Off the field, they are to enthusiastically support all school sponsored activities/programs.

ELIGIBILITY AT TRYOUTS

Candidates must be a student at River City High School, expected to be enrolled as a new student at RCHS or a student of the Independent Study Program of the Washington Unified School District, for the 2010-2011 school year, in order to participate in the tryouts.

SELECTION

RCHS will hold tryouts for the selection of two (2) cheerleading squads (Varsity and Junior Varsity). The tryouts will be held in May, as determined by the coaching staff. A clinic of a minimum of two days will be held prior to tryouts. The coaching staff will be responsible for facilitating the tryouts. Parents and non-participating individuals will not be allowed in the building during any phase of the tryouts. Anyone in violation of this could cause the individual, with whom they are associated with, become ineligible to tryout.

TRYOUT GUIDELINES

Coaches will be responsible for the preparation and distribution of a packet of information to be made available to all

candidates. This information will include specific clinic and tryout dates, times, and procedures.

Candidates and parents must sign a form stating that they understand and will comply with all information in the packet, including but not limited to responsibilities, rules and consequences, before the student is allowed to participate in the tryout process.

SQUAD MAKEUP

The Varsity Squad will consist of incoming juniors and seniors which will be allowed to tryout for the Varsity Squad. The coaching staff reserves the right to move a member from the Junior Varsity squad to the Varsity Squad if the need arises.

The Junior Varsity squad will consist of incoming freshman and sophomore students which will be allowed to tryout for the Junior Varsity Squad.

JUDGING CRITERIA

- Interview
- Tumbling
- Jumps
- Cheer/Motions
- Overall impression
- Spirit/Voice
- Dance
- Attendance at clinic
- Grades

JUDGES

There will be a minimum of three (3) judges on the panel and one person to tabulate the scores. Judges will be selected that have a range of experience (gymnastics, cheer, dance, etc). Judges who have coached the cheerleader candidates during the current school year shall not judge during the day of tryouts. Every attempt will be made to obtain judges who have not worked with students previously. However, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. Judges will be instructed to judge the candidates based only

on the mastery of skills that they see demonstrated during the tryouts. Tryouts results will not be challenged because of prior knowledge of judges and candidates. RCHS coaches shall only serve as judges during clinic, not at the actual tryout. Due to time constraints, RCHS coaching staff will prejudge both stunts and tumbling during the week of clinic.

TRYOUTS

Panel tryouts will be closed to everyone except judges, coaching staff, and senior cheerleaders. No other persons will be allowed in the tryout area. There will be no other students or parents in the tryout area, nor will they be involved in the collection or tabulation of scores.

All tryout results are final.

TRYOUT REQUIREMENTS

- Must complete and submit paperwork before participating in tryout process.
- Must perform at the minimum basic to advanced tumbling skills during clinic week.
- Must perform a 30 second advanced dance, which will be taught during clinic.
- Must perform an advanced cheer, which will be taught during clinic.
- Candidates trying out for the Varsity Squad must perform 3 consecutive technical jumps.
- Candidates trying out for the Junior Varsity Squad must perform 2 consecutive technical jumps.

NOTIFICATION

Each candidate will be assigned a number on the tryout day. After all tryout scores have been tabulated and the squad has been chosen, the candidates will be able to view on-line, whether or not they have been selected for the 2010-2011 Squad, by checking

for their number on www.rivercitycheer.org. This listing will be posted Monday after tryouts (May 24, 2010).

ACADEMIC REQUIREMENTS

Must possess and maintain a **2.0 Grade Point Average** (GPA). Incoming Freshmen are not required to have the 2.0 GPA until the first grading period as a Freshmen.

Member must receive and maintain a grade of a B or higher in all Physical Education (PE)/weights classes they are enrolled in.

If a squad member receives a non-passing grade or lower than a B in PE/Weights, the member may be suspended from the squad for a minimum of two (2) weeks in order to bring the grade up.

If a member has a subsequent GPA of less than a 2.0 and/or grades below a B in PE/Weights in the next grading period, they will be removed from the squad, permanently, in order for the member to clearly focus on improving their grades. This may affect their ability to tryout the following year.

If a squad member falls below a GPA of 2.0, the member will be suspended from the squad until the next grading period.

The candidate must show at the time of tryouts, they currently have a GPA of 2.0 or greater.

GENERAL REQUIREMENTS

Must abide by all rules stated in the RCHS Student Code of Conduct.

Must be aware that they are representing the school and school district at all times.

Must follow all district, school, and class rules.

The State of California Education Code and Civil Code prohibits the use and possession of intoxicating substances by minors. Any

member possessing or using drugs, tobacco, or alcohol will be immediately removed from the squad and will be dealt with by the school's administration.

Must refrain from fighting. Dependent upon the circumstances, member may be removed from the squad and may be dealt with by the school's administration.

Must refrain from inappropriate postings on any social network such as 'MySpace' or 'FaceBook' (Postings including Pictures, comments, or hazing)

Members that participate in any form of hazing (as defined by California Penal Code 245.6), disrespect, rude and/or discourteous treatment of others, at any time, during or outside of cheerleading will be subject to removal from the squad due to disciplinary issues.

Must refrain from the use of profanity. Any continued violation of may result in removal from the squad.

Members will hold their selected positions for the entire school year. Members will be required to cheer for both football and basketball; however, exceptions will be made for those members that may have medical issues.

Any member who is removed from the squad due to disciplinary issues will not be allowed to play another sport until the season in which they are removed has ended. The member will also not be allowed to tryout the following year.

Any member, who voluntarily quits the squad, will not be allowed to participate in another sport until the season in which they quit has been completed. The member will also not be allowed to tryout the following year.

POSITIVE attitude is everything. Encourage team members and others around you! Disrespect to a teammate, coach or parent

will not be allowed. Team members must display a positive attitude at all times. Negative responses, lack of productivity, and disrespect will NOT be tolerated and will be considered grounds for immediate suspension and/or removal from the team. The manner in which the participants conduct themselves, in or out of uniform, directly reflects our entire team.

□A team member must, at all times, be a strong representative of RCHS and a positive reflection of his/her teammates. Abusive, uncontrollable, irresponsible, or any other form of negative behavior IN or OUT of uniform will NOT be tolerated. Moral standards are of the utmost importance to this organization and will be regarded as a high priority of all its members.

□As a parent, talking amongst yourselves or sideline coaching creates the wrong information and atmosphere. It spreads bad morale.... Please do NOT do this.

□If a parent or anyone is observed speaking negatively about a team, coach, parent, or cheerleader, he/she will be talked to and/or asked to leave. If a parent verbally assaults or threatens a student, coach or other parent, the parent won't be allowed to come into the function. If this behavior persists, then that parent will be referred to administration for further action.

□We understand that we have students that maybe involved in relationships. However, we do not promote this. This is not how we want our Program to be reflected. If a student is involved in a relationship, we require that there be NO public display of affection in practice, games or any function of RCHS. On the same note, we STRONGLY discourage relationships with team members – it creates tension and drama within the team.

□Member shall not engage in overt public displays of affection. If member is caught engage in overt public displays of affection, the member will be disciplined or removed at the coaches discretion.

□RCHS will be training in cheerleading stunts, jumps, technique, expression, dance. The training is very disciplined, intense, highly productive and greatly enhances the skills of the individual and the team. Included in this training, comes a set of key values that must be followed in order to maintain control of this process: attendance, attitude, practice and conduct. Please understand that athletes may be repositioned, moved or replaced at any time at the discretion of the coaches. Any changes are made to benefit the team as a whole.

□Please remember and be clear on this point: Your payments pay for **uniform and other attire and training only**. It does not pay for the right for your child to perform. The child earns that right through his/her responsibility and preparedness as a team member. Should a team member fall short in his/her preparations, that team member will be replaced, suspended, or dismissed from the team.

□Must follow all rules set forth in this agreement. Dismissal from the squad is at the discretion of the coaching staff, in conjunction with the Athletic Director.

□Cheerleading responsibilities officially begin on the day election results are announced and end on the last day of the following school year.

ATTENDANCE AT GAMES, PERFORMANCES, AND PRACTICES

Attendance is crucial to team success, members are required to be at every practice and on time. One person being absent affects the entire team. It is important not to inconvenience the practice time of the entire squad by being absent or late. Excessive absences will not be tolerated

□Members, who miss a practice for any reason, will be responsible to obtain the material covered at the missed practice on their own time and not during practice time.

If a selected member has a job, this should not interfere with practices, games or performances, without prior clearance by the coaching staff. Should work be a continuing issue, the member may be removed from the squad.

All absences during a game week (football and basketball) must be cleared with the coaching staff.

If member misses the practice before said game/performance, the member will be removed from the pre-game/half-time routines.

No member will leave while at any game/performance without the permission of the coaching staff.

Rally performances are a combination of both the JV and Varsity members and are mandatory.

ABSENCES/TARDIES

Practices will be held anywhere from one (1) to four (4) times per week. The schedule will be set in advance as much as possible, but is subject to change with as much advance notice as possible.

Squad members are required to attend all practices, games, rallies, performances, fundraisers, etc. Any absence should be for an appropriate reason: illness, medical appointments, etc.

You must inform the coaching staff, in advance, prior to missing a practice, game, etc.

Any squad member, who has not provided an advance notice of an absence, must contact the coaching staff prior to the start of the practice, game, etc. A voice mail message may be left, but should be prior to the start of the practice, game, etc.

Each member will be allowed five (5) excused absences, per season, to be used for any reason (including vacation, medical and/or illnesses). These absences must be approved by the coaching staff.

If any member is to go on a vacation, we require a written notice ATLEAST three (3) weeks prior to the vacation date.

Excused absences beyond the five (5) allowed, per season, will be considered unexcused. Long-term medical issues will be the only exception to this rule (i.e. under doctor's orders).

Unexcused absences, missing practice without alerting the coaching staff is unacceptable and will not be tolerated.

Each squad member will make a commitment to be on time and ready for all functions. Tardiness is unacceptable. If you are running late contact a coach prior to the start of practice and alert them of the time you will arrive.

DRESS CODE

Each squad member is required to bring **all pieces** of uniform to all games and performances. Any squad member without a required piece of their uniform may not be able to perform at that game or performance.

Absolutely no jewelry will be permitted at any practice or performance.

Hair will be up, presentable, and off the member's face, neck and shoulders.

Gum and sunflower seeds will not be allowed at any time during any cheerleading function.

Members must be in full dress prior to start of event.

Practice dress code:

Each squad member will wear appropriate tennis shoes, t-shirts, sweatshirts, pants, and shorts to all practices [no denim jeans, tops with zippers or buttons, hoodies (while stunting)].

Once camp is completed, you will be required to wear your camp clothes to all practices.

Game Day dress code:

On game days each squad member will dress in full uniform. This includes any combination of the following: cheer shoes, warm-up suit, skirt, and shell.

Members will be required to dress in full uniform for all football games, home basketball games, and rallies.

AWAY EVENTS

There is no school transportation available to the cheerleaders, without an additional cost, therefore, it will be the responsibility of the parent to ensure their cheerleader has a way to and from cheerleading events (away football games, etc.) Students are not allowed to drive themselves.

While at away games, members must stay in groups of three at all times. The group of three (3) must consist of current cheerleaders. Family members and coaches may also escort the member to the snack bar, etc.

Members will not be allowed to leave the football field and/or gym without an adult. If a parent wishes to pick up member in the parking lot of away game member must be escorted by an adult or coach. Member shall not be left alone until parent has picked up member.

SIDELINE BEHAVIOR

No excessive talking or playing among members.

No talking to people in the crowd (parents excluded).

Member must pay attention to the game/rally.

Stand in the correct formation/stance.

Cheer/spirit, jumping, kicks, tumbling, (if applicable) must be exhibited the entire event.

Only one member will be allowed out of formation at a time for a drink (unless cleared by coaching staff)

Members are required to ask permission from the coach(s) to go to the restroom or get a drink, etc.

No taunting the other team.

Members will show respect during the National Anthem and school songs (no walking, talking, etc)

UNIFORMS

The amount of money for uniforms will be the responsibility of each individual cheerleader.

All uniforms must be paid in full prior to ordering.

Uniforms will be used for a minimum of two (2) years.

Warm-ups will be use for a minimum of three (3) years.

It is the responsibility of each member to take proper care of his or her uniform.

No one other than the member will be allowed to wear any part of the uniform/warm-up.

Camp wear is considered part of the cheerleading uniform. The amount of money

for camp wear will be the responsibility of each individual member.

HEALTH

Members will be required to be covered under a health insurance plan. A health insurance plan can be purchased from the school, at an affordable rate.

A medical release must also be completed for each squad member.

Members and/or parents will be required to inform the advisor if there is a change of information regarding the medical release and will be required to complete a new release.

The medical releases will be kept by the advisor and will be on site at every practice, game, etc.

If member is injured and has restrictions, a Doctor's note to excuse absences is required. Subsequently, at Doctor's note releasing member is required upon return to practice.

All injuries should be reported immediately to the coach.

All trainer and doctor recommendations should be followed.

FUNDRAISERS

Member must participate in each scheduled fundraiser unless previously cleared by coaching staff.

Failure to participate in each scheduled fundraiser will result in a violation in the demerit system.

Parent participation is required.

Parents can choose which fundraiser they would like to volunteer for; however, it is based solely on first come first serve basis as there will be limited volunteers needed for each fundraiser.

At least one coach will be present at all fundraisers.

15% of the proceeds earned from each fundraiser will go directly to the cheerleading general fund. This money will be used to purchase equipment and supplies as seen fit by the coaching staff and as approved by the Associated Student Body (ASB).

All fundraiser money will be for the benefit of all the cheerleaders in the cheer program. Money will be divided equally amongst all members.

COACHES

It is understood that the coaching staff have the authority to override any decision made within the squad as needed in order to maintain the squad's best interest, not an individual's best interest.

The coaching staff will act in good judgment and make decisions for the good of the squad as a whole. Please remember it is not possible to please all squad members/parents and have 100% agreement by everyone.

The coaching staff will work with the Athletic Director on any issue(s) of concern.

The coaches will have the final say in all matters. Members or parents, who have questions or concerns, are encouraged to discuss the matter directly with the coaches. If the matter is not resolved, you may follow the chain of command for resolution.

EXPECTATIONS

Each member is responsible for motivation of the entire squad all year.

Everyone must have self-motivation and self discipline throughout the entire year.

There must be successful communication between squads, squad members, and the

coaching staff in order to have harmony and success as cheerleaders.

Members are carefully selected and are considered an elite group of students; therefore, they should take pride in their attitudes, actions, dress, and citizenship; learn from and respect each other.

Work as a team, not as individuals: When something goes right, you did it together, when something goes wrong, you did it together. Do not blame each other for mistakes – mistakes happen. Playing the blame game doesn't help anybody. Also, don't beat yourself up over a mistake you may have made. It's over...move on, fix it next time.

The only subject talked about during practice is cheerleading.

No one stops working at practice. If you are not currently in the stunt being practiced, you should be spotting, stretching, or practicing other elements as directed by the coaching staff.

Work hard. Each member has earned a place on their respective squad because they meet certain ability requirements. When asked to practice an element, practice and perform it to the best of your ability.

CAMP

All members must attend summer camp.

The amount of money for the camp is the responsibility of the individual member.

Members may not leave camp early or arrive late without approval by the coaching staff. Certain extenuating circumstances may occur like a death in the family or injury.

The coaching staff will choose the place and date of the camp.

Members must abide by all rules provided by organization providing camp and host school.

SAFETY GUIDELINES

NEVER stunt or tumble unless a coach is present.

Always practice in the presence of a coach unless otherwise directed by the coach.

Always complete the required warm-up as appropriate prior to cheering, stunting, dancing, or tumbling.

If possible, all practice sessions should be held in a location suitable for the activities of cheerleading (i.e. use of tumbling mats where warranted, away from excessive noise and distraction, areas free from obstruction, etc.)

Members should not attempt stunts they do not know how to perform safely.

Spotters should always be used while stunting (if available). Training in proper spotting techniques is mandatory.

Members should only stunt on grass or mats, an never on uneven ground.

Members should not talk, laugh or mess around while stunting.

Members should receive proper training before attempting any form of cheerleading gymnastics.

DEMERIT SYSTEM

The following scale of demerits will apply to all members of the cheerleading squad.

| Violation | Consequence & Notes |
|---|---|
| Camp rules not adhered to | 2 points |
| Tardiness (no call) | 1 point |
| Excused absence beyond the five allowed per season | 5 points |
| Unexcused absence | 5 points |
| Other after school activities (job, sports, etc.) interfering without coach clearance | 2 point |
| Failure to learn material that member missed while absent | 2 points |
| Practice dress code not adhered to | 2 points - member sent home for the day |
| Game day dress code not adhered to | 2 points - member will be benched for a portion of the game |
| Full uniform not brought to event | 1 point - member may be benched for the game, dependent upon what item is missing |
| Not performing in rally or event without coach clearance | 3 points |
| Away event safety not adhered to | 5 points |
| Proper sideline behavior not maintained | 2 points |
| Member acting in unsafe manner as determined by coaching staff | 5 points |
| Safety Guidelines not adhered to | 5-10 points - depending upon severity |
| Use of profanity | 5 points |
| Fighting | 5 points - further punishment may occur |
| Public display of affection | 5 – 15 points - depending upon severity |
| Lending uniform to individual not currently on the current squad | 2 points |
| Inappropriate internet use | 5 – 15 points - depending upon severity |
| Hazing | 10-15 points - depending upon severity |
| Disrespect or insubordination toward a coach, school official, or fellow cheerleader | 5-15 points - depending upon severity |
| Refusing to perform an element that you have performed in the past | 4 points |
| Refusing to try new elements | 4 points |
| Missing a scheduled fundraiser event without prior consent from coaching staff | 2-5 points |

DEMERIT GUIDELINES

- If a member earns 5 points, he/she will be benched for the next game. In a case of benching, the member will be required to attend all practices, but will not be allowed to attend the specific game that they are being benched (even as a spectator).
- If a member earns 10 points, he/she will be suspended for a two week period. During this time, the member will not be allowed to attend practices or games, even as a spectator.
- If a member earns 15 points, he/she will be removed from the squad. The member will subsequently be ineligible to tryout for membership the following year.
- Any coach and/or Athletic Director review of members actions may result in removal from squad.
- Members can NOT be allowed to earn merits. Members need to accept the consequences of their violations.**
- Guidelines are general rules and guidelines for all RCHS cheerleaders. Failure to comply may at times require judgment calls to be made. These decisions will be left up to the coaching staff. Coaching staff reserve the right to upgrade a penalty (immediate benching, etc) depending on the severity of the situation.

Seasons are

- Summer: first day of practice to the first day of school
- Football: first day of school to December 1
- Basketball: December 1 until February 28
- Spring: March 1 until the last day of school

The coach(s) have reserved the right to augment these guidelines as deemed necessary and these rules are subject to change. Please remember, the coaching staff's job is to ensure that the best interest of the whole squad must be the first priority. If you or your parents disagree with any issue, you are encouraged to discuss the issue with the coach(s) directly. The lines of communication are always open, we encourage you to schedule a meeting to voice your concern. However, the key thing to remember is that the coach(s) of RCHS make the decisions for benefit of everyone on the teams, decisions are not based on individual members desires or wants.

THESE RULES WILL BE STRICTLY FOLLOWED AND ENFORCED. REMEMBER, YOU ARE REPRESENTING RIVER CITY HIGH SCHOOL, THE WASHINGTON UNIFIED SCHOOL DISTRICT AND THE CITY OF WEST SACRAMENTO. AS A CHEERLEADER OF RIVER CITY, YOU SHOULD ALWAYS ACT IN A MANNER, WHICH BEST REPRESENTS, THE STUDENT BODY OF RIVER CITY HIGH SCHOOL!!!!

APPENDIX A

INFORMATION/EXPECTATIONS YOU NEED TO KNOW FOR 2010/2011 RIVER CITY CHEERLEADING TRYOUTS

May 17, 2010 Mandatory Parent Meeting at the River City in the Multi-Purpose Room in Building F at 6:00pm. Coaches will review information, requirements, and tryout package.

May 19 - 20, 2010 Tryout clinic will be held at the River City in the Multi-Purpose Room in Building F from 5:00 P.M. to 8:00 P.M. Attendance at clinic, count towards final score. MUST TURN IN THE SIGNED CHEER AGREEMENT AND MEDICAL RELEASE ON THE FIRST DAY OF CLINIC. If not turned in, you will not be allowed to attend the clinic. PLEASE NOTE: MEMBERS ARE REQUIRED TO ATTEND THE CLINIC IN ORDER TO TRYOUT!!

May 21, 2010 Tryouts begin at 5:00 P.M. Announcement of new squad is expected Monday the 24th, via the internet at www.rivercitycheer.org.

May 27, 2010 Camp, Uniform, and Warm-up Fittings. Parent attendance is required at fitting. Varsity at 3:45 P.M. and JV at 4:45 P.M. in the River City Multi-Purpose Room in Building F.

May 27, 2010 Mandatory Parent Meeting with the 2010/2011 squad members and parents at River City Multi-Purpose Room in Building F at 6 P.M.

June 1, 2010 Balance Due for Camp Clothes PAYMENT DUE TO River City Bookkeeper. (Please note: if you need a payment extension, we will be able to offer it – However, your order will not be placed until the payment is paid in full)

June 1, 2010 Balance Due for NCA Camp PAYMENT DUE TO River City Bookkeeper. (Please note: if you need a payment extension, we will be able to offer it – However, your order will not be placed until the payment is paid in full)

June 28, 2010 Practice begins and will be on a Mondays & Wednesdays. Practice will be at River City from 9:00 A.M. to 12:00 P.M.

July 1, 2010 Balance Due for uniform to ensure the uniform is received by first football game. PAYMENT DUE TO River City Bookkeeper. (Please note: if you need a payment extension, we will be able to offer it – However, your order will not be placed until the payment is paid in full)

July 17-20, 2010 NCA Commuter Camp at UC Davis - CAMP IS MANDATORY FOR ALL SQUAD MEMBERS

August 1, 2010 Balance Due for Warm-ups PAYMENT DUE TO River City Bookkeeper. (Please note: if you need a payment extension, we will be able to offer it – However, your order will not be placed until the payment is paid in full)

APPENDIX B

ESTIMATED COSTS

PLEASE NOTE: THE UNIFORM WILL BE KEPT FOR A MINIMUM OF 2 YEARS AND THE WARMUPS WILL BE KEPT FOR A MINIMUM OF 3 YEARS

CAMP \$167

Four day commuter camp

CAMP CLOTHES \$148

3 Shirts/3 Short

Shoes

Estimated Subtotal \$315

UNIFORM

Vest w/lettering, Skirt, Body Liner

Briefs

Estimated Subtotal \$300

WARM-UP

Jacket w/lettering/Pants \$135

Bag w/lettering \$95

Estimated Subtotal \$230

Estimated Grand Total \$845 (for a new Cheerleader)

Estimated Grand Total Approx. \$545 (for a returning Cheerleader)

**Returning Cheerleaders: if using current piece of uniform, you are required to bring the pieces to uniform fitting for approval.*

APPENDIX C TRYOUT REQUIREMENTS

The Cheer Agreement and Medical Release must be signed by parent and turned in on the first day of clinic. Any individual who fails to bring the Cheer Agreement and Medical Release form will not be able to participate in the clinic, until the paperwork is received. By submitting late paperwork, you jeopardize your ability to tryout for the 2010-2011 cheerleading squad.

You will be judged on the following items:

Tumbling: technique; and difficulty

Cheer:
motion
technique
placement
voice projection
clarity
expression/enthusiasm
knowledge of material

Dances:
execution
showmanship
creativity/knowledge of material

Jumps: technique

Attendance at Clinic/GPA Requirement

Overall Impression

You will be taught one cheer and a dance. You will perform this cheer and dance as a full group and as JV and Varsity. You will perform both with your partner(s).

Jumps:

JV Jumps: Two (2) consecutive technical jumps required.

Varsity Jumps: Three (3) consecutive technical jumps required.

Technical Jumps

Toe Touch

Front Hurdler

Double Nine

Pike

Side Hurdler

Candidates may tryout in a group of 2 or 3. No single tryouts will be allowed. You may be required to perform your cheer and dance routine several times.

APPENDIX D

JUDGING CRITERIA

Maximum scores consists of the following:

Cheer:

| | |
|--------------------------------|-----------|
| Motion Sharpness | 10 |
| Knowledge | 10 |
| Voice Projection/Clarity | 10 |
| Showmanship | 10 |
| Cheer Total | 40 |

Dance:

| | |
|--------------------------|-----------|
| Execution | 10 |
| Knowledge | 10 |
| Showmanship | 10 |
| Dance Total | 30 |

Jumps:

| | |
|--------------------------|-----------|
| Jumps | 10 |
| Overall Impression | 10 |
| Jumps Total | 20 |

Subtotal 90 x 3 (Judges) = 270 possible points

Bonus Points:

Tumbling Scores

0.5 – 2 points = somersault

2.1 – 4 points = cartwheel

4.1 – 6 points = round-off

6.1 – 8 points = round-off back-handspring

8.1 – 10 points = pass including back tuck or multiple back-handsprings

Tumbling Total 10

Subtotal 10 x 3 (Judges) = 30 possible points

GRAND TOTAL 300 possible points

APPENDIX E

REQUIRED FORMS

The forms noted within Appendix E must be signed and returned to the coaching staff at the parent meeting on May 17, 2010.

Please carefully read all material within the entire packet. By signing these forms you are indicating that you have read and also agree to abide by all information contained within this document. Any contact made regarding this document or other cheerleading information is expected to go through the proper chain of command. The coaching staff must be contacted first and given appropriate time to respond. If the problem is not resolved the Athletic Director may be contacted.

The following forms are required:

- Cheerleader Agreement (signed by the candidate and parent/guardian)
- Medical Release
- Cheerleader Information Sheet
- Web Page Release Form
- Copy of latest report card, showing a GPA of 2.0 or greater

CANDIDATE/PARENT AGREEMENT

Candidate's Name: _____ (please print clearly)

GRADE FOR 10/11 SCHOOL YEAR:

I Freshmen I Sophomore I Junior I Senior

I, _____, the undersigned, have read the RCHS Cheerleader Constitution and Procedures and the possible risks of cheerleading. I thoroughly appreciate and understand the assumption of those risks. I am physically fit and am voluntarily participating in this activity. If I am elected as a cheerleader at River City High School, I shall fulfill all of the requirements to the best of my ability as set forth in the RCHS Cheerleader Constitution and Procedures. I acknowledge that participation in any extracurricular activity is a privilege, and not a right, and that I may be removed from my position on the squad at any time in accordance with the provisions as outlined in the RCHS Cheerleader Constitution and Procedures and the RCHS Student Code of Conduct. I also understand that if I am removed from the squad, I will not be allowed to tryout the following school year, nor will I be able to play another sport for River City until the season in which I am let go has ended.

I, _____, the undersigned, have read and fully understand the material contained within the RCHS Cheerleader Constitution and Procedures. I agree to abide by the procedures and disciplinary actions including, but not limited to the demerit system, which will govern me as I represent RCHS as a cheerleader. I understand and agree to the responsibilities and commitment, which must be made. I further understand that this is an extra-curricular activity and that attendance at all practices, games/performances, fundraisers, special functions, and summer camp is a requirement of this position. I understand that a violation of this contract shall subject me to disciplinary actions, including removal from my position on the squad.

Candidate Signature: _____ **Date:** _____

As a parent/guardian of the above named student, I (we) have read and fully understand the Coach's Letter and RCHS Cheerleader Constitution and Procedures which will govern my student if she/he is chosen to represent River City High School as a cheerleader. I understand the possible risks of cheerleading. I further understand that this is an extra-curricular activity and that attendance at all practices, games, special functions, fundraisers, and summer camp is a mandatory requirement of the elected cheerleader.

I (we) pledge to cooperate with the coaching staff and administration to see that my student complies with these standards. I further understand the nature of violation of these standards and the resulting consequences.

I hereby give my consent to my student, to tryout for a position on the River City High School Cheer Squad. I understand that, if my student is chosen and they elect to move forward and join the squad, I will be required to pay for all costs involved, including all items ordered once a deposit has been made and the order has been submitted by the coaching staff. I also understand that as a parent(s) of a RCHS Cheerleader, my support and assistance will be needed on an ongoing basis throughout the year.

Parent Name: (please print clearly): _____

Parent Signature: _____ **Date:** _____

MEDICAL RELEASE

I certify that is physically capable and able to fulfill requirements needed to be a cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my child in the event of illness or injury during any squad related activity when either parent cannot be reached. If there is any physical or medical reason why she/he should not participate fully, the school requires a doctor's release. Furthermore, the school or the coaches are not liable for any injury incurred during cheerleading practices or performances.

Medical Treatment Permission

In the event of an emergency occurring while my child is on a school-sponsored practice, performance or trip, I grant my permission to the advisor/coach, school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the advisor/coach, school and/or its employees to give consent for my child to receive medical treatment.

Parent's Name: _____ **Parent's Signature/Date:** _____

Home Phone: _____ **Parent Cell Phone:** _____ **Business Phone:** _____

Address of Cheerleader: _____

Person to be notified other than parent or guardian in an emergency:

Name: _____ Relationship to student: _____

Cell Phone: _____ Home Phone: _____ Work Phone: _____

Family Doctor: _____ Phone: _____

Hospital: _____ Phone: _____

Insurance Company: _____ Policy #: _____

If you do not grant permission or authorization for consent to medical treatment, what procedures should be followed?

Medical Information:

Circle One

Heart condition or disease Yes No

Asthma Yes No

Diabetes Yes No

Allergic to medication Yes No

Convulsions disorder Yes No

Allergic to insect stings Yes No

State allergies:

Additional medical information that may be helpful:

Any medications currently receiving:

CHEERLEADER INFORMATION

GRADE FOR **10/11** SCHOOL YEAR:

I Freshmen I Sophomore I Junior I Senior

Candidate's Name: _____ Date of Birth: _____

Address (mailing):

Student's Home Phone: _____ Student's Cell Phone: _____

Student's Email address: _____

Parent/Guardian Name(s): _____

Parent/Guardian Phone: _____ Cell Phone: _____

Parent Email: _____

WEB PAGE RELEASE FORM

I, the parent/guardian of _____, give my permission for my student's picture to appear on the districts and/or campus web page (www.rivercityhs.com). I realize the Internet is a powerful communication tool and has many advantages and disadvantages. Taking this into consideration, I endorse the inclusion of my student's picture on the web page. I understand that at no time will be child's name be released on the web page.

Parent/guardian name (printed) _____

Signature _____ Date _____
