

WOODCREEK HIGH SCHOOL



CHEER

2023-2024

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This handbook is a living document. If an incident should arise that is not specifically addressed in this document, the coach and/or school and district administration will address the incident on an individual basis. The Woodcreek Cheerleading Program reserves the right to revise this handbook.

STATEMENT

Participation in the Woodcreek High School Cheerleading program is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Those who choose to participate will be expected to follow all rules and regulations established by Woodcreek High School, Roseville Joint Union High School District, the administration, and coaches.

MISSION

The mission of Woodcreek High School Cheerleading is to promote and develop school spirit and sportsmanship among students, parents, and the community. The cheerleading squads shall provide support to all campus athletic, academic, and school programs. Students selected to be members will learn the values of teamwork, pride and loyalty through quality performance while maintaining high standards of ethics and integrity.

PURPOSE

The mission statement of the Woodcreek High School Cheerleading Program is to:

1. Create school spirit, tradition, pride, and loyalty opportunities.
2. Promote interest in school activities and perform at school games and events.
3. Develop responsibility, teach self-respect, encourage honest effort, and develop character.
4. Teach teamwork and pride in a quality performance by maintaining high standards

SQUAD ASSIGNMENTS FOR 2023-2024 SCHOOL YEAR

High School cheer membership consists of the following people:

- 2 teams: Junior Varsity, and Varsity
- Junior Varsity members may be Freshman, Sophomore or Juniors.
- Varsity members may be Sophomores, Junior, or Seniors.
- Head Varsity coach and Assistant Varsity coach
- Head JV coach

COMMITMENT

Members of the cheer program will follow ALL guidelines in this handbook. Cheer members will serve from the day of selection through the last day of school the following academic year.

- Cheerleaders represent Woodcreek High School at all times.
- Cheerleading is a year-round commitment that requires devotion of time and effort (see attendance guidelines in this handbook). It is an honor that requires commitment, hard work and dedication.
- High School Cheer commitments should come before other obligations such as jobs, driver education, outside cheer teams, etc.
- Outside commitments will not be considered a reason to miss cheer events. Absences related to outside commitments may result in dismissal of the cheerleading program.

SAFETY

- Because of the increased athleticism of today's cheerleaders and the complexity of some stunts performed, there is a risk, as in any athletic endeavor, of serious injury.
- All participants must follow current RJUHSD & CIF-SS guidelines pertaining to physicals www.athleticclearance.com
- All participants must be trained and qualified for proper landing and spotting techniques before they are allowed to stunt. • All participants must go through proper stunt progressions.
- Stunt groups will be made by coaches. Changes cannot be made without coaches' consent.
- No tumbling or building of stunts is permitted unless a cheer coach is present.
- No horseplay, laughing or general socializing will be permitted during any stunt/practice session.
- Absolutely no jewelry will be worn during practices, games, or events, including body piercing.
- Nails shall be kept short and square. Nail polish shall only consist of natural colors or school colors. *Cheerleaders not abiding by this policy will sit out the game/event, for safety reasons.*

DUTIES AND RESPONSIBILITIES

LEADERSHIP

- Cheerleaders always represent Woodcreek High School. Cheerleaders must act as role models and leaders at school and in the community.
- Cheerleaders will demonstrate good sportsmanship; promote school spirit and display genuine concern for others.
- Cheerleaders must be energetic and involved in the event they are cheering/performing at.

ACADEMICS

- To be eligible to participate, Cheerleading program members must maintain a 2.0 GPA to participate in any Cheer Program activities/events.
- Cheerleaders who are ineligible will be required to attend all practices and performances.
- Any cheerleader who becomes ineligible will not be allowed to perform or travel with the team for the term of ineligibility.
- Any cheerleader who has been ineligible for any two grading periods during the school year may be dismissed from the program.
- Cheerleaders who are ineligible may not wear their uniform/camp wear, or be on the field/court during games, and are not required to attend games/events, but are required to suit out for class and attend all practices.

ATTENDANCE AND REQUIREMENTS

****** Please note that 3 unexcused absences will result in dismissal from the squad******

ABSENCES

- Cheerleaders must attend scheduled practices (including those in the summer) and all assigned games and events.
- If the coach or administration chooses other activities or opportunities, the coach/administrator shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible (Ex: Feeder School events, Media signings, etc.)

The following include but are not limited to:

Category	Examples
<p>Excused Absences</p>	<ul style="list-style-type: none"> ○ You have a health-related appointment, with documentation, and the coach has been notified in advance ○ There is a legitimate family emergency and your presence is needed with parent/guardian notification to the coach ○ You are on a school field trip and the coach has been notified ahead of time ○ Family death ○ Religious holiday
<p>Unexcused Absences</p>	<ul style="list-style-type: none"> ○ You are absent from school but have not notified coaches that you are absent ○ You have a non-medical appointment ○ You aren't feeling well but came to school anyway - if you are well enough to be at school you are well enough to be at cheer. ○ Work ○ Any absence on the excused list that does not have the required documentation or notification to the coach ○ You are more than 30 minutes late to a mandatory scheduled even ○ Any missed summer practice will be considered unexcused

SUMMER

- **Summer Break will be from June 9th, 2023- July 9th, 2023**
- Summer practice will take place before or after school between Monday – Friday, pending coaches’ availability.
- Practices may vary, and are subject to change.
- Summer practices will be **ALL TEAM** and practices will be between 2-3 days a week for 3 hours

CAMP

Attending the UCA Cheer Camp is **MANDATORY** for all WHS Cheerleaders.

Camp will be held by UCA at **William Jessup** from July 14th-July 27th.

Failure to attend camp will result in dismissal of the squad.

Below are the *MANDATORY* dates to be a part of the 2023-2024 cheer program.

MEETINGS/ EVENTS	DATE	TIME	LOCATION
Parent- Aspirant Meeting	March 30th	6:00 PM	WHS MULTI
Registration Deadline	April 10th	4:00 PM	WHS FRONT OFFICE
Clinic	April 17th & 18th	4:30 - 8:00 PM	WHS MULTI
Tryouts	Wednesday, April 19th	Check in - 4:30 PM	WHS MULTI
Fittings	April 25 th	6:00 - 7:30 PM	WHS MULTI
All Team Pre-Summer Practice	Tuesday, May 2nd (Tues & Thurs)	4:30 - 7:30 PM	WHS MULTI
Summer Break (NO CHEER)	June 9th – July 9th (NO CHEER)	(NO CHEER)	(NO CHEER)
Summer Practice Resumes JV	Tuesday, July 11th (Tues, Wed, Thur)	4-6:30PM	WHS MULTI
Summer Practice Resumes Varsity	Tuesday, July 11th (Tues, Wed, Thur)	5:30-8 PM	WHS MULTI
Cheer Camp	July 24th – July 27th	OVERNIGHT	WILLIAM JESSUP
JV Practice Begins	August 2nd (Tues & Thur)	4:00 - 6:00 PM	WHS MULTI
Varsity Practice Begins	August 2nd (Tues & Thurs)	6:00 - 8:00 PM	WHS MULTI

All scheduled cheerleading events are MANDATORY. Please avoid making it difficult for your teammates and your coaches by not being present.

PRACTICE

The cheer coaches will determine any mandatory summer practices and camp dates and communicate that information to cheerleaders and cheer parents.

- Coaches may assign additional afternoon or morning practices as deemed necessary.
- All practices are closed to the public.
- **No cell phones** are to be used during practice.
- ATTIRE:
 - T-shirts must be shorter than the length of shorts worn (I.e no baggy t shirt)
 - Tank tops that aren't spaghetti strap
 - No boxer briefs
 - Hair must be pulled back and away from face
 - Failure to wear appropriate practice clothing will have disciplinary consequences such as additional running, push-ups, or removal from a performance.
- Cheerleaders must attend all practices to perform at an event (game, pep rally, competition, etc.) Cheerleaders will be held accountable for an absence and may be removed from any performance by the coach.
- Cheerleaders are expected to arrive on time to practice.
 - Arriving 10 minutes late to practice will result in being benched the first quarter of the following game.
 - Tardies after 15 minutes will result in ½ an absence
 - (6 tardies result in 3 unexcused absences)
 - Arriving 15+ minutes late to practice will result in being considered absent for the day
 - Cheerleaders who miss a scheduled practice will be benched the first ½ of the following game

GAMES

- Cheerleaders are expected to arrive on time for all games.
 - Arriving later than 5 minutes to the warm ups will result in being benched for the 1st quarter of the game.
 - Arriving 15+ minutes to the game will result in being benched the first half of the game.
 - Arriving later than 30 minutes to the game will result in being benched the entire game.
- Cheerleaders are expected to cheer at ALL scheduled home and away games.
 - Cheerleaders who miss a scheduled game that falls as an unexcused absence, will be benched for the entire game, following their return.

- All squad members must provide their own transportation to games, pep rallies, events held at Woodcreek High School AND away games. Not having a ride to a game or event will not be an excuse for being tardy or missing an assigned event.
- If a JV cheerleader chooses to stay after the **away** game for which he/she cheered, that cheerleader must remain in uniform and written permission must be on file. If someone other than the parent is picking up the cheerleader, that person must be listed as an emergency contact.
- All cell phones will be put away during the entire game including breaks, excluding halftimes.
- ***Cheerleaders who are injured and unable to cheer or perform*** are still required to suit out for practices and games. They must have a note from the parent or a doctor's note excusing them. A parent note will be accepted for one day only. Follow up with the school trainers is mandatory for any injury and the cheerleader will not be allowed to return until a school trainer releases them. The cheerleader will be expected to attend games and/or events and sit with the coach.

TERMS OF QUITTING

Quitting is highly discouraged. Once a cheerleader makes a commitment to a team, that cheerleader is expected to finish the season; that being said, if a cheerleader does quit after a season has started, then they are ineligible to try out for the following season. (i.e. if an athlete quits his/her sophomore year, he/she will not be eligible to try out until their senior year).

PHYSICAL

Cheerleading is an athletic endeavor. Students must possess the following capabilities necessary for performing the essential functions of a cheerleader:

- a. Clear diction, vocal strength, rhythm, and coordination
- b. Physical moves that may involve jumps, balance, agility, and upper and lower body strength as well being in good physical condition to perform.
- c. Stamina to endure these physical activities through the duration of the games and events
- d. Ability to perform routines in both indoor and outdoor settings, in hot and cold weather

UNIFORM, PRACTICE & CAMP WEAR

- Uniforms or camp wear purchased by the cheerleader are the property of the cheerleader.
- For all squad members only official squad jackets, pullovers, and warm-ups may be worn over uniforms.
- Uniforms will only be worn for events as designated by the coach or administration.
- All Cheer uniform, sweat suits or camp wear items must not be lent out or worn by any other individual
- Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming of a High School cheer squad member.
- Cheerleaders may only wear assigned camp wear to practice, in attendance at camps, or

competitions.

- Uniforms lost or damaged must be paid for by the cheerleader.

APPEARANCE

- Cheerleaders not in full uniform will not cheer. Complete full uniform includes – skirt, shell, bodysuit, briefs, cheer socks, cheerleading shoes, bow, poms, backpack, sport length nails, no jewelry, no piercings, appropriate make-up, appropriate hair. As athletes, cheerleaders will adhere to this policy.
- Under no circumstances may jewelry be worn at practice, camp, games, or competitions This includes rings, necklaces, piercings, anklets, watches, friendship bracelets, and all earrings (including earrings in the cartilage or any part of the ear). They are dangerous to wear while cheering. Naval rings should be removed completely so that they do not get caught on uniforms while stunting. No exceptions to this rule!
- Uniforms and camp wear must be always kept clean.
- Makeup should be natural and not excessive.
- All hairstyles must be neat and secured up out of the face, not needing attention (combing etc.) while in uniform, practicing or performing. Hair must be of a natural-looking color.
- Hair must be worn according to the coach's specifications for event
- Appropriate colored lipstick, as designated by coaches, must be worn when in uniform.
- Any type of body art to include tattoos -temporary, henna, or permanent- should not be visible when cheerleader is wearing cheer uniform or practice wear

Cheerleader Responsibilities

- Varsity Cheerleaders will cheer both home and away football games and home games for all other sports.
- Transportation for football games will be provided by RJUHSD. Cheerleaders must travel on the bus to and from the game.
- Varsity Cheerleaders are not guaranteed performance for pep rallies, halftime, or other school events.
- Members will represent their High School at community events per request
- Playoff Games: Varsity and JV cheerleaders will attend Varsity playoff games

CAPTAINS

- Captain selection will take place before Summer Camp in July.

- Varsity Captains: Juniors and Seniors are eligible
- Junior Varsity Captains: Freshmen and Sophomores are eligible
- Coaches may incorporate a Captain for each team as they see fit.
- Coaches will make the final determination of Captains.

COMMUNICATION

Coaches will communicate:

- Requirement for cheerleaders and the squad
- Locations, dates, times of practices, games, and events through a monthly calendar
- Squad requirements including special equipment, uniform, squad rules/regulations, travel arrangements, and off-season expectations
- Cheer coaches will use an app to send out instant messages to cheerleaders

Parents should communicate:

Concerns regarding a son/daughter directly to the coach at the appropriate time and place
Issues appropriate for discussion:

- Student plan for success
- Student behavior
- Student Safety

Topics NOT appropriate for parents to discuss with a coach:

- Squad selection of cheers, chants, stunts, or elements of a performance
- Any situation that deals with other students/cheerleaders unless it is in regards to the safety of your cheerleader
- Their cheerleaders formation and chant line placements
- Request for athletes to be of a certain stunting position
- Request for athletes to participate in rallies or halftime performances
- Request for athletes to be placed on teams' athletes did not qualify for

Communication between parent and coach:

If at any time a cheer member or parent feels he/she needs to discuss a problem or a concern, please follow the appropriate channels:

- Head Coach
- Schedule a time to speak with the head coach.

- Do not approach your team's head coach before, during, or after an event if it is to relay a concern
- Please allow your coach 24 hours before a response is given, in order to assemble an appropriate time and place to discuss any problems or concerns.

During any meeting with parents and coaching staff, cheerleaders must be present. No exceptions.

If meeting does not provide satisfactory resolution, parents should then contact:

- Head Varsity coach
- Athletic Director
- Assistant Principal
- Principal

COMPETITIONS

- TBD

FUNDRAISING

Various fundraisers will be held to earn money for program expenses such as end of year banquets, senior night, rallies, etc. Woodcreek Cheerleading associated fundraiser profits for 2023-2024 will be deposited in the cheer general fund. Each athlete will have a minimum sales/participation goal set for each fundraiser or donation. The goal will be reasonable and attainable when the member dedicates the appropriate time. Details will be provided once team placement concludes.

Our fundraising goal for the 2023-2024 season is \$20,000. Parents looking to buy out fundraising for the season, are welcome to donate a check back to the program. We expect all athletes to raise a minimum of \$500 throughout the season.

Tentative Fundraisers

- SnapRaise Fundraiser (basketball season and football season)
- Pizza Registration drop off
- T-Shirt fundraiser

2023-2024 ESTIMATED SEASON COST

Each squad member is expected to purchase personal items that will stay in the possession of the squad member after the completion of the year. A detailed breakdown will be provided after the cheerleader is placed on the team.

New Cheerleader Cost Includes: UCA Cheerleading Camp wear, Season Apparel, Varsity Game Day Uniform, Woodcreek High School Unity Uniform (New 23-24) Season, Varsity Game Day Shoes, Pom Poms, Varsity Backpack, Cheer Bows. etc. Bus fee TBD

“New Cheerleader” Estimated Uniform Cost: \$1,237.47

Returning Cheerleader Apparel Cost Includes: UCA Cheerleading Camp wear, Varsity Game Day Uniform, Season Apparel, Woodcreek High School Unity Uniform (new 23-24), Pom Poms, Cheer bows, etc.

“Returning Cheerleader” Estimated Uniform Cost: \$1,003

CAMP COST:

The **COST** for a cheerleader to attend a 4 day, 3 night UCA camp at William Jessup is **\$511**

- The **\$255.50** deposit is due April 25th.
- The remaining balance of **\$255.50** is due May 9th

Other Costs to Consider

- Teammate gifts
- Holiday Parties (gift exchanges)
- Team Dinners
- Sports Gift (Football, Basketball, Volleyball)
- Senior Night

FINANCIAL

- Cheer members and parents shall review and sign the 2023-2024 Financial Agreement
- Returning members will not be required to purchase competition uniform for 22-23 season
- Other costs throughout the year may develop (team gifts, dinners, player gifts, spirit items, etc.)
- Varsity Spirit Fashion Online Payment Center will be used for Varsity Game Day Uniform, Unity Uniform, and Competition Uniform.
- Any other payments not related to team clothing will be paid in cash or a check to the ASB office a receipt will be given. Payment schedule and deadlines will be applied.

- Cheerleaders must be current with their payment schedule.
- Cheerleaders who owe a balance on their account or have not returned all school-owned items will not be eligible to try out for the following year until the amount is paid in full.
- If a member is declared ineligible, injured, being disciplined, is dismissed, or resigns from the team, the member is still responsible for all fees. Refunds will not be issued.
- Refunds will not be provided for any items or services rendered.
- Program Fundraising: Participation is expected; understanding that what is raised by each cheerleader is applied to the general fund. If an athlete does not fundraise, a donation is recommended.
- Individual fundraisers will be the responsibility of the athlete. Woodcreek Cheerleading does not provide individual fundraisers for athletes.

2023-2024 CHEERLEADING TRYOUT INFORMATION

Dear Parent/Guardian and Student,

Thank you for your interest in the 2023-2024 Woodcreek High School Cheerleading Program.

The Cheer clinic and Tryouts for Woodcreek Cheerleading program for the 2023-2024 season: Clinics will be April 11th-13th with tryouts on Saturday, April 15th. Students in grades 8 through 11 are eligible upon completion of the following tasks/requirements. All potential candidates are required to complete the following tasks prior to tryouts.

BEFORE YOU MAKE THE DECISION TO TRYOUT, please review the tryout packet in entirety, and ask yourself, “Why do I want to be a Woodcreek Cheerleader”? You should not only want to cheer for our team, but to be an active and recognizable leader in the community and school.

Cheerleading is a YEAR-LONG athletic activity and involves more time and responsibility than most people realize. It is important that you, and your parents/guardian are aware of the high level of commitment before tryouts. You need to be willing to give up a minimum of 10 hours a week, starting in May 2023 and continuing until the end of the 2024 school year. Athletes that are committing to the Woodcreek Cheerleading Program are expected to participate in Sideline which goes from May-March. Job schedules, social plans, outside cheer (recreational or all-star) and any other school activities shall not conflict with practices, weekend competitions, games, activities, and fundraising events. The expectation is that you will give nothing less than 100% effort throughout the entire year.

Financial obligations are the responsibility of the cheerleader and the family.

If you decide to try out for the WHS Cheerleading Program, you have the possibility of being part of a growing program that aims to not only improve your current cheerleading skills, but will encourage you to enhance your leadership, motivational, and organization skills for your future.

Our program is dedicated to working hard, building lasting memories, and building a strong sense of self. Each individual considering trying out is challenged to step outside your comfort zone and take this first step towards a great high school career.

Woodcreek Cheerleading staff wishes you luck during the tryout process. If you have any questions, please contact Ashley Vukovich at Woodcreekcheer@gmail.com

Kind Regards.

Woodcreek Cheerleading Coaching Staff

Please read ALL OF THE PAPERWORK and sign in all areas required. The packet is to be completed and turned in to the ASB Office no later than March 31st, 2023, by 4 p.m.

We will NOT accept LATE applications or applications via email.

TRYOUT ELIGIBILITY

A. Eligibility

1. Tryout registration is due Monday, April 11th by 10pm via Google Form.
2. The potential candidate must complete The Woodcreek High School Interview Questions
3. The potential candidate and candidate's parents/guardian must read the WHS Cheerleading handbook prior to tryouts.
4. One (1) recommendation must be completed and signed by an English, Math, History or Science teacher.
5. Candidates must complete WHS Cheer Social Media Guidelines Agreement Each student and parent must fill out and sign the Cheerleader and Parent Handbook Signature Page with the understanding that if they are chosen for the squad they understand and will always adhere to the handbook.
(Signature page below)
 - a. Each student and parent must fill out and sign the Cheerleader and Parent Handbook Signature Page with the understanding that if they are chosen for the squad they understand and will always adhere to the handbook. (Signature page below)
 - b. ALL forms must be turned in to the WHS front office by Monday, April 11th.**
6. Each potential cheerleader must have a 2.0 GPA or higher based on both the Fall 2022 Semester grades and from the 2023 First Semester grades. Failure to be at a 2.0 GPA during any grading period will not allow you to try out.
7. Candidates must be enrolled to attend Woodcreek High School for our 2023-2024 school year.
8. Students who were removed from the cheer team or quit during the 2022-2023 season, will not be eligible to tryout depending on the severity of the incident at the full discretion of the WHS coaching staff.
9. Candidates must attend all days of the clinic.

B. Tryout-Out Timeline

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
April 17th DANCE & CHANT Cheer Clinic Check In: 4:30 PM Start Time: 5-8 PM	April 18th STUNT/ TUMBLE Cheer Clinic Check In: 4:30 PM Start Time: 5-8 PM	April 19th TRYOUTS Check In: 4:30 PM Start Time: 5:00 PM		Team Announcement posted by Friday evening on the cheer website and Instagram

C. Each candidate will be required to perform the following at tryouts on April 19, 2023

1. Dance Routine
2. Sideline Cheer
3. Toe Touch, Right and Left Hurdler, and Pike

D. Try Out Process

1. Each student will receive a number on tryout day. Names will not be used at tryouts.
2. Each student will be required to perform the above listed items.
3. A selection team made up of coaches and outside judges will score each candidate.
4. A natural break in the total scores will determine the size of each squad. The total score will consist of a percentage of grades, and overall performance of clinics/tryouts.
5. WHS is looking for students that can represent our school in academics, character, and athletics. We are looking for hardworking, dedicated girls/boys with energetic and positive personalities.
6. Decisions are FINAL and will be posted online.

E. Clinic and Tryout Attire:

1. Tryouts: Plain white top, black shorts, white crew socks with cheer shoes or tennis shoes, hair in a high ponytail. NO JEWELRY.
2. Clinic: Fitted, solid white T shirt, black Nike Pros, cheer or tennis shoes, no show socks, hair in a LOW pony
3. Hair must be parted in the middle, slick back with gel, no bow.
4. Previous cheer/dance attire from any program may NOT be worn during tryouts/clinics.

**Teacher Recommendation
for Woodcreek High School Cheerleaders**

Dear Teachers,

Please be candid with your remarks. Try to picture yourself working an additional 10-15 hours a week with this student. Is the individual someone you really believe is dependable? Often, we have no other way of knowing these students, thus requiring your help and honest opinion. We appreciate your time and help! *Upon finishing, please place this form into a sealed envelope before returning to the student.*

Student name _____

Current school _____

Teacher making the recommendation _____

Academic course taken (*must have been in the 2022-2023 school year*): _____

On a scale of 1-5 (5 being perfect), please rate the WHS Cheer aspirant in the following areas:

____ Attitude and dedication to scholastic responsibilities

____ Ability to get along with others and show respect for instructors, parents, and peers

____ Ability to participate in large groups/classes and remain on task efficiently

____ Ability to follow instructions without argument, unpleasant attitude, or inappropriate excuses

____ Ability to follow through on long-term projects without constant supervision

____ Promptness to class and with carrying out assignments

____ Ability to take constructive criticism effectively

____ Honesty

____ Ability to remain calm, avoid loss of temper, and avoid displays of inappropriate actions and words

TOTAL SCORE _____ / 50

Comments:

Teacher Signature: _____ **Date:** _____

PARENT EXPECTATIONS

The Woodcreek Cheerleading Program focuses on participation, sportsmanship, learning the fundamentals of sideline cheer, and creating an atmosphere for all athletes to succeed. Our program expectations are that everyone abides by the rules outlined in this handbook. WHS Athletics believe that the adults involved in our programs are role models of sportsmanship, respect, and self-control. Every decision made and behavior displayed should always be what is in the best interest of the cheerleaders participating in our program. Cheerleaders, coaches, parents, officials and staff are expected to continually reinforce the attributes of sportsmanship, hard work, and positive thinking during the season.

By participating in our league; all parents are subject to following our Parent Code of Conduct rules.

Please initial by each statement:

_____ I will treat all league officials, coaches, spectators, and players with respect at every game or practice

_____ I will encourage good sportsmanship and demonstrate positive support for coaches, officials, and players.

_____ I will do my best to ensure this is a positive experience for my child.

_____ I will not engage in or encourage any unsportsmanlike conduct with coaches, officials, spectators, or players. *This includes: foul language/gestures, taunting, booing, refusing to shake hands, etc.*

_____ I will refrain from yelling at or forcefully confronting coaches.

_____ I understand coaches are there to provide a safe environment for cheer while enforcing the rules.

_____ I understand my time-management will directly impact my cheerleaders stance on the squad, as being timely is an essential part of my cheerleaders responsibility to their team.

_____ I will refrain from discussing important information with a coach, prior to setting up a time to speak.

_____ I will refrain from discussing my cheerleader's position in his/her stunt group as I understand the position is made based on the benefit of the rest of the team.

_____ I acknowledge coaches ask for a 24 hour window before responding to calls, texts, emails.

Signature: _____ **Date:** _____

Social Media Guidelines for WHS Cheerleading

Dear Woodcreek High School Cheerleaders & Cheer Families,

The WHSCheer Program respects the right of its students to use social media. However, it is important for WHS Cheerleaders to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. WHS Cheerleaders who use social media must remember that any information posted can reflect on the entire WHS community and, as such, is subject to the same behavioral standards and consequences set forth in the WHS Cheer Handbook and Ethics Guidelines.

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Potentially every picture, link, quote, tweet, status, or post that you or your friends put online can be forever a part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Attached you will find the social networking guidelines which provide the following guidelines for social networking site usage for the 2023-2024 School Year.

Everything you post has the potential to be public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it. Even if you diligently monitor your privacy settings, it's best to assume that anything you post has the potential to be seen by your school, your coaches, your parents, and strangers. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties can use against you in the future.

What you post may affect your future. Many employers, and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters). Similar to comments made in person, WHS Cheer will not tolerate disrespectful comments and behavior online, such as:

1. Derogatory language or remarks that may harm my teammates or coaches; other RJUHSD student athletes, teachers, or coaches; and student- athletes, coaches, or representatives of other schools including comments that may disrespect my opponents.
2. Incriminating photos or statements including but not limited to depicting violence; hazing; sexual

harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.

3. Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person. o Indicating knowledge of an unreported school or team violation - regardless of if the violation was unintentional or intentional.

While the freedom of expression is a right, there are limits to the freedom. The on-line social network sites are NOT a place where you can say and do whatever you want without potential repercussions. The information you post on a social networking site can be considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Aspirants: Recognizing the above, please initial and complete by each statement:

_____ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

_____ I will not degrade my opponents before, during, or after games.

_____ I will post only positive things about my teammates, coaches, opponents, and officials.

_____ I will use social media to purposefully promote abilities, team, community, and social values.

_____ I will consider "Is this the me I want you to see?" before I post anything online.

_____ I will ignore any negative comments about me and will not retaliate.

_____ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.

_____ I am aware that I represent my sport(s), school, team, family, and community at all times, and will do so in a positive manner.

_____ I understand that I am subject to a disciplinary consequence and possible dismissal of the program in its entirety should I be found in violation of any of the guidelines set forth by WHS Cheerleading Program.

Parent/Guardian Social Media Agreement

I _____, parent of _____,
agree to the Social Media Guidelines set forth by WHS Cheerleading Program.

Parents/Guardian Signature

Date

Athlete's Social Media Signature

I, _____, agree to the Social Media Guidelines set forth
by WHS Cheerleading Program.

Athlete's Signature

Date

Woodcreek Cheerleader Handbook Agreement

I _____ have read the Woodcreek Cheerleading Handbook & understand the responsibilities and privileges of being a Woodcreek High School cheerleader. I will abide by these guidelines and policies **if chosen** for the cheerleading squad. I understand that if I do not follow the expectations, I will receive appropriate consequences and may be removed from the cheerleading squad and may not be eligible to try out again. If I have a problem with an action or comment by my coach I will make sure to discuss the issue using the proper chain of command as stated in the cheer handbook. I will cooperate fully with the coaches and all persons and organizations concerned to promote spirit and good sportsmanship at Woodcreek High School. At all times, whether at school or away from school, I will conduct myself in a manner of the highest standards that best represents the students and faculty at Woodcreek High School.

Aspirant Name: _____ Signature: _____

Date: _____

Woodcreek High School Cheerleading Parental Permission Handbook Agreement

My child, _____, has permission to be a part of the cheerleading squad at Woodcreek High School for the new season. If chosen, he/she has permission to participate as a member of the cheerleading team for that school year. I give permission for my child to ride to and from events on the bus with the coaches, other certified sponsors and /or other athletic personnel as well. I agree that my child will attend ALL the scheduled cheer events including games, practices, fundraisers, events, and performances as required throughout the cheer season.

I understand that all forms attached must be completed and returned on March 31, 2023, to the WHS ASB Student Union, or my child will not be allowed to try out. I understand that my child must already be enrolled or pre-enrolled at Woodcreek High School or they will not be able to try out.

I understand that my student must provide a completed physical form before they can attend the cheer clinic and ultimately try out for the cheer program.

I understand that coaches and judges will be used during the tryout process, but that the coaches'

decision is final. I understand that my child will be evaluated on technical skills, ability, coachability, and attitude. The technical skills to be evaluated are motions, jumps, dancing, tumbling, and stunting (if applicable), flexibility. As the parent(s) I/we agree to abide by the final decision of the coaching staff during and after the tryout selection process.

I understand that if my child is chosen to be a cheerleader at Woodcreek High School that it requires a **MAJOR TIME COMMITMENT**. Cheerleaders are required to cheer at all home and away football games, all home Boys Basketball games, other sporting events if scheduled, perform at rallies, attend all practices, participate in all fundraisers, participate, and compete within the competition team (varsity) or if selected by the coaching staff, and attend scheduled community events (ie: parades, fair, etc). Cheerleaders should anticipate having 10-20 hours of cheer related activities per week for the entire year. This time commitment is **NOT** compatible with work, outside cheer (rec or all-star), musical theater, drama, choir, band, or other team sports. However, if a student is involved in more than one activity, they must manage their time effectively and **communicate regularly** with their cheer coaches or they may not be able to participate in a number of cheer related events if they are not prepared. Also, they may not qualify to receive their Athletic Letter at the end of the year. This decision will be left to the coaches, advisors, in consultation with the Activities Director.

I have read and discussed with my child the guidelines as stated in the Woodcreek High School Cheerleader handbook & Tryout requirements, and I understand the responsibilities and commitment of being a cheerleader. I also understand the role I must assume as a parent of a cheerleader, and I will assist in every way to see that the rules and regulations for my student-athlete are enforced. I will support the coaches and administration in decisions made throughout the season. If I would like to discuss an issue related to my student I will make sure to use the **proper chain of command** as stated in the cheer handbook.

I will adhere to the financial obligations as stated in the cheer handbook. I understand that the sport of cheerleading has a risk of injury. I understand that every attempt will be made to properly supervise all activities to prevent any accidents or injuries.

Printed Name: _____

Signature: _____

Date: _____