

Woodcreek Stunt

Informational Packet 2024



Schedule Commitment

Mandatory duties include:

- Practicing three times per week starting Monday, February 12th, 2024.
 - Mondays 5:30 - 8:00 pm
 - Wednesdays 5:30 - 8:00 pm
 - Fridays 3:30 - 5:00 pm
- Attending all games.
 - **Friday, March 15th, 2024 at Antelope.** Playing River Valley @ 8:00 pm (Arrival time 7:00 pm)
 - **Friday, March 22nd, 2024 at Woodcreek.** Playing Yuba City @ 6:00 pm and Sutter @ 8:00 pm (Arrival time 4:45 pm)
 - **Friday, April 5th, 2024 at Roseville.** Playing Roseville at 6:00 pm and Antelope at 7:00 pm (Arrival time 5:00 pm)
 - **Friday, April 12th, 2024 at Roseville.** Playing River Valley at 7:00 pm (Arrival time 6:00 pm)
 - **Friday, April 19th, 2024 at Antelope.** Playing Antelope @ 6:00 pm and Roseville @ 7:00 pm (Arrival time 5:00 pm)
 - **Monday, April 22nd, 2024 at Woodcreek.** Playing Yuba city at 6:00 pm and Sutter at 8:00 pm. (Arrival time 4:45 pm)
- Attending any and all play off games if qualified
 - **Friday, April 26th and Saturday, April 27th, 2024.** San Joaquin Section playoffs at Galt High School. Times TBD.
 - **Friday, May 10th and Saturday May 11th, 2024.** California State Championship. Location and times TBD.

Season Breaks

- We WILL be practicing in February during the President's week break.
- No practice during spring break - Monday, March 25th through Friday, March 29th.

Uniforms & Gear

- Numbered uniform tops will be provided by Woodcreek High School. These will be returned at the end of the season.
- Athletes will need to provide the following
 - All black spandex shorts. Small logos are permitted. No loose fitting shorts.
 - All white crew socks
 - All white cheer shoes.
 - White, black, maroon or gray sports bra

Donations

A donation of \$40 will be collected at the first practice of the season on Monday, February 12th, 2024. The donation will need to be **CHECK ONLY** made out to **WOODCREEK HIGH SCHOOL**. The donation will cover the Booster fee, as well as, game day T-Shirts for the athletes to wear to school.

Fundraising:

WHS STUNT will be doing a Snap Raise fundraiser. This fundraiser will kick off the night of our first practice Monday, February 12th, 2024. Athletes will need to bring a MINIMUM of 10 working emails to that practice. Fundraising will cover things such as coaches' stipends, athletic equipment to aid with training and drills (ankle weights, resistance bands, balance balls, etc.), potential entry to any tournaments, and more. Participation in fundraising is imperative to keeping the cost of STUNT low at WHS. If unsuccessful, there is potential of needing to increase the cost of STUNT for the families in the future which we would like to avoid.

Tryout Information:

There will be one Varsity team for the 2024 STUNT season. Freshman, Sophomores, Juniors and Seniors will all be eligible for a spot on the team. All candidates must attend all two days of the tryout clinic on Monday, February 5th, 2024 and Wednesday, February, 7th, 2024 from 5:30 - 8:00 pm in the cafeteria. In order to participate in tryouts, athletes must be cleared through Home Campus under Competitive Sport Cheer (STUNT). More information on athletic clearance can be found on the schools website.

All candidates will be given a tryout number to ensure the privacy of their names during the entire tryout process. During the tryouts the coaches will be working on and evaluating stunting, jumping and tumbling techniques. Athletes will also be evaluated on punctuality, participation, demeanor, and attitude.

Tryout results will be posted on the website and instagram approximately three hours after tryouts have ended. The website for the WHS STUNT Program is <http://www.woodcreekcheer.com/stunt>

All scores are confidential in nature, and all decisions are FINAL. If an athlete would like to discuss outcomes of the tryouts, they must schedule a one-on-one meeting with the head coach. The coaching staff will not discuss placement outside of the scheduled meeting.

All candidates and parents/guardians must sign their contract paperwork located on the next page and bring it to the first night of tryouts Monday, February 5th, 2024.

Woodcreek STUNT - Athlete Contract

Commit fully and stay engaged. I understand that STUNT is a team sport and that I must be present for all practices and games. The sport of STUNT can be repetitive, laborious and tedious causing the initial excitement and motivation to wear off mid season. However, I commit to giving my best effort daily at practices and games throughout the entire season and realize that STUNT is a sport of both physical and mental endurance. I understand that my effort given demonstrates my commitment to the team and my respect for my coaches and teammates.

All Elements and Levels matter. Stunt is made up of stunting, tumbling and jumping elements with a variety of skill progressions. I understand that my value to the team is not tied to the level or elements of the routine I am in. Athletes in level six are not any more valuable than athletes in level one, athletes in Pyramids and Tosses are not any more valuable than athletes in Jump and Tumbling, etc. Because any of the routines can be called during a game, the team must be proficient in all routines and this means all routines are of equal importance.

We Before Me. I understand that playing time is a coaches' decision. Some athletes can be in all routines, some can be in one, some can be in none and playing time will be based on what benefits the team as a whole, not any individuals. I will participate fully in the evaluation process and seek clarification and steps for improvement from my coaches. My coaches are fully willing to help me improve and increase playing time if I approach the conversation with a "how can I improve to earn..." demeanor and NOT an "I am better than/I think I deserve..." attitude. I will not let my assigned playing time or any changes to that time be a distraction or take away from the team.

Season Expectation. I am aware that our goal is to win, but our purpose is far greater, therefore the success of the season will not be defined only by a win-loss record. I will display good sportsmanship and acknowledge and applaud the efforts of others. I will encourage my teammates with positive statements. I will refrain from boasting to my teammates and trash talking opponents. I will be humbled in victory and I accept defeat graciously by congratulating my opponents on a game well played. I am a role model because of my character, not because of my ability. I will speak up and have tough discussions with my teammates, coaches, and parents when the need arises.

I have read all of the above and will adhere to the conduct as stated in this contract. I understand that these rules have been laid out for the benefit of the entire STUNT program. I understand that I must abide by the rules and regulations set forth by the coaches and the principal of WHS in the Athletic Handbook. I understand that the violation of any of these rules may lead to temporary or permanent suspension from the team.

Athlete's Signature

Date

Woodcreek STUNT - Parent/Guardian Contract

Let the Coaching Staff Do Their Job. The most important aspect of my athlete's experience is for them to have fun while developing physical and emotional skills that will serve them in life. I understand that a healthy environment that emphasizes the importance of safety, sportsmanship and discipline will be invaluable for my athlete as they continue to develop into a well-rounded young adult.

Do not compete with the coach. I will become familiar with the coaching staff's philosophy so that I can rest assured that their attitudes, ethics and knowledge are such that I am happy to have my athlete under their leadership. I acknowledge that the WHS STUNT Coaching Staff is extremely skilled, knowledgeable and highly trained and I will respect any and all decisions made by the staff. I understand that each decision is made for the best interest of the team, not the interest of the coaching staff or an individual athlete.

Coaches, Not Parents. I understand that the coaching staff is not in a position to act as parents. They are in place to challenge and better my child at the sport and my athlete will not be mollycoddled on WHS STUNT. The reputation of Woodcreek STUNT is based on the intense efforts of the staff and its athletes to constantly improve, upgrade and advance.

Don't Overreact. I will always remember that athletes may tend to exaggerate, both when praised and when criticized. I will temper my reaction and investigate before overreacting. I am aware that my athlete will get as much out of the program as they put into it. I will not sweat the small stuff, and will not get caught up in a whirlwind of gossip and untruths. As a parent/guardian, I understand that it is extremely important to lead by example and not become part of the problem.

Be a Support. The degree to which my athlete benefits from their time spent on the WHS STUNT team is as much my responsibility as it is theirs. In order for my athlete to get the most out of the season, I will show support and offer encouragement while allowing the independence and responsibility required to participate in this program. I understand that winning is one of the goals for the team, but the purpose of the team is far greater. I will affirm my athlete and their teammates when good character, healthy sportsmanship, and other mindful behaviors are displayed and not only affirm their athletic performance or victory.

Safety. I understand by the very nature of the activity, STUNT carries a risk of physical injury. I also understand that no matter how careful the participant and coach is, regardless of how many spotters are used or what landing surface is laid out, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falling on the back, neck or head. I understand these risks and will not hold Woodcreek High School or any of its personnel responsible in the event of an accident or injury at any time.

I have read all of the above and will adhere to the conduct as stated in this contract. I understand that these rules have been laid out for the benefit of my athlete, their team and the entire STUNT program.

Parent/Guardian's Signature

Date