

Prospective Cheerleaders of 2020-2021

Coaches

Varsity: Gwyneth Smith

Junior Varsity: TBD (Gwyneth Smith)

Please review the handbook and all materials that have been distributed! You will need to return all forms to be signed, found on the WAHS website under athletics tab and cheerleading.

Signed forms must be submitted to the coach **PRIOR TO** tryouts.

*****A CURRENT PHYSICAL MUST BE ON FILE BEFORE TRYOUTS BEGIN**

Tryout Schedule will be determined once surveys have been completed. Students will be assigned a date and time to attend tryouts. **All materials (choreography, cheer, fight song, and tumbling and jumps examples) will be provided online on November 2nd and it is the responsibility of your athlete to learn this material prior to tryouts!**

Cheerleaders will be scored and placed based on the following:

Routine Execution, Cheer Execution, Fight Song Execution, Jumps and tumbling skills (cheerleader's choice - tumbling will take place on dead mats on the track), and overall presence and attitude.

Official Tryouts:

*temperatures will be taken upon arrival and all athletes must wear a mask and bring a water bottle of their own to participate.

Cheerleaders must wear athletic wear in WAHS school colors to tryouts (NAVY, WHITE, GREY) ----

No competitive cheer gym clothing. Hair should be pulled back and secured. Bows are optional.

Cheer shoes are preferred, unless you don't already own them, in this case, tennis shoes should be worn. (Refer to picture posted on website for an example of what is acceptable)

Wednesday	November 4	3:30-4:30
Thursday	November 5	3:30-4:30
Friday	November 6	3:30-4:30

Please remember that all forms must be returned before a student is allowed to tryout.

Team placement will be posted on the website Friday night following the conclusion of tryouts.

Good Luck!

Demerit System

A demerit system will remain in effect for the duration of the cheer season. All cheerleaders will be given an opportunity to work off up to 3 demerits and is the responsibility of the cheerleader to schedule this with the coach. An accrual of 6 demerits will result in dismissal from the team. The coach reserves the right to ignore demerit accrual if the is a direct violation of the handbook or guidelines that would result in immediate dismissal from the team without consideration of merits or demerits.

CONDUCT AND APPEARANCE

DEMERITS ISSUED

*Wearing jewelry at games or practice	1
*Inappropriate dress to school	1
*Having fingernails not-conducive to athletic participation	1
*Chewing gum while cheering	1
*Incorrect uniform for a game (Coach must approve changes or additions once the game has started)	1
*Insufficient apparel for practice (ex. forgetting shoes or shorts)	1
*Wearing uniform in improper places/letting non-cheerleaders wear uniform	2
*Improperly caring for uniform	2
*Display of physical affection in public/on social media (PDA)	2
*Unsportsmanlike conduct	2
*Talking to friends during practice or games without a coach's approval	2
*Talking on cell phone once activity has started without a coach's' approval	2
*Inappropriate material posted on social media	2
*Being assigned ISS or OSS	4
*Fighting with a team member (in the event that two or more cheerleaders have a dispute that interrupts the productivity and cohesiveness of the team and the problem cannot be resolved, both team members will be removed from the squad)	6 and/or removal

PRACTICE AND PARTICIPATION

*Not dressing up for Homecoming/Spirit Days	1
*Late/unsatisfactory fulfillment of duties	2
*Unexcused tardiness for a game/practice/other cheer event ("on time" to practice requires that the cheerleader is dressed and ready to stretch at the designated practice time. not texting or talking on a phone, dressed, not in the hallway, not putting on lotion, not putting on shoes, not talking to friends, not eating/drinking)	2
*Failure to participate fully at a game/practice/or other cheer event	2
*Excessive talking while cheering	2 and/or benched
*Not standing to attention during National Anthem	2 and/or benched
*Being late after half time	2

*Not cooperating with coaches/faculty/administration	3
*Unexcused early dismissal from practice/game	2
*Unexcused absence from a game/practice/or other cheer event	3 and benched the next game

GRADES AND CLASS ATTENDANCE

*Acquiring a D for the grading period	2
*Using cheering as an excuse for tardiness/absence	2
*Not attending school on practice/game day	Benched

CONSEQUENCES FOR DEMERITS (to be done at the end of practice)

Ways to earn back demerit accrual (each task will result in 1 forgiven demerit, only up to three for the entire cheer season cannot be repeated):

- **Run a mile in under 8 minutes as supervised by coach.**
- **Volunteer for 4 hours of community service with a letter upon completion from a registered official of the community program that has been volunteered for. (Can be supervised by coach/must wear WAHS apparel unless otherwise instructed by community program.)**
- **Clean stadium/school grounds after school or after a game (Supervised by coach or school official.)**
- **Complete a written essay (3 page minimum) about the importance of respect and leadership in the community for college and professional athletes. (Must include 3 cited credible sources, MLA format) Single spaced 12pt Times New Roman font. Revisions may be necessary before acceptance of task.**

6 DEMERITS - Removal from team

WAHS Cheerleader Handbook

PURPOSE

The cheerleaders of the school are in the public eye just as much as the athletic teams. These squads represent the school and are examples of the quality and standards of the school. It shall be the purpose of the cheerleading squads to promote and uphold school spirit, to develop a sense of good sportsmanship, and to better the relationships between schools with whom we compete.

ELECTIONS AND REQUIREMENTS

1. There will be one Varsity squad. All candidates are eligible for this squad.
2. There will be one Junior-Varsity squad. Rising seniors are not eligible for the JV squad.
3. Each individual must meet NCHSAA academic requirements.
4. Each individual must meet NCHSAA attendance requirements.
5. An individual cannot be 19 on or before August 31, 2020
6. The selection of squad leaders will be determined by the coach.
7. CHEERLEADING TAKES PRIORITY OVER ALL OTHER EXTRACURRICULAR ACTIVITIES.
8. Each cheerleader must carry school insurance or sign a waiver form stating insurance coverage.
9. Before an individual can tryout, all permission, athletic, and cheer forms, must be completed and submitted to the coach.

SCHOLASTIC REQUIREMENTS

1. Cheerleaders must maintain an 80 or above and have passed 3 courses the preceding semester. (FIVE if last semester is middle school.)
2. If the cheerleader's average drops below an 80, any nine weeks, the cheerleader will be put on academic probation and given five weeks to pull up the average.
3. If the cheerleader fails to maintain an average of 80 after a period of probation, the cheerleader will be dropped from the squad.
4. It is the responsibility of the cheerleader to provide a copy of each report card during the season, and any interim reports at the coaches request.

UNIFORMS

1. Appropriate care of uniforms and purchase of accessories is to be accomplished by each cheerleader.
2. Any part of the uniform supplied by the school to be used by the cheerleader, will be returned at the end of the cheering season in the same condition it was issued.
3. Uniforms must be kept clean and in excellent condition. Cheerleading shoes will be worn only with a uniform and not with street clothes.
4. Uniform selection will be by the coach and or captains.
5. Cheerleaders will not wear ANY JEWELRY WHEN IN UNIFORM. All jewelry will be removed before warm-ups.
6. Additional accessories/leggings and jackets may not be worn while cheering unless approved by the coach.
7. Fingernails must meet requirements set by NCHSAA rules. (Kept short to ensure the safety of flyers.)
8. Hair must be secured OUT OF CHEERLEADERS FACE during practice and games to adhere with NCHSAA rules for safety.
9. Complete uniform must be worn at all times and should be visible. Glitter, body lotion, etc. are also forbidden. Cheer shells are not to be worn with jeans, etc.

PRACTICES

1. Everyone must wear shorts or athletic pants, tshirt, and cheer shoes at practice.
2. Practices are to be determined by the coach and may not take place without a coach present.
3. All members are expected to attend ALL practices except in the case of illness or pressing obligations which must be cleared at least **24 hours** prior to absence. If the practice before a game is missed the coach has the right to bench the cheerleader for the entirety of the game, at which the cheerleader must sit in uniform with the coach.
4. The cheerleader who misses a practice is responsible for learning all missed material.
5. Practice comes before all other extracurricular activities and work must not interfere. If an employer does not work with the individual's schedule. The cheerleader **MUST ACCEPT THE CONSEQUENCES.**

6. Friends will not be permitted or tolerated at practices. Phone calls/texts should be avoided during practices except in the event of an emergency at home.
7. Transportation should be arranged prior to all events and practices.

GAMES

1. All cheerleaders should be present 30-45 minutes prior to all games in COMPLETE UNIFORM and ready to warm up.
2. Cheerleaders may leave with a parent from away events with written permission from a parent. Without written permission, a cheerleader is required to return on the bus with the other members of the squad.
3. Two unexcused absences from games during the season will result in dismissal from the squad.
4. All makeup and hair must be done prior to game time and will not be permitted on the sidelines or track. Failure to be prepared and on the track or sidelines for warm up will result in an unexcused tardy.

GENERAL

1. The coach has the right to drop any cheerleader from the squad for breaking any rules defined in the handbooks and demerit system.
2. ALL CHEERLEADERS will attend camp. No exceptions.
3. ALL CHEERLEADERS will participate in fundraiser activities.
4. No cheerleader will be allowed to smoke, drink alcoholic beverages, or use profanity while a member of the squad (in or out of uniform). Any member caught breaking this regulation will be dismissed from the squad immediately.
5. There will be NO GUM chewing at games or practice.
6. All cheerleaders are responsible for making posters and cleaning up after themselves.
7. No public displays of affection toward significant others is allowed.
8. No writing on hands and or legs. No tattoos are allowed except those that are approved for school spirit.
9. All cheerleaders must abide by the HONOR CODE.
10. The coach will approve all cheers and dances, before they are taught or performed.

11. Any absence due to illness or personal injury must be accompanied by a doctor's note to validate the length of absence required.
12. Only bottled water will be allowed at games and practices unless approved by the coach.
13. Bullying will not be tolerated and will result in dismissal from the squad.
14. The coach may need to move, remove, hold, etc. items that cause distraction from cheering responsibilities at practices or games. Items include, but are not limited to, friends, electronic devices, makeup, etc.
15. Parents are required to attend a preseason meeting with the coach as required by NCHSAA regulations.

CHEERLEADERS HONOR CODE

The purpose of this code is to maintain the highest standards of character of WAHS cheerleaders. A written code is more easily followed and more effective in its enforcement than personal ideas. If there are any questions about proper conduct. This code will be the guide to a desirable solution.

The following standards of personal conduct must be enforced by each and every squad member and the coach. Each cheerleader is responsible to report any violation of the code to the coach.

1. During school hours, each cheerleader's conduct must be in accordance to WAHS and ABSS rules and regulations.
2. During class time, each cheerleader must show respect for the teachers and classmates in the form of cooperation and assistance.
3. Between classes and during free time, each cheerleader must avoid becoming involved in or causing disturbances which may require the intervention of a faculty member or administration.
4. During school or school related activities or while in or out of uniform, each cheerleader must refrain from: smoking, drinking alcoholic beverages, taking drugs, or insubordination to coaches or administration.
5. After school hours, each cheerleader is still as much a representative of the school and squad as when the cheerleader is in uniform or in school. Therefore, the cheerleader must be the best representative possible. A cheerleader's reputation must not discredit the school or squad. In or out of uniform, poor conduct with friends or dates leaves the same impression.
6. No bullying in any form will be tolerated (ie:social media, verbal, or physical) at any time.

Equal enforcement of these standards by every squad member will ensure WAHS of having cheerleading squads of which they can respect and be proud.