

CHEERLEADING HANDBOOK

2018-2019



TOHOPEKALIGA
ATHLETICS

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Mission & Purpose

The mission of the Tohopekaliga cheerleaders is to build school spirit and promote the formation of community throughout our school. Through the accomplishment of this mission, our cheerleaders will become strong athletes, bold leaders, and positive contributors to our community.

Eligibility Requirements

A candidate must meet all of the following eligibility requirements:

1. Enrolled at Tohopekaliga for the 2018-2019 school year
2. Have a 2.0 cumulative GPA
3. Have a current physical on file
4. Complete and turn in the full application by May 11th, 2018.

Tryout Information

Clinics and evaluations are closed to parents and the public. All athletes should arrive at the gym dressed, on time, and ready to warm up.

Clinics: athletes should wear a solid color t-shirt with athletic shorts/leggings.

Evaluations: athletes should wear a solid *white* t-shirt and *orange or navy* athletic shorts. Leggings and tank tops are not permitted on evaluation day.

Please remember your hair should be worn in a ponytail/bun and Vans/Converse are not appropriate shoes for cheerleading.

The team is selected by a panel of judges with a rubric that contains scoring sections on toe-touch, optional jump, cheer, chant, dance, motions/tightness, projection of voice, showmanship, attitude/behavior, and technique. Overall scores will be averaged from all judges. Squad size will be determined by the largest break in scores within the specified range. Callbacks may be required to make this determination more clear. It should be noted that coaches have **no say** in the selection of squad members.

Each candidate will be notified about results via email. To prevent any confusion, each candidate will be notified about their results, one way or the other.

Discipline & Expectations

Tohopekaliga's cheerleaders are expected to be examples in conduct, athleticism, and leadership. Additionally, they are expected to be faithful in attendance and participation to their required activities and maintain the skills performed at tryouts throughout the year.

Failure to uphold these expectations will result in demerits for which there will be consequences. Minor demerits will be worked off weekly in the form of extra jumps and conditioning. Major demerits will have more serious consequences detailed below. Three major demerits will result in suspension from the squad and a conference with the cheer program's staff in order to determine your position on the squad.

You must communicate directly with the coach. Messages through teammates will not be accepted. Cheerleaders must be at school by 10:30am in order to participate in practices, pep rallies, or games.

Conditioning for Minor Demerits

- 10 min Unsecured hair (out of face)
- 10 min Tardiness to game or practice, or leaving practice early
- 15 min Unexcused absence from practice
- 15 min Improper uniform for practice or game
- 20 min Unexcused absence from program activity
- 20 min Unexcused absence from a game
- 30 min Inappropriate posts and behavior on social media
- 40 min Disrespect to/about coach, officers, teammates, or peers

Consequences for Major Demerits

- | | |
|-------------------------|------------------------------|
| Benched for game: Half | Collecting 10 minor demerits |
| Benched for game: Full | Collecting 15 minor demerits |
| Benched pep rally: Half | Bad review from school staff |
| Benched pep rally: Full | School handbook violation |

Safety Information

Safety is of utmost importance when performing cheerleading skills at practice, pep rallies, and games. All skills included in these activities will be in accordance with NFHS and AACCA safety guidelines. Additionally, all coaches are AACCA safety certified and are familiar with the emergency action plan in order to respond quickly and appropriately in case of injury.

Specific Guidelines

Athletes will take a concussion test before any stunt skill is performed

No tumbling or stunting until the coach arrives

Coaches and teammates will always spot new stunts

Coaches reserve the right at any time to change out flyers or bases

Bases and back-spots are to make their flyer's safety their priority

Every cheerleader is expected to give 100%, especially when stunting

Spotting requires hands up and prepared to catch while facing the flyer

Stunt groups are created at the discretion of the coach but will be formed by taking into account size, height, and skill of all cheerleaders

A stunt group can get "grounded" for a certain amount of time if found responsible for dropping a stunt or performing a stunt unsafely,

Responsibilities

Practice

All cheerleaders are expected to attend all practices unless excused in accordance with the infraction guidelines. Those who are absent may have consequences also in accordance with the infraction guidelines. Additionally, only approved practice uniforms will be allowed at practice unless otherwise noted. However, all attire worn to practice must be up to the athletic dress code of the school.

Games

In the fall, football games typically occur on Friday evenings. In the spring, basketball games will be played on weekday evenings. Please expect to cheer at all of the games, half of which will likely be away games.

Pep Rallies & Other Activities

Throughout the year cheerleaders will perform at pep rallies which might call for additional practices. There will also be opportunities for service projects and social activities that will require participation, but you will be notified of these events well in advance in order to make proper arrangements.

Fundraisers

Fundraisers will be held in order to offset some costs for the program or to purchase new items for safety or spirit. We will give you more information once the dates come around but if you would like to submit any ideas on how we could raise money, we are open to suggestions.

Officer Roles & Selection

Requirements

During the fall, junior and senior cheerleaders seeking to be officers must complete an application and have an interview with the coaching staff.

Aspiring captains will be required to create a cheer or chant with incorporated skills and teach it to the entire squad as part of their evaluation.

Aspiring co-captains will have a separate interview which will include the selected captains.

Captains

A captain position is only open to senior cheerleaders. They will work collaboratively with co-captains and coaches to prepare all aspects of cheerleading. They will meet with the coaches at designated times and help plan for future activities and school functions. They are mentors to their peers and will lead by example at all times.

Co-Captains

A co-captain position is only open to junior cheerleaders. Their main job is to help the captains with team bonding and ideas for student involvement/spirit activities. They will be included in certain decision making processes and will attend meetings with the captains and coaches to talk about improvement within their squad. They, like the captains, are held to a higher standard and will lead by example at all times.

Selection Process

The coaching staff will review your application and discuss your interview results. After careful consideration, we will announce captains and co-captains at practice.

Parent Commitments

All parents are expected to give support, encouragement, and accountability to your cheerleader as they uphold their commitment to our team and the standards expressed in this handbook.

Parents are also expected to be open in communication with the Cheer Coaches, bringing concerns to them first. If necessary, further concern can then be addressed with the Athletic Director, then the administration if necessary.

Additionally, they should be committed to follow through with the appropriate steps of registration, uniforms, camps and competitions, as well as parent involvement and volunteering for fundraisers, social activities, or school events. Parents must also be willing to provide transportation to and from and practices if necessary.

Lastly, parents should strive to be an example in sportsmanship and support within the school community—uplifting athletes on all sides and holding themselves and their own athletes to the highest standards.

School Policies

All students are held to the rules and guidelines provided in the Honor Code and the Parent/Student Handbook. Additional cheerleading consequences may apply to cheerleaders if rules are broken and punishment is handed down from the administration or peer council. Cheerleaders are also expected to maintain a 2.0 GPA each semester in order to participate in cheerleading activities in part or in full.