



WRHS CHEER

CHEERLEADING HANDBOOK 2023-2024

This handbook is in addition to the Wood River High School Athletic-Activity Handbook. Cheerleaders are held to both their school and cheer team rules. These rules are in effect from the moment a student and parent sign the document through their graduation from WRHS. These rules are in effect year-round, when school is in or out of session including summer, holidays, spring breaks, weekends and legal holidays. Students involved in athletics and activities and their parents or guardians will re-sign the athletic and activity department rules of training and conduct and the cheerleading handbook each calendar year.

I. PURPOSE

The purpose of the School Cheerleading program can be summarized in the following.

Enthusiasm: Cheerleaders will promote school spirit that will generate pride and enthusiasm from the student body, staff, parents, and fans and direct it toward encouraging all athletes.

Excellence: Cheerleaders will develop an attitude of excellence by offering their very best effort toward the perfection of every cheer and routine.

Example: Cheerleaders will be an example of a character in what they say, how they act, and their attitude toward others.

The SCHOOL Cheerleading Team will:

- Consist of members who conduct themselves with character, integrity, and class.
- Strive to be the best they can be in every area of their lives.
- Be unified.
- Be team-oriented.
- Respect others and themselves.
- Be a respected team by the students, faculty, and administration.
- Promote school spirit inside and outside the school.
- Encourage their teammates and others.
- Work to be the best cheerleaders they can be.

- Practice every time like they are performing for a national championship.
- Be recognized by other schools as one of the best cheer programs in the State.
- Be in top-notch condition.
- Arrive at games, competitions, and other events early and prepared.
- Be on the cheer team because they love the sport of cheerleading.

II. ELIGIBILITY

ACADEMIC:

To be academically eligible for cheer, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is defined by the following criteria:

- 3 classes attempted must pass all three
- 4 classes attempted must pass at least three
- 5 classes attempted must pass at least four
- 6 classes attempted must pass at least five
- 7 classes attempted must pass at least five
- 8 classes attempted must pass at least six

A. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided by assistance, and an appropriate timeline. (The number of students with an academic improvement plan will be reported on the Eligibility Verification Report). At WRHS this means having a PASS class on their schedule or alternative plan made in advance with the Activities and Athletics Director.

B. Being "on target to graduate by State Board of Education Means: a student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year in order to be eligible for activity participation.

GRADE CHECKS

Students involved in IHSAA activities or athletics are subject to weekly grade checks during the activity season. A report will be delivered to the Varsity Head Coach of each activity each week listing students with a D or F. Coaches will notify students with D's or F's by presenting the student with a form showing the student's name, description of the class, class period and current grade.

Any student that has a D or F will go on Academic Probation until grades have improved to a C- or better.

Cheer grade checks begin the first day of athletic or activity season per IHSAA Calendar (3rd week in April) and will end at the end of the season (March).

Academic Probation is a means to make students more aware of their academic status and a chance to improve their grades before ineligibility checks begin.

Academic Probation requires mandatory attendance at the cheer study hall, provided by the coach team.

FORMS

To be eligible for tryouts:

A. **Team Commitment**

All cheerleaders and their parents or guardians must read, agree to, and sign the Team Commitment form prior to the tryout date in order to be eligible to participate in both tryouts and the team. This online form is found at: wrhscheer.com

B. **Parent Permission**

All parents or guardians must read, agree to, and sign the Parent Permission form prior to participation in tryouts or the team. This online form is found at wrhscheer.com

C. **Cheerleading Application**

In order to be eligible to try out for cheer, each participant in tryouts is required to complete the online application prior to tryouts. The application includes gathering recommendations from teachers and their former cheer coaches by submitting their references names and emails.

D. **Required Informational Meeting**

All interested athletes and their parents/guardians are required to be at the informational meeting prior to tryout clinics. If either party is unable to attend the meeting, you will be required to make up the meeting. Please make arrangements with the head coach.

To be eligible for participation on the team, once accepted as a member.

A. **Physical Examination & Interim Questionnaire.**

Students are required to undergo a physical examination and have it, along with an Interim Questionnaire, on file with the school prior to their first practice in any IHSAA sponsored cheerleading activity. The Idaho Health Examination and Consent Form and Interim Questionnaire are available online at idhsaa.org

Physical exams must be taken and on file with the school prior to the first day of practice in the 9th and 11th grades. Any physical taken before May 1 of the 8th grade year will not be accepted.

Physicals are required in the 9th and 11th grade year. Students who have a physical in their 10th grade year must have another for the 11th grade year. Students will not be required to take an additional physical examination during the 10th and 12th grade year unless:

1. The Physician recommends the student have an additional examination.
2. The parents request an examination in the Interim Questionnaire.
3. Affirmative answers on 1-10 of the Interim Questionnaire indicate a possible need for a repeat physical examination.
4. A student has transferred to Idaho from another state.

Physical exams must be conducted by a licensed physician, physician's assistant or nurse practitioner.

B. The Impact Test

Students are required to undergo an Impact Test every year and have it on file with the school prior to their form must be on file in the administrator's office prior to the first day of practice in any IHSAA sponsored cheerleading activity.

C. Additional School Forms

All proof of physical exams, interim questionnaires, impact tests, and other school required forms will be uploaded to the school's platform prior to the first practice.

TRYOUTS

All athlete's interested in participating in both the tryout clinics and the tryout will be held to the following expectations and requirements:

1. All participants will be required to attend the scheduled tryout clinic(s), unless otherwise approved in advance by the head coach.
2. All participants will be required to wear a well-fitting t-shirt or tank top, shorts or leggings to clinics. Cheer shoes are preferred if you have them, otherwise wear athletic sneakers, with as little tread on the bottoms as possible. Baggy clothing is unsafe for cheer activities, please see the head coach if you do not have access to athletic clothing for clinics.
3. Hair must be completely off your shoulders and out of your eyes.

4. All participants must remove all jewelry, even if you have a new piercing. Piercings can not be taped over, they must be removed.

Currently enrolled students in WRMS, Hemingway Middle School, or WRHS are required to try out at the chosen date and time.

If there is space on the team for additional members, new students may request a special tryout with the head coach.

III. PLACEMENT

TEAM SIZE(s)

The Wood River High School Cheer Team will take as many cheerleaders as possible based on interest and skill level. There will be at least one Varsity Team. There may be a Jr. Varsity Competition Team based on those who try out, the number of eligible cheerleaders, and coaching staff availability.

VARSITY

All grades may try out for Varsity. Placement is determined by experience and skill level.

The Varsity Team will take as many cheerleaders as possible based on interest and skill level. Cuts will be made at the natural break in scores, or as determined by the head coach. Varsity will cheer for Varsity Football and Basketball Games.

Separate tryouts will be held for the Varsity Competition team, in which up to 24 cheerleaders will be chosen to represent WRHS at competition. All varsity cheerleaders not selected for the competition team will be alternates for competition. Selection for the competition team does not guarantee you will keep your spot on the competition team. Alternates may petition for a competition position if they feel they can earn it by petition.

JR VARSITY

All grades may be placed on Jr. Varsity. Placement is determined by experience and skill level.

If there is adequate interest and coaching availability JV teams will be created.

The JV Sideline team will take as many cheerleaders as possible based on interest and skill level. Cuts will be made the natural break in scores and as determined by the head coach. JV will cheer for JV Football and Basketball Games.

Separate tryouts will be held for the JV Competition Team, in which up to 24 cheerleaders will be chosen to represent WRHS at competition. All JV Cheerleaders not selected for the jv competition team will be alternates for competition. Selection for the jv competition team does not guarantee you will keep your spot on the team. Alternates may petition for your spot if they feel they can earn it by petition.

PETITIONING

Alternate competition cheerleaders will have Petition Opportunities to take the place of competition cheerleader's positions throughout the season.

Petitioning will happen once a month August - January. In order to petition, the alternate cheerleader must notify the head coach of their intention to petition and which position they would like to petition for prior to the petition practices. At the petition practices, the alternate will step into the position for the length of petition practices, and the coaching staff will determine if the alternate/petitioning cheerleader has earned the spot previously held by the competition cheerleader. If they have earned the position in the previous competition cheerleader will then become an alternate cheerleader and may petition to earn their spot back in the next petition round.

How to earn and keep a competition position

- + Cheerleader is punctual and dedicated to the team
- + Maintains a C or better grade average
- + Knows their routines well and is improving in skill
- + Gains new skills and levels up their abilities

How to lose a competition position

- + Has 2 or more absences or is continuously tardy and not ready for practice
- + Is on academic probation
- + Has not learned their routines
- + Does not push to learn and improve their skills

ANNOUNCEMENT FOR MAKING THE TEAM

All cheerleaders will receive a phone call from the Head Coach with the news on whether or not they have made the team within 24 hrs of tryouts. Once all cheerleaders have been notified the list of new cheerleaders will be posted on the website, wrhscheer.com.

Scores will not be distributed or shared.

After tryouts, each cheerleader will receive a list of their strengths and areas for improvement.

For students that did not make the team, they may request a written assessment of areas of strength and improvement from the head coach.

IV. COMMUNICATION

The quality of communication between the coaches and the cheerleaders and their parents goes a long way for the quality of the experience we all have. It is our belief that communication is very important to our overall success.

Therefore we ask the following of every cheerleader and their parents/guardians:

1. HEJA

Download, join, and participate in the team communication application: Heja. The head coach will invite each of you upon making the team. This is our primary source of communication. Please use the chat option to communicate with the coaching staff, other parents, or teammates. If the answer to your question has been answered via Heja we will direct you to find the answers there.

2. THE 24 HR RULE

- a. For Notifications: We request that all notifications of absences, tardiness, or needs be addressed at least 24 hrs in advance, so that we may adequately plan ahead. If you are sick or an emergency has happened, please notify us as soon as you are able.
- b. For Grievances: We believe there is power in the pause. Please take 24 hours to cool-off, think through the incident, and prepare yourself for a respectful conversation. This applies to coaches, parents, and athletes when interacting with each other.

3. EMAIL

Please read the informational emails sent from our coaching staff. Emails are sent prior to big events or news. If the answer to your question was answered in an email, we will direct you to find the answers there.

4. WEBSITE

The website contains nearly all the information you will need to know what is going on, what is expected of you, how to care for your cheer equipment and uniforms, and much more. Please check the website prior to asking questions of the coaching staff.

5. PHONE

If you must let the coach know about something that will affect your ability to uphold your responsibilities with less than 24-hours notice, please call the Head Coach to ensure they got your notification.

GRIEVANCES AND CONCERNS

We encourage proper and respectful communication during all proceedings, practices, games, competitions, gatherings, and meetings, et al of all parties involved: cheerleaders, coaches, parents, and administrators. Uncooperative, destructive, insulting, or abusive language towards staff members will not be tolerated and may result in immediate dismissal from the team for the remainder of the year.

If you have a grievance, please discuss it with all parties involved in the following order and manner.

1. After a 24 cooling off period, notify the parties involved that you'd like to discuss what happened and schedule a time to talk it through.
2. If further communication is needed, bring your concerns to the attention of the Head Coach.
3. After you have spoken with the Head Coach and all involved parties, and you still need further communication, schedule a time to talk with the Athletic Director.

V. COMMITMENT

General Commitment

Being part of the WRHS Cheerleading Team is a multi - season commitment. Cheer starts during tryouts the third week of April and continues through the cheer banquet held in March. Occasionally, the season may be extended to participate in National Competitions.

Cheerleaders and parents are asked to remain flexible and cooperative when last-minute changes to the schedule arise. Coaches are encouraged to limit schedule changes to minimize confusion.

Cancellations due to inclement weather will be announced as early in the day as possible so that rides home are not compromised. Practices will always be canceled in conjunction with school district cancellations.

Coaches may occasionally call additional practices or meetings for special events.

Spring Commitment (Tryouts - School's Dismissal for Summer Break)

1. A detailed calendar of events, practices, and camps will be provided prior to tryouts for April - June activities. Schedules can be found on wrhscheer.com and Heja.
2. Cheerleaders are required to attend all practices, clinics, team-building activities, fundraisers, and uniform fittings.

3. Please notify the head coach in writing, preferable by email as soon as you know if any planned vacations or days the cheerleader will not be at practice or other events, with 24 hour advanced notice. More than two unexcused absences or excessive excused absences will automatically place the cheerleader on our alternate competition team. .
4. Spring practices will take place twice a week.

Summer Commitment (End of School for Summer Break - Dead Week in August)

1. A detailed calendar of events, practices, and camps will be provided prior to tryouts for June - August activities. Schedules can be found on wrhscheer.com and Heja.
2. Cheerleaders are required to attend all practices, stunt clinic, choreography camp, and NCA Away camp, as well as all fundraisers, the 4th of July Parade, and team-building activities.
3. Please notify the head coach in writing, preferable by email as soon as you know if any planned vacations or days the cheerleader will not be at practice or other events, with 24 hour advanced notice. More than two unexcused absences or excessive excused absences will automatically place the cheerleader on our alternate competition team.
4. Summer practices will take place throughout the summer twice a week.
5. We will break from practices in July after the NCA away camp and return once dead-week is completed. Please plan your summer vacations during the summer break weeks.

Fall Season Commitment (Post Dead Week - Football Playoffs)

1. A detailed calendar of events, practices, and games will be provided as soon as the dates are released to the coaching staff, toward the end of the summer and beginning of the school year. Schedules can be found on wrhscheer.com and Heja.
2. Cheerleaders are required to attend all practices, clinics, fundraisers, games, team-building, and homecoming activities.
3. Please notify the head coach in writing, preferable by email as soon as you know if any planned vacations or days the cheerleader will not be at practice or other events, with 24 hour advanced notice. More than two unexcused absences or excessive excused absences will automatically place the cheerleader on our alternate competition team.
4. Fall Season practices will take place four days/ week.

5. We will have practice over Thanksgiving break, these are required.

Winter Commitment (Winter Sport Season - through Basketball Playoffs)

1. A detailed calendar of events, practices, and games will be provided as soon as the dates are released to the coaching staff, toward the end of the fall sport season. Schedules can be found on wrhscheer.com and Heja.
2. Cheerleaders are required to attend all practices, clinics, fundraisers, games, competitions and team-building activities.
3. Please notify the head coach in writing, preferable by email as soon as you know if any planned vacations or days the cheerleader will not be at practice or other events, with 24 hour advanced notice. More than two unexcused absences or excessive excused absences will automatically place the cheerleader on our alternate competition team.
4. Winter practices will take place four days/ week.
5. We will have practice over Christmas break, these are required.
6. The season ends at our Cheer Banquet in March.

VI. RESPONSIBILITIES

CHEERLEADER RIGHTS	CHEERLEADER RESPONSIBILITIES
All cheerleaders have the right to a safe environment while participating in cheer related activities. This right is primary and critical for all cheerleaders and coaching staff.	Cheerleaders have the responsibility for behaving in such a manner that does not pose a potential or actual danger to themselves or others and that is not disruptive for others.
Cheerleaders and their parents have the right to plan and organize their day-to-day schedule in a way that honors their individual health and well-being and the schedules of the members of their family.	Cheerleaders and their parents have the responsibility to plan their schedules in such a way that the cheerleaders are able to uphold their commitment to the team. Allowing themselves adequate time to arrive ready and on time with minimal absences from required events.
Cheerleaders have the right to wear clothing that is comfortable and functional.	Cheerleaders have the responsibility to wear clothes/uniforms as scheduled and required by the coaches and/or captains to all cheer functions.

<p>Cheerleaders have the right to maintain an appearance of their choosing.</p>	<p>Cheerleaders have the responsibility to uphold the NFHS and IHSA rules regarding piercings, jewelry, nail length, and hair styles or adornments.</p>
<p>Cheerleaders have the right to experience their feelings and express themselves.</p>	<p>Cheerleaders have the responsibility for expressing their feelings and emotions and opinions in such a manner that does not violate our athletic code of conduct or pose a potential or actual danger to themselves or others and that is not disruptive in order to be productive at practice or cheer functions or to be able to fulfill cheerleading expectations.</p>
<p>Cheerleaders have the right to eat and drink foods/drinks of their choosing.</p>	<p>Cheerleaders have the responsibility of eating and drinking foods/drinks that will properly fuel their bodies for athletic exertion to prevent bodily injury to themselves and their teammates. It is their responsibility to arrive at all cheer functions well nourished and hydrated.</p>
<p>Cheerleaders have the right to be treated respectfully by staff and other cheerleaders.</p>	<p>Cheerleaders have the responsibility for treating others - including other students, staff, parents, and community members - and their personal belongings in a respectful and appropriate manner. Cheerleaders also hold the responsibility for not engaging in conduct that threatens to injure themselves, or other persons and property.</p>
<p>Cheerleaders have the right to participate in activities and sports of their choosing.</p>	<p>Cheerleaders have the responsibility to their team as outlined in this handbook. When other sports or activities interfere with the ability to uphold responsibilities and requirements of the team, it is the responsibility of the cheerleader to discuss these interferences with the head coach as soon as possible so they may plan accordingly.</p>
<p>Cheerleaders have the right to conduct themselves in a way that upholds their personal moral and ethical guidance.</p>	<p>Cheerleaders have the responsibility to conduct themselves in a way that does not damage the reputation of the cheer team. Therefore exemplary behavior is the responsibility of the cheerleader at all times, anywhere in the community, and at all functions where members are recognized as representatives of the school.</p>

<p>Cheerleaders have the right to possess and post to social media accounts.</p>	<p>Cheerleaders have the responsibility to represent themselves in a way that is in alignment with the expectations found in this handbook both online and offline. It is their responsibility to display proper behavior and refrain from inappropriate images or video that could violate the school or team code of conduct. For example: involving alcohol or drug use or reference, sexually explicit images or video, violence, bullying or harassment, etc.</p>
<p>Cheerleaders have the right to miss required cheerleading activities, events, practices, or games.</p>	<p>Cheerleaders have the responsibility to learn the material missed and communicate with the Head Coach regarding the absence. Understanding their place in a routine may not be theirs when they return and they may or may not receive an excused absence, even with adequate notice.</p>

VII. EXPECTATIONS

General Conduct/Expectations

1. By accepting the privilege and honor of being cheerleading the student accepts the fact that their actions are more prominent than those not associated with such an activity. Because of this prominence and because members represent the school, exemplary behavior is mandatory at all times, anywhere in the community of the school, and at all functions where members are recognized as representatives of the school.
2. Any member of the cheer team who participates in any kind of activity whether in school or outside school that damages the reputation of the cheer team in any way may result in consequences and possible removal from the team.
3. Any member who violates the student and/or athlete code of conduct will also warrant the involvement of parents, administration, and possibly police.
4. Be the best you can be in practice, at games, and in competitions with good sportsmanship.
5. Alcohol, tobacco, and other drugs are not allowed at any time. If engaging in these activities may result in the removal of the team.

Practice Expectations

1. Cheerleaders must arrive at practice on time and ready.
 - a. Gum is spit out.
 - b. Water bottles are full and accessible.
 - c. You've already gone to the bathroom.

- d. Wrists, ankles, etc... are taped or wrapped by the athletic trainer.
 - e. Cell phones are put away.
2. Appearance
- a. Hair is pulled back.
 - b. Nails are short.
 - c. Practice uniforms are on.
 - d. Shoes are on.
 - e. Jewelry has been removed.
3. Must attend all scheduled practices and remain until everything is picked up and put away.
4. Practice Duties:
- a. Participate in Warm Ups and Conditioning to the best of your ability
 - b. Do your personal best
 - c. Listen to your coaches.
 - d. Avoid talking over each other.
 - e. Do not lie down on the mats, during active practice, even if you are not personally working on something.
 - f. Display a try-it attitude
 - g. Be encouraging of one another

Game Expectations

1. Cheerleaders will know the game materials (sideline cheers, dances, routines).
2. Must attend all scheduled games. Games are not optional.
3. Appearance
 - a. Must be dressed in the proper uniform (shell, liner, skirt, briefs, socks, shoes, etc.) and ready (hair done, jewelry off, etc.) for the games at the scheduled meeting time. Uniforms must be clean and not wrinkled.
 - b. Hair should reflect the scheduled hair style for the game. It will always be pulled back and off the face and shoulders.
 - c. Nails: No fake nails are allowed. Painted nails are allowed in natural, skin tones. Nails will be worn short and filed. They will be no longer than the fleshy-tip of your finger.
4. Cheerleading Duties
 - a. Must display high energy and interaction with the crowd.
 - b. Must cheer, spirit, and stunt frequently.
 - c. Must pay attention to the game.
 - d. Do not talk on the sidelines.

- e. Display good sportsmanship to the opposing team.
5. End of the Game
- a. Cheerleaders will cheer the entirety of the game.
 - b. Upon completion of a game, the cheerleaders will help to roll up mats, put away poms, signs, megaphones, speakers, and garbage before being excused.
6. Cell phones must be OFF and you may not text or use the phone during games.

Competition Expectations

1. Attitude, cooperation, and commitment are the most important elements of being part of the competition team.
2. All cheerleaders will attend all competitions
 - a. Alternates will learn the competition material and will be ready to set up in case they are needed.
 - b. There are 4 regional competitions from November through Feb.
 - c. District Competition is in Feb.
 - d. State Competition is in Feb.
3. All cheerleaders will attend all competition practices. Which will happen during regularly scheduled practice times and as needed any extra practices as called by the coaches.
 - a. Plan on having a few practices during school breaks - Thanksgiving and Winter.
4. Appearance:
All comp and alternate cheerleaders will be performance ready.
 - a. Hair will be done according to the schedule. All cheerleaders will have the same hairstyles. Please note we will assign a team hairstyle based on the cheerleaders on the team. Doing our best to be sure each athlete can wear the style. There may be exceptions or alternatives given when necessary: ie men's hair, short or pixie cuts, hair types.
 - b. All make-up will be show ready.
 - c. All female cheerleaders will wear the team lipstick.
 - d. The team will participate in spirit wear, as a team!
 - e. Cheerleaders will bring the entirety of their cheer gear with them to all competitions. Regardless of scheduled uniform or position on the comp vs alternate team. We may need to adjust part or all of our uniform depending on unforeseen circumstances and we require everyone to be ready.
5. Competition Duties
 - a. Be prepared and ready. Well nourished, well rested, and prepared.

- i. Eat a nutritionally dense meal(s) leading up to competition.
 - ii. Bring a water bottle and drink water throughout the day.
 - iii. Get a good night's rest prior to competition.
 - b. Be an excellent sportsman - We set the standard!
 - i. Share frequent words of encouragement and compliments to teammates and other teams.
 - ii. Lose or Win we are gracious and celebrate others.
 - iii. Have fun! This is what we work so darn hard for!!
 - c. Stay with your team at all times.
 - i. Take a buddy to the bathroom
 - ii. Communicate with coach/chaperone if you need to go somewhere
 - d. Be Helpful
 - i. Comp requires a lot of gear, lending a helping hand to get it where it needs to be both before and after the event is expected.
6. Absences, failure to learn the material, and grades below a C- will require a move to the alternate team. Another alternative may or may not take your place.

Parents or Guardians' Expectations

1. Parents/guardians are expected to support the coach in following this Handbook understanding it is put in place for the best interest of the team.
2. Parents/guardians have the responsibility to make sure their cheerleader arrives at practices, games, and other activities at the designated time and is picked up at the completion of the activity. Coaches are not allowed to drive cheerleaders in their personal cars.
3. Parents/guardians agree to notify the coach as far in advance as possible or as soon as they know about absences or tardies to practice, games, events, etc.
4. Parents/guardians agree to carefully check the website calendar, Heja, or email updates and notify the coach if they see a conflict with another school activity or if they see a mistake on the cheer calendar.
5. Parents/guardians need to help enforce their cheerleader conditioning at home. Conditioning is important to prevent injuries and to make sure the cheerleader is in the proper condition to attempt a progression of skills at practice.
6. If a parent/guardian has a concern, it is important they take the concern directly to the coach and not discuss it with other parents or cheerleaders. See *Grievances under Communication*.
7. Parents/guardians understand decisions regarding the team and each individual cheerleader are made in the best interest of the team.
8. Parents/guardians understand if they create conflict among the team, other parents, coaches, or administration, and it cannot be worked out with the coach, it will be taken to the athletic director, but only after it has been addressed with the coach first..

9. Parents/guardians will not drink alcohol, partake in tobacco (smoke or smokeless), or do other drugs in the presence of school cheerleaders at scheduled team events. This includes when a parent/guardian is driving cheerleaders to an event.
10. Parents/guardians will not drink alcohol, partake in tobacco (smoke or smokeless), or other drugs when wearing any school cheerleading apparel.

FUNDRAISING

Parents/guardians will understand the elected school Cheers Booster Club in conjunction with the coach will have the final say in how funding and fundraisers will be spent and distributed.

VIII. SAFETY

Every precaution will be taken to ensure safety among the cheerleading team.

All skills will be taught in a proper progression based on the ability of the team and the coach's judgment of their ability level.

Cheerleaders must not perform stunts or tumbling when a coach is not present.

In the event of an emergency.

1. A coach will remain with the injured athlete until paramedics arrive.
2. One member of the team will be assigned to call 911, and another will be assigned to go to the front doors to guide paramedics to the location of the injured athlete and coach.
3. Once 911 has been called, the parent will be notified.
4. Treatment will be determined based on the best interest of the athlete and the recommendations of emergency professionals.

In the event of an accident.

1. An accident report will be written up by the coach within 24 hours of the injury and placed on file with the school.
2. Coaches will follow up with the athlete and/or parent within 24 hours of injury.
3. When an injury is serious enough to warrant a visit to the trainer, doctor, or hospital, the athlete must provide either a note from her doctor or verbal communication between the coach and the trainer before she will be allowed to actively participate in practices again.

Until that time and depending on the injury, members must still attend all practices, games, and events in uniform, but remain on the bench or sidelines.

4. If the injury does not warrant a 911 call, the coach will notify the parents during or after practice, depending on the situation.

In the event of an injury.

1. Injuries will be treated promptly and fully.
2. Although injuries are unfortunate accidents, an injury may result in being removed from certain routines. Just because a cheerleader is cleared to participate on the day of an event or competition, does not mean she will automatically be put back into the routine. It is important to have proper practice prior to a performance. This decision will be made by a coach on a case-by-case basis.
3. If a cheerleader is injured for any reason and needs to sit out of practice or performance, he/she must have a doctor's note. The note must specifically say what the cheerleader is cleared or not cleared to do in the following four categories:
 - i. cheers/dances,
 - ii. Jumps
 - iii. Stunts
 - iv. Tumbling
 - v. Be SPECIFIC with the doctor about what your role is on the team. Describe what you do. *Doctors in general are not educated on cheerleading.*
4. You MUST be cleared for two of the four activities to cheer on the sidelines. You MUST be clear of ALL activities to compete.
5. When a cheerleader is cleared to participate again, the coach will work to put the cheerleader back into the routine based on the following: length of time sitting out for an injury, safety of the team, adequate practice time prior to the next performance, and a number of other factors.
6. The coaches will not tolerate one cheerleader's situation being compared to another's. Please respect the decision of the coaches as the safety of the cheerleader and the entire team needs to be considered.
7. The coaches cannot guarantee the cheerleader will have the same spot in the routines when returning from injury.
8. Adequate practice time must take place prior to cheering at a game or performing at a game or competition. This will be left up to the coach by assessing the circumstance.
9. Should injury and sit-out happen frequently, the coach may need to re-evaluate the cheerleader's position on the team.

Medications

1. No coach may dispense medication of any kind to a student.
2. If a student has a life-threatening medical condition and requires prescription medication, an inhaler for asthma, or an epinephrine pen for allergies, the parent

must notify the coach of the health plan in writing. (Refer to the student handbook for proper protocol).

3. Students will be responsible for being aware of any allergen or activity which may trigger a life-threatening reaction and for keeping an inhaler, epinephrine pen, medication, etc., readily available for an emergency. Neither coach nor the school will be held responsible for the ambulance rides, hospitalization, doctor's fees, etc. if the student develops a life-threatening situation as a result of her own negligence or by not keeping necessary medications readily available. Parents are responsible for providing any Health Plans to the coaching staff before the season starts.

Health and Nutrition

1. Maintain a healthy diet.
2. Keep in good physical condition.
3. Get proper rest.
4. Water and sports drinks are the only beverages allowed during practice, camp, games, and competitions.
5. Members are encouraged to eat lunch at school and bring a snack to eat before or during practice during a break.
6. Members are also encouraged to increase calcium intake during cheer season as female athletes between the ages of 15-19 are twice as likely as male athletes to suffer stress fractures.

VIII. CONDUCT AND DISCIPLINE

The WRHS Cheerleading Team has a clear disciplinary process for all incidents and concerns. Inherent in our process is an acknowledgement of cheerleader rights and responsibilities listed in this handbook and the WRHS Athletic and Activities Rules of Training and Conduct.

Routine Discipline

Cheerleaders are learning the skills to build their character, their athleticism, and themselves as individuals. This is occurring at all times and it is to be expected that they may make a misstep now and again. These missteps may require a coach to have a conversation with the cheerleader and may require academic or behavioral requirements for the student.

Example of Routine Discipline	Examples of Possible Intervention Solutions
Inappropriate or incomplete uniform for the activity, tardiness, failure to communicate absence with at least 24 hrs notice, disruption to the practice environment, inappropriate cell	Verbal Warnings, Meetings after or during practice, Call to Parents, or other actions deemed appropriate by the coach(es).

phone use, inappropriate language, being ill-prepared, or other actions deemed similar in weight or consequence.	
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Level 1

The cheerleader has engaged in continued academic or behavioral activities of concern, or has engaged in an activity of more serious concern. This level will create a meeting between the cheerleader and their coach in which more formal behavioral consequences will be imposed.

Example of Level 1 Concerns	Examples of Possible Intervention Solutions
Repeated warnings and interactions from the routine discipline level equalling more than three instances.	Cheerleader will be benched, in full uniform, from the next game or activity and will be removed from the performance routine(s) for that game/activity. Parent's will be notified either with a phone call or email from the Head Coach.
Missing a required cheer activity without prior 24 hr notice.	Cheerleader will be benched, in full uniform, from the next game or activity and will be removed from the performance routine(s) for that game/activity. They will be given an unexcused absence.
Missing the practice prior to a game or performance (excused or unexcused)	Cheerleader will be benched, in full uniform, from the next game or activity and will be removed from the performance routine(s) for that game/activity.
3 tardies	Cheerleader will be given an unexcused absence.
Behavior that infringes on the rights of others to feel safe while at cheer activities.	Cheerleader may temporarily lose cheer privilege from all cheer activities. The head coach will call the parents/guardians of the cheerleader(s) involved with a notification of the situation. A meeting between the cheerleader(s) involved and the coaches will happen with a behavior plan put in place. If the cheerleader was removed from participation the behavior plan must be put into place before allowing the cheerleader to resume participation.
Has a D in class - first time/season.	Academic Probation; Study Hall until the grade

	has risen to a C- or better.
Has a D in class for more than 1 wk	Academic Probation; Study Hall; benched in warmups
Has an F in class - first time/season.	Academic Probation; Study Hall; Benched in warmups

LEVEL II

The cheerleader has continued to engage in academic or behavioral activities of concern, or has engaged in an activity of more serious concern. This level will create a meeting between the parents, the coaches, and the cheerleader in which more formal behavioral consequences will be imposed.

Example of Level II Behavior Concerns	Examples of Possible Intervention Solutions
Repeated warnings and interactions from the routine discipline level equalling more than six instances.	Behavior contract with cheerleader, parent, and coaches; loss of privilege, removal from comp team; benched from upcoming game/activity.
Has a D in Class - 2nd -3rd time /season	Academic Probation; Study Hall; benched in warmups
Has an F in Class - 2nd - 3rd time /season	Academic Probation; Study Hall; benched in warm-ups; removal from comp team and inability to petition for the remainder of the year.
Has been on academic probation 4 times	Cheerleader will be removed from the team.
Has 3 or more unexcused absences / season	Removal from the comp team for the year. Inability to petition for position on the comp team for a year.
Has 6 or more excused absences/ season	Removal from the comp team for the year. Inability to petition for position on the comp team for a year.
Repeated behavior that infringes on the rights of others to feel safe while at cheer activities. With failure to uphold the behavior agreement plan put in place previously.	Cheerleader will temporarily lose cheer privilege from all cheer activities. The head coach will call the parents/guardians of the cheerleader(s) involved with a notification of the situation. A meeting between the cheerleader(s) involved, the coaches, and the

	AD will take place. Consequences will be determined in this meeting. Removal from comp team with inability to petition for the comp team for a year. May be removed from the team.
Using alcohol, tobacco, drugs, or other substances.	1st Offense: Benched in warm-ups for the next two games or performances. Removed from the comp team for the remainder of the year, inability to petition.
Using alcohol, tobacco, drugs, or other substances.	2nd Offense: removal from the team.

CRITICAL LEVEL

Certain actions taken by a cheerleader will require immediate action to be taken by teachers and the athletic director.. These actions typically put the student or students at health or safety risk or are particularly egregious. Students engaging in any action at this level may not have gone through previous levels of the disciplinary process, but an immediate intervention is deemed necessary. Actions may need to be taken without the ability to contact parents in a timely fashion, although attempts will be made. The head cheer coach will report these instances to the AD for him to take the appropriate, school required action. See the schools' and athletic code of conduct for instances that require AD interaction.

Absences and Tardies

1. Cheerleaders more than 5 mins late will be considered tardy. More than 10 mins late is counted as an absence
2. Cheerleaders must provide a note or email from a parent (or teacher) if she misses practice, leaves practice early, or is tardy (when a parent/teacher can excuse a tardy).
3. If a cheerleader is absent from school, the parent must call or email the coach in the morning to excuse her from practice.
4. Notify the coach, in writing preferably by Heja, 24 hours before practice if you will not be present. If it is within 24 hours before practice, please call the coach.
5. The cheerleader must make every effort to learn the material before the next scheduled practice.
6. Excessive tardies and/or absences may result in being benched, placed on another team, or may be removed from the team.

Excused Absences

1. Personal illness or accident

- a. If a cheerleader is injured and misses any practice or performance because of the injury, she must provide a doctor's release before she may resume cheerleading activities.
 - b. Injured cheerleaders must attend practices and performances in uniform and support their squad unless they are physically unable to attend.
2. Funeral or death in the family
 3. Weddings in the immediate family (parents, grandparents, siblings)
 4. Special school activities which are approved in advance by the coach
 5. If a cheerleader has had 4 or more excused absences, the coach will discuss this with a parent and cheerleader, which may result in being removed from competition teams.

Unexcused Absences

1. Out of town trips and vacations during the school year
2. Work
3. Social gatherings
4. Failure to inform the coach in advance (exceptions are made if the situation does not allow for this).

X. AWARDS AND LETTERING

Awards

1. Cheerleaders will be recognized in March each year at an awards ceremony.
2. Special awards will be given to cheerleaders who display excellence in cheerleading.

Lettering + PE Credit

1. Cheerleaders must participate for the full year-round season in order to letter each year.
2. Cheerleaders must not miss no more than 6 total cheer events: practice, games, and competitions throughout the year.

XI. UNIFORMS

Uniforms will be purchased by each cheerleader. It is expected that uniforms remain in good condition and that they fit. If any part of the uniform is not in good condition or does not fit properly, it is the responsibility of the cheerleader to re-purchase these items.

It is important that shoes are taken care of. They must be in good condition for competitions. A cheerleader may be asked to buy another pair of shoes if they are not in good condition.

XII. FINANCIAL INFORMATION

Financial Commitment

1. Cheerleading is a financial commitment. All cheerleaders are expected to make payments at the set due date.

Fundraisers

1. Fundraisers will take place throughout the year to help offset the cost of cheerleading.
2. Individual fundraisers are not mandatory and will benefit that individual to help offset some costs associated with cheerleading. Anything leftover may be used to help cover general team expenses.
3. Team fundraisers are mandatory. All members are required to participate.

XIII. CAPTAINS

Shortly after tryouts, a captain and/or co-captains will be named for the team.

1. A good captain leads by example. She respects and encourages her team members. She respects her coaches, teachers, and others in authority over her. She is reliable and someone the team naturally looks to as a leader.
2. The position will not automatically be given to the most senior member of the squad.
3. Team members interested in this position must fill out an application.
4. The team will vote on captains.
5. The coach will count the votes and may appoint a different selection for the captain if necessary.
6. The entire team needs to respect the captain's position, whether or not she voted for the captain selected.
7. The captain(s) leads the team on the on the sidelines.
8. The captain(s) will help lead practices including warm-ups and conditioning.
9. The captain(s) will be given a list from the coach of specific responsibilities.

**** The coach reserves the right to make adjustments to this handbook during the season and will notify the team in writing of any changes.

****Please be sure to sign the agreement in the tryout packet and return it prior to tryouts.

Refer to the Idaho High School Athletic Association for further clarification on state rules and regulations pertaining to Cheerleading. <https://idhsaa.org/asset/CHEER/Cheer%2021-22.pdf>