

Cheer Tryout Package High School

Please read this packet completely and turn it in upon arrival at tryouts.

Keep the cheer contract and tryout schedule.

Please sign, date, and return the following pages:

- Cheerleading application
- Informed Consent
- Signature Page

You must also include a \$15 tryout fee and a copy of your first semester report card.

Please contact me with any questions.

Brooke Gable
Cheer Sponsor
337-281-8842
bgable@wcala.org

2019-2020 High School and Middle School Cheer Tryouts

Mandatory Dates:

Date: Monday, April 29

Time: 4:30pm-6:00pm

Place: WCA-Lafayette Large Multipurpose Room

Learn the dance and cheer routine for tryouts

Date: Tuesday, April 30

Time: 4:30pm-6:00pm

Place: WCA-Lafayette Large Multipurpose Room

Practice the dance and cheer routines and learn jumps

Date: Wednesday, May 1

Time: 4:30 pm

Place: WCA-Lafayette Large Multipurpose Room

TRYOUTS

On Monday and Tuesday, students trying out are to wear **loose fitting athletic shorts**, appropriately sized **t-shirts** with sports bras, and **athletic shoes** with socks. No jewelry for safety. On Wednesday, students **MUST** wear a solid white t-shirt and navy blue or black athletic shorts. Practices and tryouts are closed; parents and friends are not allowed in the multipurpose room.

WESTMINSTER CHRISTIAN ACADEMY

LAFAYETTE

Cheer Contract

I Peter 4:10 Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

The primary goal of our cheer program at Westminster Christian Academy is, first and foremost, to bring **honor** and **glory** to the name of God. WCA is a Christian school, so as an ambassador for our school, cheerleaders will be expected to act in a manner that would **encourage** others in their Christian walk with the Lord. Cheerleaders are also **leaders** on this campus, and as such, they are in the unique position of being seen as a **representative** of Westminster Christian Academy.

The primary function of our cheer program is to **support interscholastic athletics** and **promote school spirit**. This means that each participant in the program **will be of service** to the school, encourage a sense of sportsmanship among students, work closely with student council, and serve as positive ambassadors for Westminster Christian Academy when interacting with other schools and within the community.

This contract outlines all duties, obligations, and responsibilities required of the cheer program participants. The attached contract must be signed by each participant and a parent/guardian prior to tryouts.

I. ELIGIBILITY

- A. All candidates must be enrolled as students at Westminster Christian Academy.
 - a. All new incoming students must have already received administrative approval for acceptance to Westminster Christian Academy prior to tryouts. Make sure to make an appointment for testing, turn in all your paper work, have your interview, and pay the registration fee by the date tryout forms are due.
 - b. All returning students must have paid their registration fee.
- B. GPA (see student handbook)
 - a. A prerequisite for trying out for cheerleading for the following year is a 2.0 GPA or better.
- C. Students with excessive tardiness may be ineligible to cheer or put on cheer probation.
- D. Excessive detentions may cause one to be ineligible
- E. All cheerleaders must be in good health. No back, neck, or shoulder injuries.**
- F. Any student who is dismissed from the squad at any time during the year for disciplinary reasons, or who quits for personal reasons must petition to the cheer staff prior to tryouts the following year.
- G. All students will need to turn in the cheer paperwork prior to or at the Tryout Clinic (**if your forms are not turned in you could be disqualified**).

II. TRYOUT CLINIC

- A. Tryout clinic will be held in the spring for the upcoming school year.
- B. No student is guaranteed a spot on the squad prior to tryouts.
- C. Each returning student must attend clinic from year to year.
- D. Any student who is dismissed from the squad at any time during the year for disciplinary reasons or who quits for personal reasons must petition to the cheer staff prior to tryouts the following year.
- E. Students must follow dress code for tryout cheer clinic.
- F. Squads will be announced differently each year.
- G. All paper work must be turned in on due date.
- H. Students cannot be on any holds with the Business Office.

III. DUTIES OF SQUAD MEMBERS - A flexible calendar is a must

- A. Attend all home and away varsity football games (we have games every week starting in September and ending in November)
- B. Attend all home varsity boys and girls regular season assigned home basketball games
- C. Actively participate in all rallies and spirit week activities.
- D. Promote and attend other athletic events as designated by the advisor or coach.
- E. Perform a half-time show at football and basketball home games.
- F. Attend all practices
- G. Attendance of summer camp is mandatory —Dates TBA
 - a. Missing for summer school is not excused.
 - b. Cost: TBA at tryouts
- H. Attendance of fundraiser camp/work week is mandatory —Dates TBA
 - a. Missing for summer school is not excused.
 - b. Cost: cost of lunch for 5 days
- I. It is the cheerleader's responsibility to make and hang up posters for all game events.

IV. PERFORMANCE AND PRACTICE ELIGIBILITY

GAMES: Being ready is fully dressed, hair pulled back with a cheer ribbon, cheer shoes on, a full stomach, and ready to cheer. If you are late your coach has the right to not let you cheer.

- A. Varsity home games: arrive before home football games and before home girls' basketball game (times will be given out)
- B. Jobs, social events, ACT test or classes, homework, church activities, appointments (doctor, dentist, car permit, driving lessons, driving test, hair, nails, big concert tickets, being out of town, having family in town etc.) **ARE NOT**

VI. FINANCIAL OBLIGATIONS

- A. Cheerleaders and parents agree to pay all balances outlined in the cheer budget.
- B. Cheerleaders and parents realize that there are "hidden costs"
- C. All fees must be paid by the designated dates, or the cheerleader will not be allowed to participate in the cheer program
- D. We will do fundraisers throughout the year
- E. **There is no refund on cheer when you are ineligible or for any other reasons when you are removed or leave the squad.**

VII. DISCIPLINE

***** We are keeping track of ALL discipline issues*****

- A. When we have discipline problems during practices or games the coaches make the girls do pushups, run, sit-ups and cleanup.
- B. Summer Practices: all practices are mandatory
 - a. IF you have a trip scheduled during ANY of the summers practices approval must be given prior to tryouts. Approval is not guaranteed and may be denied.
 - b. IF approval has been granted you will have a “makeup” that is mandatory. This will be decided on when in the summer you will be missing and how long.
- C. Practice:
 - a. Being on time: Practice starts 5 minutes before the scheduled time. “Running Late” The coach must be notified PRIOR to start time. If this becomes an issue whether the parent or students fault, the following actions will happen
 - i. 1st offense: grace 😊
 - ii. 2nd offense: a lap
 - iii. 3rd offense: run a mile
 - iv. 4th offense: asked to leave practice
 - v. 5th offense: probation
 - b. Missing: There is NO EXCUSE to miss a practice; there is however extenuating circumstances. Below are some extenuating circumstances.
 - i. 1st missed practice = Benched for a game. Attendance is mandatory but you will sit out.
 - ii. 2nd missed practice= Benched for a game (attendance is mandatory but you will sit out), 1 lunch detention with the coach.
 - iii. 3rd missed practice= Benched for a game (attendance is mandatory but you will sit out), 2 lunch detentions, probationary period (meeting with parents, cheerleader and coach).
- D. Games
All games are mandatory. Please look at extenuating circumstances for further clarification.

- excusable reasons to miss a game.
- C. Game dates are subject to change and are still mandatory.
 - D. All cheerleaders must remain in the stadium or the gym during games in which they are cheering.
 - E. If you do not know the half time routine or cheer, you cannot participate.
 - F. No gum during game time. Water is acceptable.
 - G. All cell phones must be turned off during games.
 - H. Make sure all arrangements for rides are taken care of prior to the game.
 - I. Cheerleaders may not permit anyone on the field or court with the squad unless the advisor or coaches give permission.
 - J. Cheerleaders are not to visit with one another, family, or friends during game time.

APPEARANCE:

- A. We will order new uniforms when needed. If you wash on them delicate and hang dry, they will last longer (do not dry clean uniform; it is bad for the stitching. It will make your uniform fall apart faster).
- B. Wear a clean and pressed uniform (cheer shoes and hair ribbon) designated by the advisor or coach to all games.
- C. Hair must be pulled away from your face. All hair ribbons must be uniform as a squad. It is very important to present a polished appearance. Ribbons and rubber bands must be kept in each girl's cheer bag at all times so that no one can say she forgot.
- D. No jewelry
- E. No long or fake nails (length to be approved by coach)
- F. Makeup is to be worn to reflect a wholesome appearance. Any excessive make-up, as determined by the advisor or coach, is to be removed.

V. CHEERLEADER CONDUCT

- A. Good sportsmanship must be displayed at all times (encourage one another in love, be in prayer together for each other).
- B. There will be no yelling or raising your voice at the advisor, coach, or other squad members.
- C. When there is a problem with another squad member it will be handled with the Mathew 18 principle. Go to that person, and if it does not work, bring the advisor or a coach in on the discussion.
- D. Some cheerleaders may be put on cheer probation in the beginning or during the year for different reasons. This is between their parents, athletic director, cheer advisor and coaches not the entire squad.

**** Extenuating Circumstances****

Funeral

Sickness that both the coach and parent agree is excusable

A prior approval: family wedding, school activity, college recruitment
(pre-approval!)

- E. Uniform: If you come to practice in incorrect clothing:
- a. 1st and 2nd offense running after practice time
 - b. 3rd offense you will be sent home
 - c. 4th offense, probationary period

Not having the proper uniform at school or a game (this includes pom poms)

- a. 1st offense you will sit out the whole game
- b. 2nd offense you will be sent home
- c. 3rd offense you will be put on probation

The administration or cheer staff has the right anytime during the year to make changes to the contract accordingly.

Probation: to ensure all guidelines and rules are followed probation will be implemented. This is between the coach, cheerleader and parents. Probation will consist of a disciplinary action agreed upon by the staff. This will be a time, under contract, that will provide the cheerleader the opportunity to correct her actions and show she will not let this be a problem in the future. During this probationary period the student may be asked to leave the team.

****As a cheer department we have the right to****

Place a cheerleader on probation for:

School suspension

Failure to meet financial obligations

Continued behavior issues on campus, practice or in the classroom

Poor performance in cheer commitment such as: constant tardiness, absence, etc.

Deny return to the cheer team the following year if the cheerleader and or families actions do not align with that of the Cheer department philosophy.

WCA LAFAYETTE CHEERLEADING APPLICATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____

Personal Email: _____

Parent/Guardian Name: _____

Parent Email: _____

Current Grade: _____ Age: _____ GPA: _____

ATTACH THIS TO YOUR APPLICATION

-A copy of your first semester report card

-\$15 Tryout Fee

Signature of Applicant: _____

Signature of Parent/Guardian: _____

Please return this page to the cheerleading coach and retain the above pages for your records.

I have read and agree to this contract. I fully understand that disobeying these rules may result in my suspension, or even dismissal from the squad. I realize that these guidelines are set forth to protect me, and to help me become the best athlete I can be.

Cheerleader's Signature

Date

Parent/Guardian Signature

Date

WCA Cheerleading
Informed Consent and Acknowledgement Agreement

I, _____, parent and guardian of _____, who is a student at Westminster Christian Academy and wishes to participate in cheerleading for the varsity squad, and if accepted as a cheerleader, to participate in all cheerleading activities of WCA, and in consideration of allowing my child to try out and/or participate in such activity, give my consent for such participation.

I understand that my child is required to be in good physical shape and condition and that the activities which he/she will be asked and expected to participate in are strenuous and require physical and athletic agility. It has been fully explained to me that these activities include, but are not limited to a variety of gymnastics routines including somersaults, back handsprings, and round-offs; that there will be a variety of mounts and stunts requiring the coordination of more than one participant on the squad; that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout the school year.

It has also been explained to me that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving my child's participation in cheerleading activities in general could lead to serious injury, including partial or total paralysis, even death. I have also discussed this with my child and with any other joint custodial parent. Despite this understanding of the possibility of serious or catastrophic injury or death and the risks involved, we still consent to the participation in this activity by our child.

I also understand that my child will be required to travel to locations off campus for the purpose of participating in cheerleading activities and that transportation will be provided to him/her by the coach, other cheerleaders' parents, and/or the school. I also consent to such transportation.

I represent to you that, to the best of my knowledge and belief, my child has no physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us. I have been informed that my child must be examined by a physician prior to participation in the activities described above and I agree to such an examination.

I agree to, and by the signing of this agreement, release the coach, athletic director, volunteers, staff of WCA and the Board of Directors from any claim of negligence by ourselves, our child, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our child and any claims for loss of or damage to his/her property which may arise out of his/her participation in the WCA cheerleading program for the _____ academic year.

In witness whereof, I/we have affixed our signatures to this agreement this ____ day of _____, 20__, at Westminster Christian Academy, Lafayette, Louisiana.

(parent/guardian signature)

(date)

(other parent/guardian signature)

(date)