



## RIVER RIDGE HIGH SCHOOL CHEERLEADING

Dear Parent/Guardian and Student:

Thank you for your interest in becoming a part of the Cheerleading Program at River Ridge High School. In this packet, you will find the following: RRHS Athletic Department Rules, RRHS Cheer Application and the 2020-21 RRHS Cheerleading Contract.

It is important that you are aware of the high level of commitment that is required and the standard of excellence that is expected from each of the cheerleaders. Before completing this packet, please consider the following:

**CHEERLEADING IS A COMMITMENT** and requires mandatory after school practices and attendance at events, both during and after school.

**CHEERLEADING IS A FINANCIAL OBLIGATION** and requires costs for various items such as uniforms, camps, attire, competitions, and spirit gear. You will be given an estimated cost sheet once the full teams are chosen.

**CHEERLEADING IS A PRIVILEGE** and requires a high standard in academic, behavior and social interactions. Cheerleaders are students first and athletes second and these three areas will be monitored throughout the season. This high standard of behavior also includes how cheerleaders portray themselves on social media.

Please read over the ENTIRE packet carefully. Feel free to contact Coach Kara (Varsity) at [CoachKaraRRHS@gmail.com](mailto:CoachKaraRRHS@gmail.com) or Coach Chrissy (JV) at [cbaumais@pasco.k12.fl.us](mailto:cbaumais@pasco.k12.fl.us) if you have any questions.

We look forward to a great year!

Coach Kara & Coach Chrissy

## River Ridge High School Athletic Department Rules

The River Ridge Athletic Department has a NO TOLERANCE policy on drugs, alcohol, tobacco, and vaping. Any athlete caught with any of these products in their possession or under the influence of any of these products, on any school campus, will be removed from all River Ridge Athletic teams for the remainder of the school year.

River Ridge policy is students are not to be in the parking lot during the school day. Please bring everything you need for the school day in with you in the morning. If you need a locker, your coach will get you one.

River Ridge policy for competing in athletic practice and competition, is athletes MUST be in all classes. If an athlete misses any class, without PRIOR administrative permission, they are ineligible to practice or compete that day.

An athlete may be suspended from competition by RRHS Administration when an athlete reaches 6 absences.

Social media should be used in a positive manner towards coaches, teammates, and opponents.

Parents please read over all of the team rules with your student/athlete. Also, parents please help your child participate in a positive, hard working environment. Let the coaches coach, players play, and the officials officiate. And if there is a problem that needs to be addressed please do it in the proper channels and not take it to social media.

Athlete Print Name \_\_\_\_\_

Athlete Sign Name \_\_\_\_\_

Parent Print Name \_\_\_\_\_

Parents Sign Name \_\_\_\_\_

## RRHS CHEER APPLICATION

Athlete's Name:		Student Number:	
Birthdate:		Current Grade Level (19/20 School Year):	
Athlete Cell:		Athlete Email:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Instagram:	SnapChat:	Twitter:	Facebook:
Home Address:		City:	ZIP:
Mother's Name		Cell:	
Father's Name		Cell:	
Other Guardian:		Cell:	
Parent's Email:			
Medical Conditions/Allergies:			
What clubs or other sports do you plan to join for the 2020-21 School Year?			
Why do you believe you should be selected as a member of RRHS Cheerleading?			
Were you involved in any behavior infractions (ISS, OSS, Detention, Lonely Lunch, Referrals, Behavior Contracts, No Contact Agreements, etc) for the 2019-20 school year? If yes, please explain.			
Are you planning to Cheer/Dance with another organization during the 2020-21 School Year?			
If yes, what organization?			
Which Team or Teams are you trying out for? (Check ALL that apply) *			
<input type="checkbox"/> JV Sideline <input type="checkbox"/> Varsity Sideline <input type="checkbox"/> Competition **(additional tryout will be held in October)			

*\* If you choose NOT to check the JV box, you WILL NOT be placed on any team if you do not get chosen For Varsity.*

*\*\* You must be a member of a sideline team to be considered for the Competition Team. 2020-21 Seniors are only eligible for Varsity.*

### Personal Skill Information

Please list any Cheer, Dance or Gymnastic Experience Below:

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

Program: \_\_\_\_\_ Level(s)/Team(s): \_\_\_\_\_ Year(s): \_\_\_\_\_

The information below will help us know who has experience with stunting and tumbling. Please know that these areas are optional for tryouts and will give you extra points, however are not a required factor to make a team.

#### STUNTING EXPERIENCE

What stunting position are you most proficient at: (you may check multiple boxes)

Main Base

Instep (Side Base)

Back Spot

Flyer

Please check the stunting skills that you can perform proficiently.

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Prep                              | <input type="checkbox"/> Extension            | <input type="checkbox"/> Prep Level Lib/Stretch/Arabesque | <input type="checkbox"/> Extended Lib/Stretch/Arabesque |
| <input type="checkbox"/> Full to Prep                      | <input type="checkbox"/> Full Up to Extension | <input type="checkbox"/> Full up to extended one leg      | <input type="checkbox"/> Full around                    |
| <input type="checkbox"/> Switch up to extended lib/stretch | <input type="checkbox"/> Half up switch up    | <input type="checkbox"/> Full up switch up                | <input type="checkbox"/> High to high tick tock         |
| <input type="checkbox"/> Basket Toss                       | <input type="checkbox"/> Other: _____         |   |   |

#### TUMBLING EXPERIENCE

What tumbling skills are you most proficient at: (you may check multiple boxes)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Cartwheel                      | <input type="checkbox"/> Round-Off                        | <input type="checkbox"/> Standing Back Handspring       |
| <input type="checkbox"/> Round-Off Back Handspring      | <input type="checkbox"/> Round-Off Back Handspring Layout | <input type="checkbox"/> Standing Full                  |
| <input type="checkbox"/> Standing Back Tuck             | <input type="checkbox"/> Round-Off Back Tuck              | <input type="checkbox"/> Round-Off Back Handspring Tuck |
| <input type="checkbox"/> Round-Off Back Handspring Full | <input type="checkbox"/> Other: _____                     |   |

# 2020-2021 RRHS CHEERLEADING CONTRACT

## MISSION

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not).
- Promote friendships with each other and with schools with whom we compete and perform with.

## CHEERLEADER'S RESPONSIBILITIES

- To promote school spirit
- To cheer at every game, pep rally, competition
- To participate in other special events, as scheduled
- To be ready at the specified time prior to the start of a game, in the appropriate uniform
- To be at practice on time and ready
- To follow the FHSAA School Cheer Safety Rules when stunting
- To support all decisions of the coaches

## ACADEMIC REQUIREMENTS

- Each cheerleader is required to maintain a 2.0 GPA. Grades will be monitored by the coaches and if there should be a failing overall grade in any subject at any time, the cheerleader will be asked to attend tutoring and not participate in practices or games until the grade is brought up to a passing grade.

## APPEARANCE/UNIFORMS

- Uniforms must be kept neat and clean. Loss of any part of the uniform must be replaced by the cheerleader. Only RRHS issued uniforms may be worn.
- Make up must be natural.
- Gum chewing is not permitted while at practice or during games.
- No jewelry is permitted to be worn during practices, games or performances.
- No visible tattoos
- A cheerleader may not show any display of affection while in uniform or at a game.
- Cheerleaders cannot wear or loan RRHS uniforms when attending non-cheerleading activities.
- Uniforms are to be returned clean and placed in a clear labeled plastic bag when the season is over.
- Only bottled water may be in the cheer performance area. No other food or drink is allowed when cheering on the track for football or in the stands for basketball.

## ATTENDANCE/ABSENCES

ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If an athlete misses any class, without PRIOR administrative permission, they are ineligible to practice or compete that day. Attendance is mandatory at all practices and games, as we do not substitute members when performing. Your team is counting on you for stunting, dances and lines when at games. All absences, both excused and unexcused and tardies will be recorded.

- Illness or other extreme emergencies are the only valid reason for missing practices or games.

- Illness with a doctor's note, preplanned RRHS SRAs or death in the family will be the only excused absences.
- Absences due to work schedules or other sport commitments are NOT excused
- Attendance at a game or practice without appropriate shoes or uniform will be considered an absence, as you will not be able to perform.

## **CHEERLEADING CONDUCT**

Cheerleaders are representatives when on campus and are the ambassadors for River Ridge High School while away. Cheerleaders represent RRHS on and off the field.

As a River Ridge High School Cheerleader, I will:

- Maintain and uphold the reputation of the RRHS Cheerleaders through conduct, attitude and spirit.
- Be courteous, polite, friendly and have a smile for EVERYONE.
- Display good sportsmanship at ALL times.
- Act responsibly when with boyfriends, girlfriends and friends at school events (NO PDA).
- Not use drugs, alcohol, or tobacco, including e-cigs and vape pens. This will NOT be tolerated and removal from the squad will be immediate.
- Display proper behavior when cheering and not use foul language at any time during games, practices, or camps.
- Display proper behavior in class, to include being on time, not skipping and not cheating.
- Follow school dress code
- Attend all practices, games, competitions and school functions.

Every attempt will be made to discipline fairly and equally to make consequences of actions known ahead of time. Parents will be informed of all disciplinary situations. A reoccurring offense or negative/uncooperative attitude will result in the benching or dismissal of the cheerleader.

## **COACH CONTACT**

All cheerleaders must use the app, BAND if selected for a team. This is our main means of communication and it is expected that you keep up on all information that is posted in our BAND CHEER group. Cheerleaders and coaches can also post albums of cheer events, games and pep rallies to this group. Families are also encouraged to join, as information is posted often. Questions and concerns can also be privately messaged to the coach, if needed.

## **SOCIAL MEDIA**

It is expected that all cheerleaders maintain a positive social presence on ALL social media apps, including "finsta" accounts. Remember that you are a role model to our student body.

*\*Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Coach Kara and Coach Chrissy - Cheer Sponsor, Coach Deg - Athletic Director, and Mr. Bruno - Assistant Principal*

*\*2019-20 Grades, absences, and discipline infractions will be checked by the coaches to ensure your student meets eligibility for the team.*

**Tryout Agreement**

I have read the guidelines for the River Ridge High School Cheerleading Tryouts and have discussed its implications with my student athlete. I consent to having my student tryout for the Cheerleading Team and to meet all tryout requirements. I have reviewed my student's academic performance and understand the enormous time and financial commitment required to be a member of the Cheerleading Program. I believe that my student will be able to participate in Cheer and still successfully achieve the expected GPA. My student has no health restrictions that would be aggravated or make him/her unable to participate in all cheerleading activities, including but not limited to: lifting, basing, flying, tumbling, jumping, running and conditioning.

**Tryout Results Agreement**

I understand and accept the tryout process and its requirements for the RRHS Cheer Team. I have discussed the tryout process and its implications with my student and have prepared my student for any and all team placement decisions. We accept that all decisions of placement and acceptance on the RRHS Cheer Team are final.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Full Name - PRINTED

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Full Name - PRINTED