



## 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 2023-24 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, please consider and carefully read over the **ENTIRE** packet:

**CHEERLEADING IS A COMMITMENT AND RESPONSIBILITY** Being a member of the RRHS Cheerleading team requires a major commitment from athletes and their families. Successful cheerleading teams require many hours of work from each athlete. Our goals include developing as an individual and as a team. These goals take no less than 100% effort from everyone. Therefore, it is important for athletes to understand the necessity of time management. Calendars are essential. Each cheerleader will be given an updated schedule monthly. Though it is admirable for athletes to become involved and well rounded, athletes should take caution when becoming involved in multiple organizations and activities. Do not overbook yourself. All-star squads are allowed, but they DO NOT come before RRHS Cheerleading. Making wise choices based on your time, talents and interests is a vital part of becoming an adult. Budget your time wisely!

**CHEERLEADING IS A FINANCIAL OBLIGATION** and requires costs for various items such as uniforms, camps, attire, competitions, and spirit gear. **UCA SUMMER CAMP IS MANDATORY FOR ALL ATHLETES TO ATTEND.** If chosen for a team, payments will be made in 2 installments. First payment of \$308.00 for attire, due at parent meeting May 30<sup>th</sup>. Second payment of \$624.00 for UCA camp and required warm up attire, due no later than July 5<sup>th</sup>. All checks made out to RRHS Cheer. We will give sponsorship/fundraising letters at our attire fitting on May 26<sup>th</sup> for each athlete to bring to businesses to help sponsor the individual athlete. It is the athlete's responsibility to venture out and find sponsors.

**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.

There will be TWO tryouts for the 2023-2024 cheerleading team, May 24<sup>th</sup>- 25<sup>th</sup> for incoming 10<sup>th</sup> - 12<sup>th</sup> graders and May 26<sup>th</sup> for incoming freshman. If you make a team, you are committing to cheering through football, basketball, competition seasons and events (August through February). We are very fortunate to have talented athletes trying out for cheerleading each year. Our program is thankfully getting stronger and stronger each year; therefore, it is more challenging each year to make the team. The cheerleading candidates are judged not only on skill, athleticism, and the physical requirements, but also on school and team spirit, ability to work with others, academics, dependability, classroom conduct, and teacher recommendations.

**ALL CHEERLEADERS MUST HAVE ALL ATHLETIC PARTICIPATION FORMS COMPLETED, SUBMITTED AND CLEARED IN ORDER TO BE ELIGIBLE TO TRY OUT.** Directions and direct links to access these forms can be found on the school's website underneath "ATHLETICS" and then under "ATHLETIC PARTICIPATION FORMS." We can **NOT** accept hardcopies of any of the ATHLETIC forms. The Athletic forms must ALL be submitted digitally. **Teacher recommendation forms from CORE CLASS TEACHERS (English, Math, History, Science). There are 3 included in this packet. It is your responsibility to bring these forms to teachers for them to complete prior to try outs. You will not collect this form; teachers will submit directly to coaches. \*TEACHER RECOMMENDATION LETTERS ARE PART OF YOUR TRY OUT. IF YOU DO NOT HAVE THESE COMPLETED, YOU WILL EARN A ZERO FOR THIS SECTION ON YOUR TRY OUT SCORE SHEET\***

**\* This Cheerleading Tryout Packet/Agreement MUST BE turned into the main office or delivered to the coaches no later than May 24<sup>th</sup>. \***

**TRYOUT PROCESS:**

- Tryouts will be held in the RRHS gymnasium May 24<sup>th</sup> AND 25<sup>th</sup> from 1:30pm – 5:00pm (Incoming Sophomores – Seniors) and May 26<sup>th</sup> from 1:30pm – 3:00pm (Incoming Freshman).  
Materials to learn will be sent out prior on the school's website page under "Cheerleading."
  - Tryout material videos will be posted by Friday, May 19<sup>th</sup>.Everyone must learn the **CHEER, CHANT AND DANCE** provided on the school website.
- Tryouts are CLOSED to parents and friends.
- Drop Off/Pick Up: Tryouts will be held in the gym area.
- Check In: Upon checking in on May 25<sup>th</sup> and 26<sup>th</sup>, athletes will receive a tryout number (you may not switch numbers with another athlete) and enter the gym.  
Tryout Dress Code: (BLACK SHORTS, WHITE SHIRT, WHITE CLOSED TOED ATHLETIC SHOES AND HAIR PULLED UP IN A WHITE BOW).
- Groups will present a cheer, chant, dance, jump and tumbling skills (preferred, but not required) in front of judges on tryout day.

**JUDGING SYSTEM:** The following system is the basis on which each applicant will be judged.

- Each applicant will be judged using a scoring rubric.
- Applicants will tryout in groups of four. This is not to intimidate you, but rather to ensure fairness of the scores and speed up the tryout process.

**NOTE: The coaches have the final approval of the selection of the team. Teacher references and comments on the student's past behavior and sense of responsibility will be considered when making the final selection.**

**Announcement of Teams**

- Results of both teams will be posted via TWITTER (@rrhsknightsche1) THURSDAY evening, May 25<sup>th</sup> for Varsity Team and Incoming Sophomore JV Team, and FRIDAY afternoon May 26<sup>th</sup> for incoming 9<sup>th</sup> graders.

**\*MANDATORY PARENT MEETING for all families who make a team will be held Tuesday, May 30th at 6:30pm in the GYM. \* Please bring your first check payment of \$308 to the parent meeting. Second payment of \$624.00 will be due no later than July 5<sup>th</sup>.**

### **Practice Schedule and Information**

- The first day of summer practice will be on Wednesday, June 7th. Cheer practices will be every Wednesday and Thursday over the summer from 8:30-10:00am.
- Schedules will be distributed on BAND (Dates and times are subject to change).
- Transportation to and from practice/games is the responsibility of the athlete, parent or guardian (unless a bus is scheduled for pick up and drop off in the HS bus loop).
- No cell phones at practice. **Phones must be turned off or on silent.**
- Cheerleaders must be ready at the designated practice time or extra conditioning will be assigned.
- All mats must be unrolled and placed on the practice floor before practice begins. Wasting time putting mats out will result in laps by the entire team.
- No guests/parents are permitted at practice (unless permission by the coaches is granted).
- Coaches must be informed in advance if a cheerleader will miss practice. Excused absences are only an excused absence from school, illness, or a death in the family. Doctor's appointments, other cheer obligations, etc. must be scheduled around our practices and games.
- If the coach feels that excessive absences, even for excused reasons, prevent a cheerleader from performing effectively with the team, the cheerleader may be removed from the team.
- The coaches can remove a member of the team at any time at the coaches' discretion.
- Once the teams are selected, if additional team rules are decided then cheerleaders and parents will be made aware of these rules in writing.

Feel free to contact Coach Kara (Varsity) at [CoachKaraRRHS@gmail.com](mailto:CoachKaraRRHS@gmail.com) or Coach B. (JV) [cblancha@pasco.k12.fl.us](mailto:cblancha@pasco.k12.fl.us)

We look forward to a great year!

Coach Kara & Coach B

# Teacher Evaluation for RRHS Cheerleading

1

Cheerleading Candidate Name:

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Evaluator Name and Grade/Subject:

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Teachers: It is the mission of the cheerleading program at RRHS to select athletes that exemplify the highest moral, academic, and athletic standards. We thank you for taking the time to provide an honest evaluation of this candidate. Please seal in an envelope and place in the cheer mailbox in the front office no later than May 19<sup>th</sup>.

Please rank the candidate from 1 - 5, 5 being the highest.

Note: Consistently low ratings will make a candidate ineligible to try out for cheerleading.

1	2	3	4	5	Capability of Leadership
1	2	3	4	5	Dependability and Responsibility
1	2	3	4	5	Self-Discipline and Motivation
1	2	3	4	5	Attitude
1	2	3	4	5	Ability to Accept Constructive Criticism
1	2	3	4	5	Behavior in Class
1	2	3	4	5	Cooperation
1	2	3	4	5	Role Model for the School

Did this student ever need to be disciplined by you? If so, what was the offense?

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Any additional comments or concerns about this candidate?

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If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to (Varsity coach, grades 11-12) coachkararrhs@gmail.com or (JV coach, grades 9-10) cblancha@pasco.k12.fl.us.

Evaluator  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Teacher Evaluation for RRHS Cheerleading

2

Cheerleading Candidate Name:

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Evaluator Name and Grade/Subject:

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Teachers: It is the mission of the cheerleading program at RRHS to select athletes that exemplify the highest moral, academic, and athletic standards. We thank you for taking the time to provide an honest evaluation of this candidate. Please seal in an envelope and place in the cheer mailbox in the front office no later than May 19<sup>th</sup>.

Please rank the candidate from 1 - 5, 5 being the highest.

Note: Consistently low ratings will make a candidate ineligible to try out for cheerleading.

1	2	3	4	5	Capability of Leadership
1	2	3	4	5	Dependability and Responsibility
1	2	3	4	5	Self-Discipline and Motivation
1	2	3	4	5	Attitude
1	2	3	4	5	Ability to Accept Constructive Criticism
1	2	3	4	5	Behavior in Class
1	2	3	4	5	Cooperation
1	2	3	4	5	Role Model for the School

Did this student ever need to be disciplined by you? If so, what was the offense?

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Any additional comments or concerns about this candidate?

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If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to (Varsity coach, grades 11-12)  
coachkararrhs@gmail.com or (JV coach, grades 9-10) cblancha@pasco.k12.fl.us.

Evaluator  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Teacher Evaluation for RRHS Cheerleading

3

Cheerleading Candidate Name:  
\_\_\_\_\_

Evaluator Name and Grade/Subject:  
\_\_\_\_\_

Teachers: It is the mission of the cheerleading program at RRHS to select athletes that exemplify the highest moral, academic, and athletic standards. We thank you for taking the time to provide an honest evaluation of this candidate. Please seal in an envelope and place in the cheer mailbox in the front office no later than May 19th.

Please rank the candidate from 1 - 5, 5 being the highest.

Note: Consistently low ratings will make a candidate ineligible to try out for cheerleading.

1	2	3	4	5	Capability of Leadership
1	2	3	4	5	Dependability and Responsibility
1	2	3	4	5	Self-Discipline and Motivation
1	2	3	4	5	Attitude
1	2	3	4	5	Ability to Accept Constructive Criticism
1	2	3	4	5	Behavior in Class
1	2	3	4	5	Cooperation
1	2	3	4	5	Role Model for the School

Did this student ever need to be disciplined by you? If so, what was the offense?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Any additional comments or concerns about this candidate?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to (Varsity coach, grades 11-12)  
coachkararrhs@gmail.com or (JV coach, grades 9-10) cblancha@pasco.k12.fl.us.

Evaluator

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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 (23/24) 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 2023-24 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 2022-23 school year? If yes, please explain.			
Are you planning to Cheer/Dance with another organization during the 2023-24 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 Teams			
Which sport(s) and events are you able to attend and cheer? (Check ALL that apply) *			
<input type="checkbox"/> Football <input type="checkbox"/> Basketball <input type="checkbox"/> Main Street Christmas Parade <input type="checkbox"/> Tiny Knights Summer Camp			



**\*\* You must be a member of a sideline team to be considered for the Competition Team.  
2023-24 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.

Prep       Extension       Prep Level Lib/Stretch/Arabesque       Extended Lib/Stretch/Arabesque  
 Full to Prep       Full Up to Extension       Full up to extended one leg       Full around  
 Switch up to extended lib/stretch       Half up switch up       Full up switch up       High to high tick tock  
 Basket Toss       Other: \_\_\_\_\_

### TUMBLING EXPERIENCE

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

Cartwheel       Round-Off       Standing Back Handspring  
 Round-Off Back Handspring       Round-Off Back Handspring Layout       Standing Full  
 Standing Back Tuck       Round-Off Back Tuck       Round-Off Back Handspring Tuck  
 Round-Off Back Handspring Full       Other: \_\_\_\_\_

# 2023-2024 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. Each cheerleader is loaned 1 skirt, 1 shirt, and a set of pom-poms from the school. Cheerleaders are expected to care for the uniforms and will be charged current market price for damages.
- 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 Blanchard. - Cheer Sponsor, Coach Deg - Athletic Director, and Mr. Bruno - Assistant Principal*

*\*2023-24 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

