



RIVER RIDGE HIGH SCHOOL CHEERLEADING

Dear Parent/Guardian and Student:

Thank you for your interest in joining 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 2025-26 RRHS Cheerleading Contract.

It is important that you are aware of the elevated level of commitment required and the standard of excellence expected from each cheerleader.

Before completing, please consider and carefully read over the **ENTIRE** packet:

CHEERLEADING IS 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. **ALL ATHLETES MUST ATTEND UCA SUMMER CHEER CAMP *CAMP DATES ARE JULY 18-20th at The University of Central Florida***. If chosen for a team, payments will be made in 2 installments. First payment of \$381.00 for attire due no later than June 9th. Second payment of \$420.00 for UCA summer camp for returning athletes/\$639.00 for UCA summer camp and required warm up attire for new athletes, due no later than JULY 9th. We will be fundraising throughout the month of June to help offset some of the 2nd installment cost. Sams Club fundraiser – HUGE opportunity to help cover camp/attire costs. Each shift will require 5 athletes to work, and funds will be equally dispersed after each shift. We also have an email fundraiser – ALL money raised during the email fundraiser will also be used to help offset the cost of 2nd installment per

individual athlete. Any left-over funds the athlete raises will go towards our program. Our Tiny Knights Cheer Camp is our biggest fundraiser during the summer, we have had a great turn out over the past few seasons and anticipate a larger attendance every year *Tiny Knights Camp dates – June 24th-26th 8:30am-Noon. Funds raised for Tiny Knights will be used for new uniforms and additional expenses throughout the season. All installments will need to be paid through RYCOR. We will give sponsorship/fundraising letters at our parent meeting on Monday June 2nd for each athlete to bring to businesses to help sponsor the individual athlete that can go towards their 1st installment. 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 ONE tryout for the 2025-2026 cheerleading teams on May 30th 1:30pm-4:00pm . IF you make a team, you are committing to cheering through football, basketball, competition seasons and events (August through February).

- ★ We are extremely 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 **CANNOT** accept hard copies of any of the ATHLETIC forms. The Athletic forms must ALL be submitted digitally.

*** This Cheerleading Tryout Packet/Agreement MUST BE turned into the main office or delivered to the coaches no later than May 28th.**

TRYOUT PROCESS:

- Tryouts will be held in the RR GYM May 30th from 1:30pm-4:00pm
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 23rd.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 gymnasium.
- Check In: Upon checking in on May 30th, athletes will receive a tryout number (you may not switch numbers with another athlete) and enter the cafeteria.
Tryout Dress Code: (BLACK SHORTS, WHITE SHIRT, WHITE CLOSED TOED ATHLETIC SHOES AND HAIR PULLED UP IN A WHITE BOW).
 - Groups will present cheer, chant, dance, jump and tumbling skills (preferred, but not required).

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 try out 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 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 INSTAGRAM (*river_ridge_cheer*) on Friday evening, May 30th for both JV and Varsity Teams.

- ★ *Sponsorship paper will be sent home at this time for athlete's to venture out to businesses to help sponsor them individually.* – *This is a very easy way to help keep costs down.*

MANDATORY PARENT MEETING for all families who make a team will be held MONDAY, JUNE 2ND at 6:00pm in the RR Cafeteria.

1st payment of \$381.00 will be DUE no later than June 9th.

2nd payment of \$420.00 for returning athletes/\$639.00 for new athletes - will be due NO LATER than July 9th

(please see above for fundraising opportunities to lessen this cost)

- ★ *Sponsorship papers will be sent home during parent meeting for athlete's to venture out to businesses to help sponsor them individually.* – *This is a very easy way to help keep costs down.*

All payments made through RYCOR.

Practice Schedule and Information

- The first day of summer practice will be on Tuesday, June 3rd.

Cheer practice will be:

- *JUNE* - every Tuesday, Wednesday, Thursday from 10:30am-1:00pm in the RRHS cafeteria.
- *JULY*– Monday and Tuesday 10:30am – 1:00pm (NO PRACTICE July 1st, 21st, 22nd)

School Year practices:

- **Varsity practices** – Mondays, Tuesdays & Thursdays 1:30pm-3:30pm (ALL cheerleaders are expected to communicate their practice schedules with their work, extra curriculars etc. Having to go to work and outside school practices etc. are not EXCUSED absences).
- **JV practices** – Mondays & Tuesdays 1:30pm-3:30pm.
- Schedules will be distributed on our team group text threads (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.
- No guests/parents are permitted at practice (unless permission by the coaches is granted).
- Coaches must be informed in advance if a cheerleader misses 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: Christina Blanchard cblancha@pasco.k12.fl.us – Head Coach

We look forward to a wonderful year!

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 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 all 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: | | Incoming Grade Level (25/26) 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 2025-26 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 2024-25 school year? If yes, please explain. | | | |
| Are you planning to Cheer/Dance with another organization during the 2025-26 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 | | | |

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

2025-2026 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 (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 the current market price for damages.
- Gum chewing is NOT permitted while at practice or during games.
- No jewelry is permitted to be worn during practices, games, or performances.
- 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.

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 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.
- Always display good sportsmanship.
- Act responsibly when with boyfriends, girlfriends, and friends at school events.
- 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 the 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 be on our team text message thread, 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 CHEER group. Cheerleaders and coaches can also post photos of cheer events to this group. Questions and concerns can also be privately messaged to the coach, if needed.

SOCIAL MEDIA

It is expected that all cheerleaders will 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 B – Varsity Coach, Coach Deg - Athletic Director, and Mr. Bruno - Assistant Principal*

**2024-25 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 discussed the tryout process and its implications with my student and prepared them for 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

