

Cascade Christian High School Cheerleading Application 2019-2020

To be eligible to try out for cheer:

1. The candidate must be enrolled at Cascade for the next school year.
2. The candidate must have a cumulative GPA of at least 2.33 with no failing grades (or permission from Administration); or acceptable marks from the elementary school for incoming JH candidates.
3. The candidate must turn in all the following forms in order, writing their last name and first name at the top of each one. Each one is required and must be returned – if not the candidate will not be allowed to tryout.

Cheer Application Checklist - Please write your name at the top of each form noted below, staple them all together, and return to the CCS JH/HS coach in person OR via email ***no later than June 21st, 2021.***

The Medical Forms (Final Forms) are REQUIRED before being allowed to practice at the tryout clinic. Physicals are good for two years and it's your responsibility to ensure you have a valid physical on file at CCS JH/HS or obtain a new one before June 21st, 2020.

- ✓ Applicant Form
- ✓ Cheer Parent Permission Form
- ✓ Cascade Christian Jr. High and High School Cheer Guidelines & Cheer Oath Signature Page
- ✓ Cheer Acknowledgement of Risk
- ✓ Completed Physical Form –
- ✓ Emergency Medical Form
- ✓ Athletics Code of Ethics Form
- ✓ Concussion & Sudden Cardiac Awareness Forms

The Highlighted forms have been substituted with Final Forms Online Registration. Please fill out final forms from the athletics website. This needs to be done prior to tryouts.

Retain this page for your information.

Virtual Cheerleading Tryout Information 2019-2020

Tryouts consist of two parts:

Part 1 – Cheer Application

The Cheer Application contains all required forms and signatures for both CCS and the cheer program. **Each item is required and nothing may be omitted or the candidate may not tryout.** There are three character recommendations that are completed online by the person making the recommendation: two from current teachers and one from a spiritual influence (who may be a Bible teacher, pastor, coach, or administrator). The spiritual recommendation may not be completed by a current CCS cheer coach. **It is your job to ensure that your recommendations have filled this out BEFORE June 21st.**

Please send this link to your teachers/spiritual reference:

<https://forms.gle/bmHozf4aDWarvk2Q6>

The Cheer Application is due to Phoebe Kirk in person or via Email by June 21st, 2020.

Part 2 – Tryout Clinics- June 21st-24th 9-12 AM in the NEW GYM

Attendance on these days is MANDATORY to learn the dance, cheer, and stunts that will be performed at tryouts. Candidates will be taught motion technique, jumps/kicks, sidelines, cheers, and dances. Please wear athletic clothes, hair should be up, and no jewelry is allowed.

Part 3 – Judged Tryout-Friday June 25th 9-12 AM in the NEW GYM

All candidates must wear a plain white T shirt, dark athletic shorts or leggings, hair pulled completely back from the face in a ponytail, and wear no jewelry. Failure to do so will result in points off of your tryout.

Candidates will tryout in groups of 3-4 athletes. Their jumps, cheer, dance, and individual sideline will be performed. They will also be judged on their overall presentation, showmanship, and rally between each section. If you mess up, recover & smile through it. That adds more points to your score!

FUTURE DATES: Mark your calendars now as anything in cheer is **MANDATORY**. Cheer must be your priority.

June 7th – Potential Athlete Interest Meeting – DRC After School

June 8th, 10th, 15th, 17th – OPEN PRACTICES – ONLY the medical waiver must be signed and turned in by these days.

June 15th – HS Parent & Athlete Meeting 6PM

June 17th – JH Parent & Athlete Meeting 6PM

June 28th – Virtual Uniform Fitting

June 28th-July 2nd: First Week of Practice.

August 2nd -4th : FCC Camp at CCS.

Retain this page for your information.

Applicant Information

Name: _____ Grade (2020-2021): _____

Cheerleader's Phone #: _____

Cheerleader's Email Address: _____

Cheerleader's T-shirt Size: _____

Parent's Names: _____

Contact Phone #s: _____

Email Addresses: _____

Return with Tryout Packet

Last Name _____

First Name _____

Cheer Parent Permission Form

Dear Parent(s):

_____ has shown a desire to become a cheerleader at Cascade Christian Jr. or Sr. High School. If chosen, there are certain responsibilities and obligations which s/he must assume to qualify and remain a member of the squad. Your student has already received a copy of our cheerleading application which lists the guidelines and oath, recommendation forms for a teacher and a spiritual advisor, and several other documents to sign and return as well as important dates. Please **carefully review** all information, signing as required.

This summer cheerleaders will attend a required cheerleading 3-day camp (late July/early August), and must attend all required practices/clinics beginning in mid-August. ***Cheerleaders are required to attend all practices, games, events during the summer, school year & season. Those HS cheerleaders who are competing must also attend all competitions and comp-specific practices.***

Each cheer family is responsible for the cost of attending camp, clinics, uniform/apparel, and other accessories. Competition may require additional expense, after fundraising. A cost estimate has been provided in the application packet. Cheerleaders with balances past due may be asked to sit out until accounts are current.

Please **read the entire packet** that your student received. If you agree to allow your student to tryout, and agree that your student will attend all required cheer events, please sign the parent permission form below and return with the entire packet to the coach at kirkp@spu.edu. You may print, sign, and scan back to me or fill out directly in WORD using a SCRIPT font for signatures. If you have any questions, please contact me at kirkp@spu.edu.

Sincerely,

Phoebe Kirk
Cascade Christian HS Head Cheer Coach

_____ has my permission to participate as a member of the cheerleading squad at Cascade Christian Jr/Sr High School. I have read the entire informational packet and tryout procedures. I fully understand and accept the responsibilities I have as a parent and those expected of my child should s/he be selected for a squad, including the financial responsibilities. I give my permission for my child to tryout and I agree to accept and support the tryout results. I further agree that Cascade Christian Cheerleading will be my child's first responsibility before any other outside commitments.

Parent signature_____
Date**Return with Tryout Packet**

Cascade Christian Junior High & High School Cheer Guidelines

Parent & Student initial after each section where specified.

Purpose

Our purpose is to support our school, sports teams, fellow students, and the sport of cheer by cheering at or attending games/contests/events, and through cheer competition. It is imperative that we exemplify the standards of Cascade Christian Schools. As CCS cheerleaders, our mission will be to promote school spirit, sportsmanship, excellence in the sport of cheer, respect and a testimony of the love of Jesus Christ; and to serve as ambassadors for our school and our program.

Parent Initials _____ Student Initials _____

Commitment

Cheerleaders are encouraged to take full advantage of the JH/HS experience and participate in multiple activities and sports. Cheer should be viewed as a priority above all other activities during the cheer season. If involved in other activities, those schedules must be proactively communicated to coaches. When one cheerleader is absent or late, it affects the entire team.

Cheerleaders who want to participate in a Fall sport and cheer for Winter, or cheer for Fall and participate in a Winter sport, may do so provided they attend required practices and events. There could be a period of time where practice schedules overlap and those must be proactively communicated to cheer coaches. All cheerleaders are strongly encouraged to participate in a Spring sport. This not only offers a new experience but encourages physical fitness and conditioning. Cheerleaders may not participate in a sport and cheer during the same season.

Practices for the upcoming year begin immediately following tryouts in the spring (we can work around spring sports schedules) in preparation for required summer cheer camp & stunt clinic. The month of July is typically off – but cheerleaders are responsible for all material sent home to learn. Practices will resume in August. Ten practices are required before a cheerleader may cheer at a game or compete.

Parent Initials _____ Student Initials _____

Competition (High School Only)

The competition season starts in November and runs through early February, but comp practices begin in August - October. Not all cheerleaders are guaranteed a place on a competition team; and that final determination is made by coaches using tryout scores, progress at practices/performances, attitude, commitment, and the makeup of the team in general. Coaches may designate some cheerleaders as alternates; and may make changes at any time during the competition season. CCS may participate in multiple state and/or national competitions as determined by coaches. Wherever possible fundraising will be done, but there may be an additional expense that will be communicated when finalized.

Cheerleaders who wish to be eligible to compete must attend the following: Summer Cheer Camp, Summer Stunt Clinic, All Competition Practices August – February, and All Competitions. They must also commit to cheering for Fall & Winter Sports or Winter sports.

Parent Initials _____ Student Initials _____

Knowledge of Material

Each cheerleader is responsible for knowing all material covered on the YouTube channel; things taught at tryouts, camp, stunt clinic, and everything reviewed at practices. In the event a cheerleader does not know the required material; s/he may have to sit out from games or other performances until s/he can demonstrate proficiency to coaches. This applies to any and all performances throughout the season. Additionally, cheerleaders who do not demonstrate they know the material to be performed at a halftime or other performance may be removed from that particular performance. It's expected that cheerleaders will need to practice on their own time. If an athlete misses a practice, they are responsible for learning the material/changes learned at practice they day they missed.

Parent Initials _____ Student Initials _____

Academic Eligibility

Cheer adheres to the CCS eligibility requirements as documented in the student handbook. Additionally, prospective cheerleaders must have a minimum GPA of 2.3 (or acceptable marks for incoming 6th graders) to be eligible to tryout. Refer to the CCS handbook for grade check periods, requirements, and consequences. Note that if a cheerleader is found during grade check to be ineligible, the cheerleader must sit out for several weeks before eligible for reinstatement. This will mean that depending on the time of year, the cheerleader may miss significant parts of the sports season or the entire competition season.

Parent Initials _____ Student Initials _____

Cheer Guidelines, Continued**Uniform & Cheer-Related Apparel**

Uniforms are ordered on a two-year cycle for HS, more for JH. Other apparel for cheer camp, inclement weather, or other cheer-related reasons is ordered annually. No item of the uniform, or any other piece of cheer apparel that is ordered as part of the cheer program, may be altered in any way without the written consent of the head cheer coach. If an alteration is done without coach permission – a replacement will be ordered at the expense of the parent and billed to FACTS. During the time the replacement is on order, the cheerleader may be ineligible to perform with the team depending on the nature of the alteration. The final determination will be made by the head coach.

Parent Initials _____ Student Initials _____

Attendance

Cheerleaders must attend and be on time to games, practices, competition, and appearances. Being on time means dressed, used restroom, filled water bottles, etc. For practice, on time also means 10 minutes early to help set up mats; and please allow about 10 minutes after practice to put mats away.

All games, practices, competitions, and appearances are considered mandatory. **Excused Absences include:** illness, injuries, academic reasons (coach will verify), immediate family funerals, or other reasons authorized by a coach. Please do not schedule dentist/doctor appointments, drivers ed, or vacations when it will conflict with cheer. In the case of illness, injury, or academic reason please let coaches know ASAP (If you do not tell me within a week or two of receiving the cheer calendar, it will be considered unexcused). For unavoidable conflicts please try and give at least 2 weeks' notice. Cheerleaders may not leave practice, games, competition, or appearances early for any reason without clearing it ahead of time with a coach.

If you will be late or absent you must let coaches know BEFORE the designated arrival time or it will be an unexcused tardy or unexcused absence. It is not acceptable to have another cheerleader let coaches know. We need to hear from the cheerleader who will be late/absent or the parent.

Attendance Policy

- ✓ 3 Unexcused Tardies or 1 Unexcused Absence = Sit out for a half of a game plus halftime in uniform, next to coaches.
- ✓ 4 Unexcused Tardies or 2 Unexcused Absences = Out for a whole game in uniform, next to coaches.
- ✓ Additional instances will require a meeting with the cheerleader, parent(s), coaches and potentially the athletic director to discuss possible removal from the team.

Parent Initials _____ Student Initials _____

Appearance & Professionalism

Cheerleaders must be prepared for every practice and event by following both WIAA regulations and guidelines for the CCS cheer program. Repeated cases of being unprepared will result in sitting out for portions of games as determined by coaches.

Games, Competition, Performances, Appearances:

- ✓ Nails short and no fake nails (WIAA requirement), no colored nail polish.
 - Coaches may allow colored polish for upcoming school events (IE Homecoming dance).
- ✓ No jewelry of any kind (WIAA requirement)
- ✓ Hair pulled back completely (WIAA requirement)
 - If we are not stunting coaches may make an exception.
- ✓ No stunting or tumbling without a coach present. (WIAA requirement)
- ✓ No gum. (WIAA requirement)
- ✓ Uniforms & cheer shoes must be clean and neat; bra straps may not be showing.
- ✓ Cheerleaders must bring all uniform pieces, shoes, poms, bows, as well as hair supplies, personal items, etc. If required pieces are missing the cheerleader may not be allowed to cheer.
- ✓ Cheerleaders must be in approved CCS uniform or 'cheer gear' as communicated by coaches. Non-cheer apparel will not be permitted.
- ✓ During games the team must remain in proper line-up, no talking, and conduct themselves professionally.
- ✓ No gum, candy, pop, or food is permitted during the game. Water is OK but must be off the track/court.
- ✓ Cellphones are not permitted and must not be seen.

Cheer Guidelines, Continued**Appearance & Professionalism, Con't...**Practices:

- ✓ Shorts may not be too short. Wear proper footwear (cheer shoes or other athletic shoe) that works for stunting. Tank tops are OK as long as they aren't cut too low. Crop tops are not permitted.
- ✓ Bring poms to every practice.
- ✓ Nails short and no fake nails (WIAA requirement), no colored nail polish.
 - Coaches may allow colored polish for upcoming school events (IE Homecoming dance).
- ✓ No jewelry of any kind (WIAA requirement)
- ✓ Hair pulled back completely (WIAA requirement)
- ✓ No stunting or tumbling without a coach present. (WIAA requirement)
- ✓ No gum. (WIAA requirement)
- ✓ Cellphones are not permitted during practice time.
- ✓ Bring water and be sure your water is filled up before practice starts.
- ✓ Avoid candy or sugary snacks/liquids before and during practice.

Parent Initials _____ Student Initials _____

Jewelry

It's both a WIAA and CCS cheer rule that all jewelry is to be removed before any practice or performance. This includes all piercings, seen or unseen. Please consider this when thinking about additional piercings of any kind. A new piercing will mean the cheerleader will need to sit out completely from all cheer activities until healed – which is typically a 4-6 week period. There will be no exceptions to this rule. It's recommended you discuss a potential new piercing with a coach to determine the best time of year to get it done and not impact your ability to fully participate in cheer.

Parent Initials _____ Student Initials _____

Behavior

CCS cheer coaches expect all cheerleaders to behave in a manner that brings honor to the Lord, themselves, their families, our cheer team and CCS. Cheerleaders are leaders in their school & must act accordingly. This includes the use of social media. Each cheerleader is responsible for his/her behavior, and holding themselves to a standard that follows our school and cheer rules. Not every situation or circumstance that may receive a consequence is noted here. Please consider the ramifications of all of your actions, as some actions outside of school might affect your ability to communicate/participate with your team: getting grounded, losing car privileges, and losing phone privileges. There may be behavior issues that arise that coaches will need to address. They will be handled individually on a case by case basis.

In the event there are issues the cheer coaches will work with cheerleaders and parents to resolve while following the guidelines of CCS and our cheer program. This may also involve working with JH/HS administrators and/or the athletic director; particularly in the event the issues are such that the cheerleader may be removed from the cheer program.

Parent Initials _____ Student Initials _____

Our Goal

It's the goal of the CCS cheer coaches that each cheerleader has fun and grows in the sport of cheer while doing his/her best. Our team goals are always to perform & compete at high level in all that we do, while bringing glory and honor to God.

Return these guidelines with the signed page in your Tryout Packet.

Return the signed page in your Tryout Packet.

We have read, understand, initialed, and agree to follow the all of the CCS Cheer Guidelines.

Cheerleader's Printed Name _____

Cheerleader's Signature _____

Date _____

Parent's Printed Name _____

Parent's Signature _____

Date _____

Cheer Oath

All potential candidates for CCS Cheer must agree with the following six statements. Signing and dating indicates a candidate's understanding of, and agreement with, these six statements and will permit the candidate to go through the selection process.

1. I have personally accepted Jesus Christ as my Savior, and I am willing to give public testimony of that fact.
2. I am willing to conduct myself in such a manner that I will set a Christ-like example for other students to follow academically, socially, and spiritually, both in and out of this school.
3. I am willing to cooperate with and submit myself to the authority of my coaches and the adult leadership at this school; and will follow our Cheer Guidelines.
4. I am willing to attend and be on time to **all** meetings, practices, clinics, games, competitions and activities of the Cheer Team; and I will sacrifice the time and effort to perform to the best of my abilities.
5. I will obey all school rules, WIAA rules, and cheer rules.
6. I am willing to be removed from CCS Cheer if my conduct is such that it brings dishonor to God, either in school or out of school; or if I fail to adhere to the Cheer Guidelines.

Cheerleader's Signature _____

Date _____

Last Name _____

First Name _____

Return with Tryout Packet

Cheer Acknowledgement of Risk

Student Name: _____ **Birth Date:** _____

2020-21 Grade: _____

_____(Initial) We accept and understand that the sport of cheerleading involves certain inherent risks, dangers and hazards that may cause serious personal injury, including death, severe paralysis or brain injury. We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries potentially resulting in complete or partial paralysis; brain damage; blindness; serious injury to all internal organs; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport. We accept and understand that certain activities such as tumbling and stunting carry with them a greater inherent risk of injury.

_____(Initial) We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. We have reviewed all of these risks and we understand and appreciate them and still desire to participate in the activity.

HAVING READ AND INITIALED THE STATEMENTS ABOVE, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY PROGRAM. BY SIGNING BELOW, I CERTIFY THAT I HAVE READ THE ABOVE, UNDERSTAND ITS CONTENT AND GIVE MY PERMISSION FOR MY STUDENT TO PARTICIPATE.

Parent/guardian name (please print)

Parent/guardian signature Date

Return with Tryout Packet

Cheer Payment

Schedule 2021-2022 Season

To help you plan and budget for the upcoming cheer season please see the payment timeline below. Keep in mind that this is only an estimate and the figures/dates may change. You will be informed with as much notice as possible of any changes. Wherever possible we have over-estimated amounts. Note that returning cheerleaders who already have certain items will have lower amounts.

CCHS CHEER 2021-2022 PAYMENT SCHEDULE *

July 1	\$500 1 st Varsity Uniform Payment due (pay Varsity directly)**
July 15	\$500 2 nd Varsity Uniform Payment due (pay Varsity directly) **
August 1	\$100 BSN order to include Sweatshirt & Sweat Pants
August 15	\$500 Pay CCS (via FACTS) for Camp, Cheer Fees & Camp/Practice Clothes
September 15	\$200 Varsity Bill for Competition Gear
Est. Total:	\$1,800 *

**Payments will be adjusted per cheerleader based on what's ordered. Dates may also be adjusted.*

***Varsity and BSN have their own payment portals. Once the order is submitted you will receive instructions to login and submit payment directly to them*

This is an estimate based off prior years' expenses and is subject to change. Expenses for HS and JH will be different. Details will be provided as due dates approach.

FUNDRAISING: We have several fundraisers planned including our kids cheer camp & clinic, Krispy Kreme Sales, T-shirt sales, Coffee Card Fundraiser, and a Mod Pizza dinner.

Any of the individual sales the student makes for Krispy Kreme & Coffee Cards will go towards their own individual FACTS bill. (Possible for them to completely fundraise this 500 dollars.)

The big team fundraisers like the Golf Tournament, Hosting Cheer Camp, Hosting a Competition, Kids Camp & Clinic will go towards the whole cheer account & will assist the payment for nationals.

*Returning athletes from 20-21 season will get \$100 off of their camp/facts fee because they paid for camp the prior year. Returners first Varsity bill will be ~400, second Varsity ~350, third Varsity ~100. Will not need to order from BSN.

Retain this page for your information.