

WC East Cheerleading Try-Out Packet

This packet includes:

Letter from Coaches

CULTURE

Cheerleader/Parent Financial Obligations & Competition Team Summary

Booster Club Info

Program Rules and Guidelines & Demerit Policy

Cheerleading & Parent/Guardian Agreement/ Booster Obligations/Cheerleader Questionnaire **

Competition Team Signature Form ***

Cheerleader Application**

** - These forms need to be signed & returned ASAP. Return to:

Coach Boccio lboccio@wcasd.k12.pa.us

*** - Competition Team Signature Form ~ This is completed **ONLY** by those trying out and wanting to be considered for the comp team. Comp Tryouts will be during cheer camp in August.

Dear Parents/Guardians,

We would like to thank you for taking the time and interest in your son/daughter becoming a member of the East Cheerleading program. I'm sure everyone is dealing with questions of what will happen tomorrow or even next month with the Corona Virus outbreak. We are trying to maintain some normalcy during this time, just getting more creative. Cheerleading at East High School has proven to be a program that holds an outstanding reputation of excellence, and we look forward to another exciting season.

This packet is intended to inform you of the responsibilities of having a son/daughter involved with the East Cheerleading program. There are times that it will become demanding, but our goal is to keep those demands within means and make our time together fun and memorable. Please make sure that your son/daughter can meet all of the requirements and expectations of being a cheerleader listed below before he/she commits to this team.

Once your child makes the team, parents are automatically a part of the booster club. Our success starts with parent volunteers that help with our many activities throughout the year. The money raised through fundraising activities covers much of the team's expenses.

As former athletes, we remember the lasting memories and relationships that were made playing sports. Those programs aided in our success and leadership skills as an adult. It also molded our time management skills during those months of juggling sports and a school workload. It helped each of us to become more confident, supportive, committed and mature moving into our adult lives. For now, as a teenager, it builds bonds and friendships, teaches problem solving skills, how to work with and get along with people who have very different personalities. Lastly, it ultimately leaves lasting memories and is an excellent resume builder for college applications.

Thank you –

Leslie Ann Boccio

Varsity Head Coach

Jessica Young

Varsity Assistant Coach

Morgan Clifford

Junior Varsity Coach

“HONESTY and INTEGRITY ~ Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of cheer, themselves, their team and their school.”

WC EAST CHEERLEADING CULTURE

ROOTS CHEER athletes, families and fans must follow the ***“ROOTS” of our culture. Respect the Rules, Officials, Opponents & Teammates.*** We will represent our community with grace, class and respect. The pride of WC EAST is a badge of honor all must respect and ELEVATE. Any game/comp time comments during competition or pre/post game situations must be referred to the team captains and the Head Coach. ***NO EAST CHEER player is to speak in a negative tone toward opponents OR TEAMMATES at any time — including, MOST IMPORTANT, SPORTING EVENT/COMP TIME.*** Player frustration may set in and is only natural, but WE must rise up, represent our program, elevate our teammates and honor the SPORT. No player, family member or fan is to make comments (verbal or gesture) to anyone in a negative manner. This is deemed unacceptable behavior and game/competition suspension consequences will be mandated in the proper accordance with PIAA/UCA and our team culture.

Social Media & YOUR Brand

EAST CHEER has a Zero Tolerance Policy for inappropriate use of social media. Your online actions are a direct reflection of YOU, and your “brand” as well as that of our team. No player is to post any content wearing an EAST CHEER uniform or garment UNLESS such content is of a positive, motivating or celebratory nature. The content you post online is forever connected to your name and as an EAST athlete, you want people to see the BEST version of you and US. Post positive content about your team, teammates, coaches, and fellow competitors and DO NOT engage or interact with negative people on social media. Refuse to stoop down to someone else’s level.

When teammates do well, celebrate with them offline and online. DO NOT engage in illegal activities and vow not to share such activities online. If student-athletes see a teammate engaging in something illegal, it is that player’s duty to immediately inform a captain and the Head Coach. Use social media accounts to share the positive aspects of our team, school, and sports career.

Teammate Conduct

4 Things to Keep in Mind When Using Social Media:

1. **IT’S A TOOL, NOT A TOY.** Social media isn’t just something for your own entertainment. If used effectively, social media can be an asset to help a student-athlete’s individual brand, their community, their team and the school they represent.

2. **NOTHING IS TRULY PRIVATE ... EVER!** There are two types of social media users: Those who realize they are functioning in public and those who don’t. While many student-athletes think they can delete a tweet or delete their Facebook profile if need be, many don’t realize that content posted on the internet can last forever. Content can be captured in screenshots or saved by other users. And that message someone thinks only his or her friends will see? Student-athletes should keep in mind that SNAPS, tweets, Facebook statuses, or Instagram photos could end up being viewed by thousands of people.

3. **IF YOU RETWEET IT (OR SHARE IT), YOU OWN IT.** Yes, this even applies to people who put that cliché saying, “RTs do not equal endorsements,” on their Twitter profile. That phrase is basically worthless. “Freedom of speech does not equal freedom from consequences.” This is something with which younger student-athletes struggle. Retweeting a negative tweet from a friend suddenly student-athletes can be caught in the middle of an ugly conversation over the internet.

4. **PERSONAL BRANDING: EVERY POST REFLECTS WHO YOU ARE.** How are student-athletes choosing to represent themselves? Are they sending the right message about themselves to the public? What does your social media portfolio say about you? When it comes to social media, there are plenty of examples of what NOT to do, but it’s important to remember you can post and tweet and share just “PAUSE” and ask if a positive or appropriate is being sent out.



What Should You Post?

1. **SAY THANK YOU.** This is always a good option. Student-athletes, thank those who support you. Fans, teammates, coaches, family and friends.

2. **SUPPORT OTHERS.** Student-athletes can provide a positive example for other students by sending positive messages about their peers in other sports or activities at school.

3. **SHARE NEWS AND HUMOR.** Social media is meant to be fun. Join in conversations and share things you find interesting or entertaining.

4. **ENGAGE IN DISCUSSION WITH THOSE YOU ADMIRE.** Interact or hear from famous people that student-athletes admire! You can follow and learn and even interact with those you admire, find motivating or can lift up!

“Live your life, don’t post your life.” Remember to BE IN THE NOW Look UP and breathe in.

CHEERLEADER/PARENT FINANCIAL OBLIGATIONS & SEASON SUMMARY

****PLEASE READ CAREFULLY****

Each family will be responsible for their costs associated with being a member of the West Chester East Cheerleading Team. This document provides an explanation of the approximate costs which will be incurred as a member of the team. Please keep in mind costs are always subject to change due to current prices. If for any reason a cheerleader leaves or is removed from the team, he/she is still responsible for all financial obligations and monies paid will be non-refundable. If there are any questions about costs or financial concerns, please speak with the BOOSTERS. If you need to work out a payment plan, boosters are more than willing to work that out. Please see boosters to set that up.

All checks or money orders are payable to WC East Cheer Boosters. Venmo (@EHS-CheerBoosters) and also credit cards (small fee to cover the cost charged to our account) are accepted.

Financial responsibilities include but are not limited to:

1. MANDATORY SUMMER CHEER CAMP

✓ Pine Forest Cheer Camp, Aug 18-21, 2021 \$350**

✓ Spring/summer fundraising is done to help defer bus costs. Payment for summer camp will be made in installments. May 31st \$100, June 15th, \$100, July 15th \$100, August 1st \$50. Camp must be paid in full by Aug 1st.

2. WCASD MANDATED FEES

✓ EHS Activity Fee (paid directly to WCASD) \$75 Due late Aug.

✓ Cheerleader physical (Physical must be dated for after June 1st of current year to be accepted. That means physicals cannot be done until AFTER JUNE 1st)

3. CHEER CLOTHING & ACCESSORIES

✓ Each cheerleader will be provided a uniform (2-3 uniform pieces + a set of poms, & tank top). This must be returned at the end of the season in the condition it was provided to them. If they are not returned in the condition given, cheerleaders may be issued an obligation for the cost of the uniform which is \$250.

✓ Additional clothing will be ordered online by each cheerleader that is used for practice, camp, games and events. These items are required for each cheerleader to purchase and will be the responsibility of the cheerleader. All clothes will be worn at camp and throughout the season.

REQUIRED CLOTHING ORDER:

SEE WWW.WESTCHESTEREASTCHEER.COM

UNDER THE "EXTRAS" TAB AND CLICK ON CLOTHING FOR ALL INFORMATION.

REQUIRED ITEMS:

Football Jersey (Make sure you include your last name on order)	\$49.95
Gray, White, Red EHS T-Shirt	\$10-15 ea
White "E" Vikings shirt	\$15
Performance Outfit (red skort \$24.95 &/or red collared shirt NEW 2020 \$36)	\$61 total
RED, GRAY, WHITE, BLACK Shorts	\$22-24 ea
Red and Black EHS Tank	\$14 ea
White/Red V Neck Bodyliner (ask coach)	\$22
Sideline Sneakers (new girls or if needed)	\$44
Varsity Fleece – VARSITY REQUIRED – JV OPTIONAL	\$110
Nike White Calf High Socks (Purchase on your own)	\$15
Bloomers (Boy Shorts Red or Red Nike Pros)	\$13-25
Bow's (Pink, White, Red... \$8 ea = JV & V) (Red Polka Dot = Varsity Only)	\$10 ea
Raincoat	\$13

OPTIONAL ITEMS:

Red Backpack	\$45
Sweatpants	\$30
1/4 Zip Sweatshirt	\$35
Hoodie Pullover Sweatshirt "EAST CHEER"	\$55
Sherpa	\$47
EHS T-Shirt Short and Long Sleeve	
Hat Visor and more..... See website's	

4. FINANCIAL OBLIGATIONS

All fees and dues are the responsibility of the cheerleader and/or parent/guardian. Outstanding financial obligations can impact a cheerleader's ability to attend any extra activities. Outstanding balances can be submitted to a collection agency. Note: WC East Cheerleading wants every student to be able to participate in cheerleading. If anyone needs to work out alternative payment plans for the season, please make necessary arrangements in the beginning of the season. **Fundraising DOES NOT COVER CAMP OR CLOTHING.**

PAYMENT SCHEDULE

<u>Application</u>	<u>Due Date</u>	<u>Amount</u>
Summer Camp Payment #1	June 6th	\$150
Summer Camp Payment #2	June July 1st	\$100
Summer Camp Payment #3	July 15th	\$100
Cheer NON online items Payment #1	June 15th	This does not apply to online orders
Cheer NON online items Payment #2	August 1st	This does not apply to online orders

5. COMPETITION TEAM

Choreography for the routine will be the last week in August before school resumes from approx. 8:30-3:30pm. All of the competition team must be in attendance for choreography practice. The entire performance is learned during this time. ALL practices are mandatory for the entire comp season. Players who are on the competition team cannot have any other activities that conflict with practices and competitions.

Practices are after school during the fall and during basketball season they are after school, before night games and very occasional Saturdays if necessary. Below is what our season will consist of. Form attached to sign and have your child return by tryouts.

If cheerleader does not want to commit to competing during the season, they must tell the coach up front and they can cheer sideline games only.

✓ East Cheer will have a competition team that competes at the Local, District, State, Regional and National level.

Regionals – @ Kutztown OR @ Garden City, NY (typically in November and December)

ChesMonts – January/February

Districts – December /January @ TBD

States – Mid January in Hershey at the Giant Center

Nationals – Early February in Orlando, Florida

✓ JV will compete in a Game Day routine at Ches-Monts. They will also compete at other local competitions. They could compete in a traditional routine, but that depends on team ability, commitment to season and practices.

✓ Disney UCA Nationals

Disney Nationals trip total cost is approx \$1200.

Flight \$300-500 - (\$200 deposit due Nov. 1st & remainder by Jan 5th, unless otherwise stated).

Bag Check \$30+/- each way per bag unless a specific airline does not charge. Credit card is needed.

Meal Tickets \$17 per ticket (6 purchased) – Paid for by families

Spending Money \$100 - \$200

Rooms \$700+/- (fundraising has been raising enough to be covering this cost, but ultimately if those funds are NOT raised, the financial responsibility falls on each individual. Each Comp Team player must be able to commit to the total financial obligation up front of \$1200 +/-).

✓ Will the Comp Team fundraise to help defer cost? If you do not participate in the fundraising, you will not qualify to benefit from the funds brought in. Every cheerleader on the comp team must fundraise a minimum of \$1000 to cover the cost to fund their season. If the amount isn't met, then they will be covering their own costs to compete, or the team will not compete at UCA Nationals. We will be fundraising from April 30 - Jan 31st. You can also work out a payment program. You are more than welcome to pay the \$1000 (buy out) and not participate in the fundraisers, but please know that our Home Invitational is still an "everyone participates" event, because those funds benefit the program. Everyone is expected to meet the same expectations of fundraising... Why?? Because everyone gets the equal amount of support and is expected to do the same in return to the program.

✓ **All comp practices are mandatory for the season.** absence holds the team back from a full practice and stunting, so attendance is mandatory every day. Missed practices and ineligibility in school can result in being excused from the team. Parents, please schedule any appointments, college visits, SAT, etc. to the best of your ability around the practice schedule. We put the schedule out well in advance to help with this. Competition season is an amazing experience. Our expectation is each team member maintain qualities of drive, ambition and respect. They also need a strong mind, work ethic and do whatever it takes to improve themselves for the better of the team. They must have a positive attitude and are ready to work. Every teammate should be working on improving their weakest skills and solidify themselves on their total package. Lifting and conditioning in the off season is beneficial as well as attending stunt/cheer clinics. VACATIONS need to be scheduled on off time or off season OR they will be removed or replaced from the competition squad. When a teammate is absent, that stops critical practice time for the team.

COMPETITION TEAM ORDER (These items are ordered in the early fall)

1/4 Zip White Pullover	\$38**
Comp Sneakers Varsity Edge (indoor only)	\$83
Bows (in addition to regular season)	\$35
Black Pants (Same as Track Suit)	\$45

6. AT A GLANCE

Season Commitments:

All Cheerleaders are **REQUIRED** to attend all practices and scheduled events, as well as participate in all squad activities (pep rallies, parades, competitions, clinics, and scheduled fundraising). Specific requirements and commitments are included (but not limited to) in the cheerleading rules and guidelines. Please make sure this document is reviewed. We abide by the West Chester School District Sports Code of Conduct. All cheerleaders must fundraise a minimum of \$500 for the season. Our program must raise funds to defer costs the school does not cover. This is very easy to do.

Non-Varsity competition teammates have from April 30 - Dec 30 to fundraise the \$500 through our fundraising events. If that number is not met by then, the balance is due. If the balance is not paid or a final payment schedule isn't worked out, the remainder of the bill will be due immediately OR you risk not cheering for the basketball season or competing. You are welcome to pay the \$500 up front instead of doing the fundraisers, but our home invitational is an "everyone participates" event, because those funds go directly to the program. Everyone is expected to meet the same expectations of fundraising... Why?? Because everyone gets the equal amount of support and is expected to do the same in return to the program. The program won't have some work hard to raise funds for the program and others do nothing. If you are on the competition team, you will be required to raise an additional \$500 (\$1000 total). There will be ample opportunities to raise funds and is very easy to do. Everyone is welcome to seek their own sponsorships as well.

Tumbling:

Tumbling is not mandatory, but is **HIGHLY** encouraged, especially if your cheerleader wants to be on the competition team. We are expected to tumble in district, state and ChesMont competitions.

Practice & Practice Wear:

Cheerleaders are **REQUIRED** to wear specific attire to practices. This helps to integrate the team and the coaches can have better visuals of performances. Hair is always pulled up and **NO** Jewelry.

Coach/Student/ Parent Protocol:

Any cheerleader needing to miss or be late to practice for any reason must contact the coach directly, and with adequate notice (adequate meaning ASAP). If any teammate is having outside issues with another teammate, they must contact his/her coach directly first to discuss the issue.

Grades/Discipline:

Grades are monitored by the coaches all season **AND** in the off season. Everyone must maintain eligible status to cheer, practice and/or compete. Anyone not meeting eligibility status runs the risk of being dismissed. We are a team, so parents, please manage your discipline at home. Please do not use high school sports as a punishment (ie. Grounding your child from attending cheer). If that is done, then high school sports is not for your family. Ground them from their personal activities, phone, etc.

Punishment we ask is handled in a way to **NOT** penalize an entire team. Comp Team - If a parent pulls a child from practices due to personal issues at home, it is grounds for dismissal. The school will pull any students who are not meeting eligibility. They cannot practice, attend practice or participate in any games, events or competitions while ineligible.

Schedule and information posted on our web site and Facebook page— www.westchestereastcheer.com
<https://www.facebook.com/WCEastCheer/>

WC EAST CHEERLEADING BOOSTER CLUB

Every parent who has a child on the team is automatically a participant in boosters. Boosters does have a governing board. We are looking for parents to join committees and the board. Boosters is an active group of parents who are all volunteers, here to coordinate many fun events for the team members. Below is an outline of our booster club activities to let you and your cheerleader know what to expect in the coming months, and what type of help we will need to make this a successful season.

PARENT COMMUNICATION & MEETINGS Our primary vehicle of communication is email and Remind 101/Band App. If you do not get an email/Remind 101/Band message from the boosters by the 1st day of pre-season, contact the coach with your current email address. Each email/app has important information in them.

HOMECOMING (Subject to Change) Homecoming for the cheerleaders is a week full of school wide activities. On Friday, during school, there is a pep rally, and the cheerleaders perform. We also have a team dinner. Homecoming is fun because both Varsity and JV perform on the sideline together for this game. Fugett Middle School Cheer joins us as well.

SENIOR NIGHT On Senior Night, the senior athletes are honored. The cheerleaders participate in the Football Season Senior Night and the Basketball Season Senior Night. The Booster club provides flowers, photos of the cheerleaders and their parents. Both JV and Varsity cheer at this game.

HOLIDAY PARTY Each year we sponsor a Holiday Party. Cheerleaders and their parents are invited. The cheerleaders have a gift exchange – \$20 Pollyanna. We ask each cheerleader to bring a dish (main dish, appetizer, dessert).

COMPETITION & BASKETBALL SEASON Basketball season begins in December. Our cheerleaders cheer for home games and games away, within the district. The Varsity cheerleaders cheer for the boy's varsity games. The JV cheerleaders cheer for the JV boys and girl's varsity teams. Gym time is VERY hard to come by at this time of year, so practices are announced, and attendance is critical. Closer to competition season the coaches will issue a schedule of competitions. They are generally held on Saturdays or Sunday's. Carpooling arrangements can be made if your cheerleader needs a ride. A bus is supplied for districts and states. We encourage you to come and support our cheerleaders and also help with carpooling.

The Booster Club plans and sponsors a team banquet at the end of the season. The costs for the cheerleaders are covered, but family members who wish to attend are asked to pay for their meal. At the banquet, coaches and team members have the opportunity to speak, share stories and exchange senior gifts and coaches' gifts. It is a wonderful way to end the cheerleading season! Cheerleaders who commit to attending and do not show will be responsible for the cost of their ticket. Cheerleaders who have not paid their balance in full must also pay.

FUNDRAISING We are a self-funded organization that is supported by monies earned from fundraising activities throughout the year. The money raised through fundraising activities covers most of the team's expenses. The major expenses are transportation, senior night, holiday party and banquet, competition registration fees, choreography, music, signs, UCA clean up, cheerleader gifts, equipment, uniforms, nationals, as well as other miscellaneous items throughout the year. The current fundraising activities planned are graduation, mum, poinsettia & spring flower sale, clothing drive, Snap-Raise, car washes, Wawa tickets, 5K, clinics, Coach bag bingo and our Winter Blast Home Cheer Invitational. 100% participation is required for ALL fundraising activities to meet your fundraising obligations. Unfortunately, there are many that do not participate in the fundraising. That hurts the program. We want to buy tumbling equipment and additional mats. The school has bought varsity uniform, signs. Poms, but in order for this program to be successful and competitive, we need the tools to help us get there.

CLINIC

The East Cheerleaders may host a clinic for youth cheerleaders to teach various chants and cheers to these young cheerleaders to use at their games. It's a great opportunity for our cheerleaders to act as role models to these young ladies. A parent meeting may follow the clinic. Details will be forthcoming

HOME INVITATIONAL

East Cheer hosts a cheer competition every year in November. All cheerleaders and parents are required to work the event. This is our biggest fundraiser of the year.

West Chester East High School Cheerleading Handbook Rules & Guidelines

If you have been selected as a Viking Cheerleader, you will be representing a very fine school and district. Your appearance will reflect favorably or unfavorably on East High School and your coaches. If you are unable to abide by the rules, you may be benched, suspended, or dismissed from the squad (disciplinary action may also be taken).

I. Organization

- A. These rules and guidelines have been written and adopted for the West Chester East Cheerleading Team. The team and its rules are governed by West Chester East High School, the coaches, the athletic director, the principals, and the team members.
- B. Henceforth, the name of the organization shall be East Cheerleading
- C. The purpose of the East Cheerleading Team is to:
 - i. Create school spirit, pride, and loyalty
 - ii. Promote interest in school activities, perform at team games, and participate in competition
 - iii. Develop responsibility, teach self-respect, encourage honest effort, strive for excellence, and develop character.
 - iv. Teach teamwork and pride in quality performance through maintaining high standards
- D. An advisor hired by the West Chester Area School District upon recommendation of the principal will be responsible:
 - i. Daily running of activities for the cheerleading team
 - ii. Administering all disciplinary procedures
 - iii. Placing certain restrictions on team members

II. Practice – Cheerleading is a team effort. If one member is absent everyone suffers!

- A. Practices are scheduled by the coach. You are expected to attend ALL practices. This is a sport and a team sport. Those that miss practices, cause the team to be unable to stunt. Stunting is critical in this sport. PRACTICES ARE NOT OPTIONAL.
- B. If you are absent from school, you may not attend practice or cheer at a game on the date of the absence.
- C. ABSENCES: If you are going to be absent from a practice or a game, you must notify the coach as soon as you know you will NOT be in school. The following excuses MAY be considered excused, upon coach's decision: Weddings, funerals, family emergencies, college visits (Jr. & Seniors only – with prior notification).
 - i. Absences without prior notification or approval will result in consequences and/or demerits.
 - ii. The coach must be made aware of medical appointments and you must provide a signed note from the doctor's office with a phone number. We recommend and encourage making appointments on days we don't have scheduled practices and/or have night games. PLEASE MAKE APPOINTMENTS AFTER PRACTICES

III. Game, practices or other squad events

- A. All cheerleaders are required to arrive PRIOR to the assigned arrival time.
- B. Uniforms must be clean. Everyone must have the same uniform with them in case the temperature changes. If someone is also unprepared, they will receive demerits. If someone refuses to wear the assigned uniform, they will receive demerits and if they are asked to leave the event. (Uniform is defined as – Bow, skirt, shell, liner, RED bloomers/boy shorts, poms, and sweat suit/jacket and cheer sneakers.)
- C. No chewing gum
- D. No eating or drinking while cheering (unless allowed by the coach). ONLY CLEAR DRINKS ALLOWED WHILE IN UNIFORM.
- E. Do not comb hair or apply make-up in front of fans.
- F. No jewelry during practice, games, or performances.
- G. Inappropriate behavior while in uniform will result in demerits that will lead to being benched, suspended from the team, or possible dismissal from the team.
- H. Not cheering while on the field or court may result in being benched or suspended.
- I. Not following a captain's request, especially when performing will result in demerits.
- J. Misconduct or insubordinate behavior will be dealt with on an individual basis & consequences will be assigned at the discretion of the coach, athletic director, & grade level administrator if necessary as well as demerits!

IV. General Guidelines

- A. Academic Eligibility –
 - i. Everyone will be included on a weekly eligibility list. If you are failing two subjects, you are not permitted to cheer until you are passing at least one of the two subjects. After 15 days of being academically ineligible you will be dismissed.
 - ii. Your coach and teacher may be in contact; however, it is your responsibility to prove eligibility if there is an error. Teacher must email the Athletic Director, NOT the coach to advise eligibility.
- B. Disciplinary Eligibility –
 - i. Cheerleaders are expected to follow East's Activity Policy concerning drugs and alcohol. Failure to comply will result in demerits, Suspension, or Dismissal.
 - ii. Repeat offenses may result in dismissal from the squad (at the discretion of the coach and/or athletic director, and administrators).
- C. Team Eligibility –
 - i. Any Cheerleader who makes the team, must commit for the full football and basketball season. ii. Any cheerleader who is on the team and decides to quit at any time after the season begins, MUST wait an entire school year after the current season is completed to try out again.

- a. (ie. Cheerleader quits in July or Nov or Jan of 2019-20 school year cannot tryout again until 2021-2022 school year)

V. Competitions

- A. Decisions to compete will be made by the coach.
- B. Attendance at all competitions and competition practices are mandatory! If you cannot attend, you will not be on the competition team.
- C. Alternates WILL learn the entire routine and only compete if pulled up in the event of injury or dismissal of another teammate. They WILL attend all practices and competitions unless directed by coach.
- D. All competition team families, including alternates will be responsible for their entire financial obligations that were given at the beginning of the season. Parents may work out a payment plan for their child, but they must be paid in full by scheduled due dates. Contact boosters to work out payment plans. You cannot be on the competition team if you are not paying for the regular season and competition season obligations.
- E. Any cheerleader who brings, transports or consumes/smoke, alcohol or drugs at any nt/competition will be removed from the event immediately at the parent's expense.

VI. Personal Conduct

- A. No P.D.A. (Public Display of Affection) especially while in uniform
- B. No swearing or foul language (in or out of uniform)
- C. Cheerleaders must ride the bus to and home from all away games unless they are riding with their own parents/guardian. No one will be permitted to go home with anyone other than an adult and there must be written and verbal confirmation with the parents and coaches.
- D. No jewelry during practice, games, or performances
- E. Honest and responsible behavior is always expected! (This means in the classroom and hallways of East High School and while on any trips where you are participating or representing East High School)
- F. Anyone who is caught physically or verbally abusing another team member in person OR on the internet OR texting OR in any other way will receive disciplinary action from the coaches and/or administrators at East High School.
- G. No smoking, taking drugs of any kind, while in uniform.

VII. Cheerleading Responsibilities

- A. All cheerleaders must attend: (if scheduled) SEE WEBSITE WWW.WESTCHESTEREASTCHEER.COM
 - i. Pre-season practice & Summer Camp (cost for camp)
 - ii. All Homecoming Activities (Pep Rally, Decorating, Parade, Game, & all Dance responsibilities)
 - iii. Parades (unless religious beliefs do not allow participation)
 - iv. All squad activities and fundraisers
- B. Varsity Cheerleaders (Game Day) – All varsity football games, play-off games, and cheerleading competitions unless excused by the coach.
- C. Junior Varsity Cheerleaders – All JV Football games, play-off games (girl's & boy's), and those games announced by the Head Coach in which both squads (JV & Varsity game day squad) are required to Cheer & Competitions (if any).
- D. Basketball –Varsity/JV – all home boys and girl basketball games, unless otherwise noted by the head Coach.

VIII. Attendance

- A. All students who participate in school activities/practices must be in school by 8:30am the day the activity is scheduled.
- B. If a member is ill and misses ANY activities, she /he must be HOME or SEEKING MEDICAL APPOINTMENTS (documented in writing by a parent or a doctor)
- C. If a team member misses ANY practice time, she/he may be cut or replaced by an alternate for that performance or taken out of the performance completely.
- D. All doctor's appointments, etc., should be scheduled so they do not interfere with cheerleading activities and a note should be presented to the coach prior to the absence. We recommend making appoints on days/times that we don't have scheduled practices, events and/or games.
- E. All team members must attend each activity in its entirety unless excused by the coach.
- F. Work, concerts, vacations during the season and family parties are not excusable absences and will result in consequences.

IX. Uniforms

- A. Each member will be expected to purchase all items as defined on the order form. For returning cheerleaders, if you already have ALL of the items on the order form, you do not need to reorder them.
- B. Any financial problems need to be discussed with boosters.
- C. Team uniforms or any clothing distributed (defined in III. B.) are provided by the East Cheerleading Program and are the property of East Cheer. Each member will be responsible for the cost to replace any article of their uniform if lost or damaged. Damage includes, holes, stains, color bleed, tears, zippers broken, etc. (price will include the cost of shipping & handling).
- D. Each cheerleader will be required to maintain good condition and cleanliness of their uniform on a weekly basis.
- E. Each member will be required to have the uniform cleaned and in good condition before it is turned in at the end of the season. Each uniform is numbered, so cheerleaders will be responsible for the number uniform they were issued.

X. Medical

- A. Each member must have a complete physical exam before the start of the season in Aug.

- B. A copy of the Pre-Participation physical packet may be obtained from the Athletic Director's Office AND uploaded to the Family ID website.
- C. After June 1st, but prior to cheer camp, each member must turn in a completed PIAA physical packet to the East Athletic Department. It must be signed, dated, and stamped in the appropriate places by a physician. The cheerleader and the parent/guardian must also complete and sign the packet in the appropriate spaces.
- D. Any cheerleader that becomes pregnant during the season will be dismissed from the team.
- E. Any cheerleader that becomes injured throughout the season is still a member of the team and should attend all squad events including practices, games, and competitions if possible.

XI. Character

- A. A team member should be leaders within the school and always set a good example.
- B. Team members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
 - i. Smoking, drinking and/or drug use are grounds for dismissal by the coach/athletic director/ principals.
 - ii. Each member must abide by those standards set by EHS which are found in the Student Handbook and the Student Activity Policy.
 - iii. Cheerleaders must always abide by the school dress code.
- C. A member must be courteous and friendly to all other team members as well as the student body at EHS.
- D. A member must be courteous, respectful, and friendly to other teams and visitors of EHS.
- E. A member must be respectful to the Advisor/Coach and a credit to the school.

XII. Demerits

- A. Demerits will be used as a disciplinary tool. This can result in dismissal from the team.
- B. They will be given by the coach.

XIII. Booster Club – **Booster club is established to act as an aid to the coach and the squad, as well as assist with fund when the coach deems necessary. Refusal to work with the coach when assistance is needed can result in the booster club being disbanded and all monies will be deposited in the school EHS cheer account.**

- A. When a student becomes a member of the East Cheerleading Team, their parents automatically become a member of the Cheerleading Booster Club.
- B. The Booster Club is governed by officers. There will be functioning committees with organization.
- C. Members of the organization could pay annual dues of \$80.00 per family. Late fees can be applied.
- D. Each member of the booster club is expected to volunteer their time to help with cheerleading related events.

XIV. Fund-Raising – It is a vital part of keeping our program running with proper equipment, transportation, and fees.

- A. All members are required to participate in all fund-raising which is generated by the team, coaches, or the booster club. Some fundraisers are team based and other are individual based to help defer cheerleader costs.
- B. There may be set goals or sponsorships for each member to attain their fund-raising activities.
- C. Cheerleaders who do not participate in team fundraisers, will run the risk of not making the competition team.

XV. Transportation – All cheerleaders are expected to have transportation to and from all squad events.

- A. Cheerleaders who are late due to transportation difficulties will receive demerits.
- B. All cheerleaders are expected to be picked up at the conclusion of all games, practices, or squad events per administration. Parents are messaged by the 3rd quarter/period of every game to allow time to be on time at the conclusion of the event. Failure to comply with this rule will result in consequences of benching or dismissal. Please respect everyone's time and **BE ON TIME OR MAKE ARRANGEMENTS FOR CARPOOLING.**

XVI. Social Media Guidelines

BEST PRACTICE FOR SOCIAL MEDIA USE:

These guidelines are intended to provide a framework for EAST Cheer to conduct themselves safely and responsibly in an online environment. As a cheerleader, you should:

- A. **Be Aware that Privacy Settings are NOT Foolproof.** Squad members are highly encouraged to use privacy settings on social media sites. However, be aware that privacy settings are not foolproof. Although social media sites provide their users with privacy improvement updates, the changes occur frequently and can get complicated. Even if you diligently monitor your privacy settings, it's best to assume that anything you post may potentially be seen by your school, your parents, your coach, your employer, your college of choice and strangers.
- B. **Avoid Posting Confidential Information.** Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phone number, class schedule, social security number, bank account number, etc. is **NOT** recommended. Once such information is posted, it becomes the property of the social media site.
- C. **Avoid Unprofessional Public Profiles.** Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Potential, current and future employers as well as college admissions recruiters may access the information you put on social media sites.

- D. **Avoid Posting Illegal Activities.** Photos posted via social media become the property of the social media site. You may delete the photo from your profile, but the photo remains on the social media site's server. Internet search engines such as Google or Yahoo may still find that image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as the authorities, can use against you in the future. Squad members should avoid the following:
- Incriminating photos or statements depicting violence; hazing; sexual harassment; vandalism; stalking; underage drinking; selling, possessing, or using controlled substances; smoking or any other inappropriate behaviors. Members will post anything in WC EAST CHEER attire/logo that is deemed inappropriate or damaging of the individual/team culture and image.
- E. **Avoid Bullying\Threats of Violence.** While people have a right to free speech, that right is NOT unlimited. Bullying is a serious problem and is not limited to student-to-student interactions. Vicious treatment and hateful words often lead to violence, suicide, depression, and discrimination. Squad members should avoid the following:
- Derogatory language or remarks about teammates, coaches, students, staff members, athletic administrators, or representatives of other schools.
 - Demeaning statements about and/or threats to any third party; and
 - Creating danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

Squad members should be aware that if their conduct is deemed inappropriate, such conduct may be subject to removal from team and/or discipline, not only by school authorities, but also by law enforcement agencies.

West Chester East Cheerleading Demerit Policy

1. Excused Absence from Practice = cheerleader was in school, had an excuse to get out of practice (i.e. PRIOR parent's note received, anything the coaches know about & deemed excused) = 1 Demerit
2. Unexcused Absence from Practice = cheerleader was in school, no valid excuse given to coaches or no contact with coach about absence PRIOR to practice is therefore deemed unexcused (teammates passing along a message is not considered your contact with the coach) = 3 Demerits
3. Ineligible (Academic /Disciplinary)
 - a. Each day missed = 1 Demerit
 - b. Over 15 days ineligible = Grounds for dismissal from team
 - c. Any teammate on a competition team that is ineligible more than one time during the season, is subject to dismissal.
4. Do Not Participate in GYM = cheerleader must come to practice, but will not be able to practice or participate in any event = 1 Demerit
5. Asked to Leave Practice by a Coach = cheerleader is asked to leave practice, an event, or game because he/she is being disrespectful to coaches or teammates = 2 Demerits
6. Saturday School = 3 Demerits
7. After School Detention = 2 Demerits
8. Out of School Suspension = Grounds for dismissal from team. Meeting with coach.
9. Cannot Attend Competition = Cheerleader cannot attend a competition he/she may be removed from the routine.
10. Late to Practice (No communication prior to coach) = 1 Demerit each time (on time is mats out and stretched by start time)
11. Injured = cheerleaders should still come to practice if he/she is injured, UNLESS otherwise stated by the trainer or doctor.
12. Home Sick = cheerleader is home sick and DOES NOT attend school, they cannot come to practice/game. If cheerleader does not notify coach of absence PRIOR to practice/game = 1 Demerit
13. Excused Absence from Game = cheerleader was in school, had an excuse to get out of game (i.e. PRIOR to day of game - parent's note or the coaches know about & deemed excused) = 1 Demerit
14. Unexcused Absence from Game = cheerleader was in school, no valid excuse given to coaches PRIOR to game is therefore deemed unexcused = 5 Demerits
15. Uniform Infraction = cheerleader not in full uniform for games (including bloomers/bows) = 3 Demerits (cheerleader may be benched for that game)

DEMERITS =

10 Demerits = meeting with coaches, parent and cheerleader

15 Demerits = suspension from games/events/competitions

Over 15 Demerits = Grounds for dismissal from team

*** PRIOR is defined as notification hours/days before, NOT just prior to event or practice

West Chester East High School Cheer Tryout Rubric

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>Cheer/ Sideline</u>	-No knowledge of Cheer/Sideline -Did not complete the Cheer/Sideline -Broken Wrists	-Weak cheer voice -Loose arms -Misplaced arms -Little knowledge of Cheer/Sideline	-Weak cheer voice -Loose arms -Moderate amount of misplaced arm motions	-Strong voices -Tight arm motions -Some /few misplaced arm motions -Demonstrates knowledge of Cheer/Sideline	-Loud strong voices -Powerful arm motions -Demonstrates strong knowledge of the Cheer/Sideline
<u>Dance</u>	-Did not perform -Unsure of choreography -No facial expressions	-Loose arms -Timing off -Unsure of choreography (looks to peers for assistance) -Little facial expression	-Performed content with three to four errors -Timing off -Loose arms -Some facial expression	-Performed content with one or two errors -Mostly timed with music -Motions and arms are placed correctly, but need to be tighter -Some facial expression	-Strong tight arm motions -Timed with music -Performs dance without any errors -Excellent facial expression and confidence
<u>Jumps</u>	-Did not jump -Did not fully complete the approach -Flexed toes -Little height -Chest down	-Sloppy arms in approach -Legs slightly bent and not fully extended -Flexed toes -Little height -Chest down	-Arms bent in approach -Slightly bent legs -Flexed toes - Little height -Chest down	-Arms tight -Straight legs -Moderate height -Toes flexed or not fully pointed -Chest up	-Strong tight arms in approach -Straight legs -Excellent height -Completely pointed toes -Body bent from waist -Chest up
<u>Attitude/ Appearance</u>	-Shirt not tucked in -Hair in a messy pony with no bow -Barely smiled -Had no spirit -Wearing jewelry	-Shirt not tucked in -Hair in a messy pony with no bow -Smiled part of the time -Had some spirit -May or may not be wearing jewelry	-Shirt tucked in, but messy -Hair in a nice pony, but with NO bow -Smiled majority of the time -Had decent amount of spirit -No jewelry	Shirt tucked in -Hair in a nice pony with a bow -Smiled the entire time -Showed spirit majority of the time -No jewelry	-Shirt tucked in -Hair in a tight high or side part low pony with a bow -Smiled entire time -Showed spirit entire time -No jewelry

CHEERLEADING APPLICATION

(Please make sure no question is left blank)

CHEERLEADER: (print clearly) _____

PLEASE ADDRESS: _____

CITY, State, Zip: _____

HOME PHONE: _____

ATHLETE CELL PHONE: _____

GRADE NEXT FALL: 9 10 11 12 GPA: _____

PARENT/GUARDIAN: (print clearly)

Mother's/Guardian Name: _____

Mother's/Guardian Cell: _____

Mother's/Guardian Email: _____

Father's/Guardian Name: _____

Father's/Guardian Cell: _____

Father's/Guardian Email: _____

Are you currently being treated for any injuries? YES or NO

If so, list: _____

Please describe any previous injuries: _____

Do you have any allergies? YES or NO If YES, list allergies: _____

QUESTIONS:

Standing tumbling skills (No Spotter), circle all that apply:

Back Handspring Back Tuck Layout Full

Running tumbling skills (No Spotter), circle all that apply:

Back Handspring Back Tuck Layout Full

List any qualifications (Previous cheer teams, gymnastics or dance experience AND how many years of each): _____

Are you willing to take tumbling classes? YES or NO

List other teams, clubs, activities or programs you plan to be involved in during the school year:

If chosen for Junior Varsity or Varsity, I understand that practices and games are Mandatory and are NOT EVER OPTIONAL?
YES or NO

Have you ever quit or been dismissed from any team/sport in the past? If yes, when & explain why:

What does commitment to a team mean to me? _____

My greatest strengths as a young adult (ie. Commitment, on time, leader, etc)

1.) ____

2.) ____

3.) ____

My 3 biggest weaknesses as a young adult: (ie. Poor time management skills, always late, not assertive, too nice)

1.) __

2.) __

3.) __

I understand that I may need to adjust my schedule (work/activities) for cheerleading? YES OR NO

Why do you want to be an East Cheerleader and why should we select you for our squad?

SIGNATURES:

I understand that I am trying out for WC East Cheerleading and that I am willing to make any squad based on my potential and skills during my tryout. I accept the decision for placement or non-placement for the EHS Cheer program. I understand that ALL EHS Cheer responsibilities, competitions and practice must take priority of any and all other activities unless otherwise discussed with coach.

BOOSTERS POLICY & FINANCIAL OBLIGATIONS

*The Boosters will not be giving out refunds in the event that a cheerleader quits or is asked to leave the team.

*The Boosters are not responsible for returning or exchanging clothing items. No returns taken if one quits.

*In the event that a cheerleader is dismissed or quits the team, their balance is still due for fees and items ordered. Cheerleader & Parent understand that all equipment/attire given to them by WC EAST CHEERLEADING is due back to the organization in the condition that it was given. If it is not returned in its given condition OR not returned at all, Cheerleader & Parent understand that they are responsible for payment to replace. If payment is not received by the end of the season, cheerleader will be put on obligation with the school.

Parent/Guardian agrees to all financial obligations associated with the season.

I have read the information, understand, accept and agree to abide by the Rules and Guidelines Handbook, Financial Obligations, Booster Policy, Demerit Policy and agree to all expectations/rules. I am ready to be a part of the WC EAST CHEER CULTURE.

Athlete's Signature & Date: _____

Athlete's Name Print: _____

Parent's Signature & Date: _____

Parent's Name Print: _____

SOCIAL MEDIA HANDLES: (write clearly)

TIK TOK: _____

INSTAGRAM: _____

TWITTER: _____

VSCO: _____

FACEBOOK: _____

Parent/Guardian Agreement

I, _____ (print name) have read and understand the West Chester East High School Cheerleading Rules and Guidelines for the season and agree to abide by these rules and to help my son/daughter to meet all of these requirements.

Initial Each Section:

_____ I have read, understand, and agree to abide by the West Chester East Cheerleading Rules and Guidelines and will assist my son/daughter to see that these rules and guidelines are upheld. I understand that failure to follow these rules may result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I understand that all other extracurricular activities come second to cheerleading and attending other activities instead of mandatory cheerleading activities will result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I understand that there are financial obligations that must be fulfilled if our son/daughter qualifies for the squad and we will meet all of the financial obligations in a timely manner. I can work out a payment plan if necessary to be paid in full by Dec 30 if my fundraising amount of \$500 isn't met.

_____ I understand that there are times that I must volunteer my time to help with cheerleading-related activities.

_____ I understand that there is an inherent risk of injury with any sport and cheerleading is not exempt from this. By signing this form, I understand that there is a risk of injury involved with being a cheerleader and the school and coaches assume no responsibility for any accidents or injuries that might occur at school, during an event, or away from school grounds.

Signature: _____

Print Name: _____ Date: _____

Cheerleader Agreement

I, _____ (print name) have read and understand the West Chester East High School Cheerleading Rules and Guidelines for the season. I understand the responsibilities and privileges of being an East High School Cheerleader and agree to abide by these rules. I understand that failure to abide by these rules and guidelines will result in the accumulation of demerits. I will participate in all facets of cheerleading including but not limited to practices, games, competitions, parades, pep rallies, and fundraising activities. I will cooperate fully with the coaches to promote spirit and sportsmanlike conduct. I will conduct myself at all times, in a manner that best represents the students and faculty of East High School.

Initial Each Section:

_____ I have read, understand, and agree to abide by the West Chester East Cheerleading Rules and Guidelines.

_____ I understand that failure to follow these rules may result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I understand that all other extracurricular activities come second to cheerleading and attending other activities instead of mandatory cheerleading activities will result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I understand that there are financial obligations that must be fulfilled and will meet all of the financial obligations in a timely manner. I agree to fund raise and I will meet the fundraising obligations. I will have my \$500 bill paid in full or fundraise the expected dollar amount by Dec 30.

_____ I understand that each athlete must have a physical after June 1st in order to be eligible to participate. Failure to upload the physical on the Family ID website before the first practice will result in being unable to participate and the possible accumulation of demerits.

_____ I understand the academic eligibility policy for cheerleading and know that it is the student's responsibility to report periods of ineligibility to his/her parents.

_____ I understand that there is an inherent risk of injury with any sport and cheerleading is not exempt from this. By signing this form, I understand that there is a risk of injury involved with being a cheerleader and the school and coaches assume no responsibility for any accidents or injuries that might occur at school, during an event, or away from school grounds.

Signature: _____

Print Name: _____

Date: _____

COMPETITION SQUAD TRY OUT SIGNATURE SHEET

ONLY FOR THOSE INTERESTED IN BEING CONSIDERED FOR THE COMPETITION TEAM

****By signing the below, you are acknowledging that:

1. I have read in full the Competition Squad information and understand that there are additional costs associated with the Competition Squad. Approximate costs have been addressed in the Competition Squad section; I do understand that there may be additional costs that are currently unforeseen and agree to the financial obligation.
2. I understand that the same Cheerleading Rules and Guidelines that apply to Sideline Cheerleading also apply to Competition Squad. I understand that my first commitment is to any and all games and in order to compete, I must attend all games. I understand that I must fundraise a specific amount to be on the competition team (that amount is not total sales, but what each cheerleader nets from the fundraiser minus costs). If I do not meet the additional \$500 dollar amount, then I am responsible for the balance due or risk the team not participating in any competitions including UCA nationals. Total amount to be fundraised for the season if on the competition team is \$1000. That includes the \$500 for the regular season plus the competition team \$500.
3. The same Demerit Policy and Booster Policy that applies to the Sideline Cheerleading will also apply to Competition Squad.

The below is to be signed by the Cheerleader and Parent/Guardian and brought with them no later than the first day of tryout clinic. I understand that if I do not attend all practices, I am subject to being replaced from the competition team. I understand that vacations and extended absences should be scheduled during student time off or the off season.

CHEERLEADING COMPETITION

I have read all of the information provided in the tryout packet. I understand and agree to abide by all expectations prior to try-outs for the Cheerleading Competition Squad as well as the entire duration of the season.

Print Cheerleader Name: _____

Date: _____

Cheerleader Signature: _____

Date: _____

Print Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____