

WHITNEY SIDELINE CHEER TEAM

2017-2018 TEAM HANDBOOK

Thank you for your interest in Whitney Cheer! We are excited to meet you and look forward to the new season. The Cheer Staff is enthusiastic about our program and plans for the 2017-2018 year. We are school spirit leaders, game time crowd leaders, community role models and more. We take pride in the opportunities to highlight our stunt and tumbling skills with halftime, rally performances and special events. Please **thoroughly** read the following information about the tryout process, team expectations and athletic guidelines.

WHS Cheer & Stunt Staff

www.whitneycheer.com

2017-2018 TRYOUTS

MONDAY APRIL 24, TRYOUT INFORMATIONAL MEETING (WHS Library)

6:00-7:00PM ALL Candidates and Parents

APRIL 11, 18,25, TRYOUT PREP CLINICS—\$15 for entrance into all 3 (cafeteria)

5:30-7:00PM Open to students in grades 8-12

FRI, MON, APRIL 28, MAY 1, MATERIAL INSTRUCTION, INTERVIEWS (cafeteria)

5:30-7:00PM ALL Candidates

TUES, MAY 2, SIDELINE EVALUATIONS AND CALLBACKS (Cafeteria)

3:00 PM ALL Candidates—beginning with VARSITY

WED-THURS, MAY 3-4, STUNT INSTRUCTION/EVALS (WHS GYM)

5:00-6:30PM Junior Varsity Candidates

6:00-7:30PM Varsity Candidates

FRI, MAY 5, MANDATORY UNIFORM FITTING

6:00 JV

7:00 VARSITY

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Dates For 2017-2018 Tryouts and Daily Schedule, & Evaluation Criteria

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Important dates, Uniform & Financial Information

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WHS Team Guidelines, Links to WHS Athletic Code of Conduct, Attendance and Behavior Expectations

All information in this packet may be modified leading up to the Tryout Parent Meeting. Please check the updated date on the bottom of each page to make sure you are looking at the most recent version

TRYOUT INFORMATION

We are the Whitney High School Wildcat's Number One Fans! We are one of the most visible and recognizable representatives of our school and role models for our community. Therefore, WHS Cheerleaders are held to high standards as student athletes. The Cheer and Stunt Team Members are committed to self-discipline, respect, attitude and effort at all times.

WHAT ARE WE LOOKING FOR?

The cheer team is a serious commitment, filled with energetic seasons and the cooperative nature of the team makes it imperative that candidates selected are not only skilled, but positive, respectful, kind and dependable.

TRYOUTS WILL FOCUS ON THE FOLLOWING AREAS

ATTITUDE	work ethic, cooperation, focus
ACADEMIC	grades, detention hours, behavior reports
MOTIONS	correct placement and sharpness of execution
JUMPS	flexibility, height, execution
TUMBLING	potential of acquiring skill, level of skill, execution of skill
STUNTING	current ability, technique execution, potential for positions

DAILY INSTRUCTION AND TRAINING

Evaluations begin on day one and will continue throughout the WEEK OF CLINIC.

Coaches are looking for team members who:

Are punctual, give 100% effort, show potential for improvement and spirited crowd leading, are respectful to everyone, are determined to learn new skills, are focused at all times, are kind to all, have a positive attitude, have the ability to learn quickly, possess technical and physical strength.

DO NOT HESITATE TO ASK FOR FEEDBACK!

Feedback will be given throughout the training clinics and at any appropriate time the candidate may speak with the coaches or helpers to get individual, specific tips and feedback.

WHAT TO WEAR?

- Black or Maroon Pros shorts
- White or Maroon t-shirt (White plain shirt on May 9th)
(no tank tops please)
- White Cheer Shoes
- Hair in neat ponytail
- No jewelry
- Bow optional (required May 9th)
- Bring water bottle

WHAT TO DO?

- Arrive early
- Perform full out at all times
- Demonstrate strong work ethic
- Ask questions
- Show Improvement
- Practice between clinic days
- Pay close attention to feedback
- Positive Attitude
- HAVE FUN & LEARN A LOT!

EVALUATIONS

After the sideline evaluation, the coaches will meet with each participant to give feedback and potentially call back to continue to the stunting portion of the tryout.

If at any time, your son/daughter is not given a call back, we will give recommendations for how to improve and encourage next year's tryout. Any questions regarding callbacks can be directed to nferguson@rocklinusd.org

IMPORTANT DATES FOR 2016-2017

CHEER TEAM **EVENTS**

Monthly calendars will be posted on Google Calendar. All events on calendar are mandatory.

Varsity Schedule

M 2-3:30pm
T 3-4:30pm
W 3-4:30pm

JV Schedule

M 3:30-5pm
T, TH 4:15-5:45pm

SUMMER :

Material Monday 6-7pm
T,W,Th 7:30-9:30am

FALL PRACTICES:

TBD, 2x a week

WINTER PRACTICES:

Mon 3-5:30pm

Practices that occur on Holidays will be rescheduled for another day in the week



MAY

Chipotle Fundraiser
5/5 Uniform Fitting, 6pm
Athletics/Cheer Mtg: 6PM in theater
5/8 Jamba Fundraiser
5/16 Athletics Meeting
New Squad Picnic
Spring Practices (see left)

JUNE

6/12-16 Kids Summer Camp 9am-12pm
6/19-22 UCA Tahoe Camp
6/1 Physicals are DUE ONLINE
Squad Swim Parties—TBA

JULY

Family BBQ & Swim Party—TBA
Material Mondays (not required)
Weight Room Workouts

AUGUST

Summer Practices
8/11 Frosh Orientation
8/11 Meet the Wildcats Performances
8/18 Welcome Back Rally
8/25 Football game

SEPTEMBER

9/8 Quarry Bowl @ WHS
Fri Football Games
Mother Daughter Luncheon

OCTOBER

10/4 Homecoming Night Rally
10/6 Homecoming Game
Fri Football Games

NOVEMBER

Fri Football Games
Varsity Playoff Games (both teams required to cheer)
Father Daughter Bowling

DECEMBER

TBA Quarry Classic
Holiday Party
STUNT Tryouts

JANUARY

Gold Team Basketball Games

FEBRUARY

Gold Team Basketball Games
Banquet

One Program - Two Seasons

MAROON TEAM - Fall Only

The maroon team members will cheer on the sideline only during the fall season (primarily football games).

The maroon team option is being offered this year to encourage athletes to participate in other sports and be recognized as a multi-sport athlete. The maroon team option will make juggling multiple sports easier for women's basketball, soccer, STUNT and more.

The maroon team will be divided into JV and Varsity levels

Practices will be twice a week.

GOLD TEAM - Fall and Winter

The Gold team members will cheer on the sideline during the fall and winter season (primarily at football and basketball games).

The gold team will combine members from the fall JV and Varsity season into one team that cheers at Varsity level games.

Practices will be Mondays only.

WHITNEY CHEER—Expenses

The prices below are an ESTIMATION

All contributions and payments are final. No refunds will be issued.

Fundraising is Available early on in the season

- Jamba Card Fundraiser May 8-22nd, \$5 for every card sold will go toward camp.
- Kid's camp Fundraiser. Every paper sign up submitted by May 5th credits the cheerleader \$20 (\$15 for a WJW signup) towards their camp balance.

Camp and Clinics	Amount, payable by cash or check made out to WHS	Date Due
6/19-6/22 UCA Summer Camp Balance	\$400	May 5th

Uniform and Team Apparel	Amount	Date Due
Campwear Package, shoes	\$135 Check made out to Varsity	May 5th
Remaining uniform balance	See order sheet, payable by credit card (online portal) Fundraising Available	June 1st

Other	Amount	Date Due
Physical	\$20	June 1st
VAC— Athletic Dept. Contribution (includes concussion base testing, coaching stipends)	\$70	August 1st

Miscellaneous Costs arise throughout the season to make for a positive experience, such as: team photos, team dinners, coaches gifts, secret santas, rally outfits, senior night, etc

CHEER & STUNT TEAM GUIDELINES

WHS Conflict

Management Policy

The coaching staff is always open to discuss any issues that arise, however there is an appropriate time and place. Please approach your coach before, or after practice to arrange a time (outside of practice, games) to discuss any concern that might arise. In order to be successful, everyone must work as a team and no one wants that more than your coach, so it is important we follow appropriate procedure:

Step 1: Coach, Athlete

Step 2: add Parent & Head Coach

Step 3: add Administrator

Please refer to the WHS Athletic Handbook with any further questions regarding the expectations of all athletes on campus.

http://whitneywildcats.org/library/files/whitneyhs_bigteams_org_3866/files/student_handbook.pdf

**WHS Athletic Director
Jason Feuerbach
jfeuerbach@rocklin.k12.ca.us**

ATTENDANCE GUIDELINES

- All events on the Team Calendar are Mandatory.
- Excused absences (illness, court, funeral) need verification via parent email or before missed practice.
- Team members must attend school the full day of any event to be eligible.
- Practice absences will result in being benched at the next game
- Game absences will result in dismissal from the team

PRACTICE GUIDELINES

- All practices are mandatory
- Team Members must arrive to every practice 5 minutes early, ready to work
- Prepared = appropriate practice attire, shoes, no jewelry, hair up.
- Cell phones WILL remain put away during the entire practice
- Team Members will be respectful towards all members, coaches and choreographers by not speaking out of turn/focusing/reviewing choreography outside of practice.

GAMES & EVENTS GUIDELINES

- All games & events are mandatory
- Team Members must arrive to all events on time & ready to perform
- This team exists in support of WHS, team members will display positive spirit at all times. This includes on social media as well!
- Keep in mind some one is always watching you!
- Uniform must be clean, with no bra straps or undergarments showing.
- Team Members' hair must follow the agreed style, slicked back w/no wispsies!

SCHOOL GUIDELINES

- Team members' first role is a student at WHS.
- To remain eligible, team members will maintain a GPA of 2.0+, w/only 1 NM at any time.
- Team Members will be respectful and not discuss teammates or any team issues
- Behavior with friends, boyfriends, etc will be appropriate at all times.
- Team Members will dress in designated uniform on all game days.
- Team Members will be excellent leaders on campus

ADDITIONAL EXPECTATIONS OF TEAM MEMBERS

- Act appropriately on all social media at all times.
- Know your Material.
- Observe stunt safety techniques and rules.
- Be a dedicated and motivated member of the team. (On and Off the field)
- Take personal care of your health and nutrition to perform at your best.
- Carry oneself with personal integrity and high standards of respect.
- Refrain from foul language, fighting, gossiping and other forms of rudeness. (includes on social media)

EXPECTATIONS OF TEAM MEMBER PARENTS

- Become Involved with special events and fundraisers.
- Be supportive of Cheer Staff and Program.
- Let cheerleader solve own problems when issues arise between squad members.
- Sign necessary forms and make payments by deadlines.
- Advise your cheerleader to bring concerns to coach first.
- Questions from parents should be brought up in a private and in a non-aggressive manner w/cheer staff.
- Refrain from Gossiping and "Bleacher Bashing" . We have an open door policy. Please bring your concerns DIRECTLY to Advisor/Coach.

WHS CHEER Expectations

1. I realize my first role is a student at WHS and second a member of the WHS Cheer Team. Any absences from any events will result in disciplinary action and possible dismissal from the team.
2. As a team member, I am a highly visible school leader. I will uphold this role with positive and appropriate behavior. I realize that continual attitude problems can result in dismissal from the team.
3. I understand that as a campus leader, I am responsible for clearing detention hours. Checks will be done on Thursdays and if detention hours are found, the team member will be benched for the Friday game.
4. A 2.0 GPA (& no more than 1 NM) minimum is required before tryouts and I will maintain that academic standard with each grading period to remain active on the team. If I do not remain academically eligible, I will be removed from the team.
5. I acknowledge that any WHS Cheer & Stunt Team Member drinking, smoking, using drugs, fighting or displaying any other inappropriate behavior will be automatically dismissed from the team and referred to administration.
6. I will make any Instagram/Twitter/Other Social Media pages accessible to my coaches for monitoring and will keep all photos and website material appropriate and inoffensive. I also understand that social media is not an appropriate platform to post any negative comments about teammates, coaches or the team. All concerns should be expressed to a coach.
7. I will have a medical doctors physical examination and the online athletic handbook signed and completed **BY JUNE 1st**
8. I will arrive 5 minutes early to all team events and remain until dismissed. I will also be dressed in the chosen appropriate attire.
9. I will obey the WHS Cheer & Stunt Team Handbook and WHS Athletic Handbook expectations for practices, games, rallies, school, & all events.
10. I understand that all contributions and payments are final. No refunds will be issued.
11. I understand that quitting the team or being dismissed from the team will result in not being able to tryout for the cheer team the following year.
12. I understand that rule infractions will count as strikes against me and will result in parent coach meetings and consequences, such as removal from routines or the team.

Please read the entire tryout packet and discuss the requirements and responsibilities. Evaluate YOUR PRIORITIES before you tryout. The cheer team is a huge commitment and long season. For any further questions, do not hesitate to contact the Head Coach at nferguson@rocklinusd.org

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