

WHITNEY SIDELINE CHEER TEAM

2018-2019 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 2018-2019 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 Staff

www.whitneycheer.com

2018-2019 TRYOUTS

WEDNESDAY APRIL 11, TRYOUT INFORMATIONAL MEETING (WHS Library)

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

FRIDAY APRIL 20, 5pm, MATERIAL RELEASED ON WHITNEYCHEER.COM

APRIL 18, TRYOUT PREP CLINICS—\$10 (cafeteria)

5:30-7:00PM Open to students in grades 8-11

MON-TUES APRIL 23-24, MATERIAL INSTRUCTION, INTERVIEWS

5:30-7:00PM ALL Candidates (cafeteria)

(T) 2:45-4:00PM Varsity Candidate Interview Portion (room E-2)

WED, APRIL 25, SIDELINE EVALUATIONS AND CALLBACKS (Cafeteria)

3:00 PM ALL Candidates—beginning with VARSITY

THURS-FRI, APRIL 26-27 STUNT INSTRUCTION/EVALS (WHS GYM)

5:00-6:30PM Freshman, Sophomore Candidates

6:00-7:30PM Jr, Sr Candidates

FRI, MAY 4, MANDATORY UNIFORM FITTING

5:00 Varsity

5:45 Jv

6:45 Frosh

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

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Dates For 2018-2019 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

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 April 25th)
(no tank tops please)
- White Cheer Shoes
- Hair in neat ponytail
- No jewelry
- 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 callback list will be posted. Upon request, the coaches will meet with the participant to give feedback and 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 2018-2019

CHEER TEAM

EVENTS

Season calendars will be regularly updated on Google Calendar. All events on calendar are mandatory.

Varsity Schedule

M 3:15-5:00pm
T, W 3-4:30pm

JV Schedule

M 1:15-2:45pm
T, TH 4:15-5:45pm

Frosh Schedule

M 6-8pm
T 5:30-7:30pm

SUMMER :

Material Monday 6-7pm
(always required for JV/V new-members, occasionally required for whole team)

JV & V: 7:30-10am T, W,
Th

Frosh: M, T 5:30-7:30pm

FALL PRACTICES:

TBD, 2x a week

WINTER PRACTICES:

TBD, 2x a week



MAY

4/30 Cookie Dough Fundraiser
5/4 Uniform Fitting
5/16 Athletics Meeting
5/12 Rocklin Parade
Spring Practices (see left)

JUNE

6/1 Physicals are DUE ONLINE
6/11-15 Kids Summer Camp 9am-12pm
6/16-19 UCA Tahoe Camp
Squad Swim Parties

JULY

Summer Practices (see left)
Encouraged Weight Room
Workouts

AUGUST

Summer Practices
Frosh Orientation
Meet the Wildcats Performances
Welcome Back Rally—V. Performance
Football games

SEPTEMBER

Quarry Bowl @ RHS
Fri Football Games
Mother Daughter Luncheon

OCTOBER

Homecoming Night Rally
Homecoming Game
Football Games

NOVEMBER

Football Games
Varsity Playoff Games (all teams required to cheer)

DECEMBER

Basketball Games
Holiday Party

JANUARY

Basketball Games

FEBRUARY

Basketball Games
Banquet
STUNT Tryouts

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

- Cookie Dough Fundraiser April 30-May 14, funds raised will go toward camp. Mandatory kickoff event with all the details—April 30th at 5pm

Team Expenses	Amount, payable by cash or check made out to WHS	Date Due
Frosh— 2 team shirts(\$25), bows(\$20), banquet gifts (\$10), camp care package(\$20),bag clip(\$5)	\$80	July 31st
JV-2 team shirts(\$25), bows(\$20), banquet gifts (\$10), bag clip(\$5), camp care package(\$5)	\$65	July 31st
Varsity (Juniors)- 2 team shirts(\$25), ribbons(\$5), box panel(\$25), 2 rally costumes(\$35), team dinners (\$20), bag clip(\$5), banquet gifts(\$10), camp care package(\$5)	\$120	July 31st
SENIORS - 2 team shirts(\$25), ribbons(\$5), box panel(\$25), 2 rally costumes(\$35), team dinners (\$20), bag clip(\$5),banquet gifts(\$10), Sr night(\$50)	\$165	July 31st

Camp	Amount, payable by cash or check made out to WHS	Date Due
6/16-6/19 UCA Summer Camp Deposit	\$100	May 4th
6/16-6/19 UCA Summer Camp Balance	\$350	May 15th

Uniform and Team Apparel	Amount	Date Due
Practice Wear	\$50(returners) or up to \$240 for new members(if all items are purchased, however items beyond the \$50 will be available in our used uniform sale.)	May 4th
Remaining uniform balance	See order sheet, payable by credit card (online portal) or check made out to Varsity	June 15th

Other miscellaneous, individual costs will arise throughout the season to make for a positive experience, such as: team photos, secret santas, big sis/lil sis. It is also expected that all team members have a backhandspring, if not, then tumbling classes are an expectation.

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 Spirit 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 Spirit Director
Jeff Dietrich
jdietrich@rocklinusd.org

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 wispies!

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 2 NM's 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)
- Sweep the Shed (clean up after practices and games)

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 2 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 ALL 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. I will be productive and willing to participate during all cheer events.
9. I will be respectful to all coaches, teammates, volunteers and other students at all times. I will not swear, bully, or verbally or physically abuse others. I understand that I will be asked to leave immediately if these behaviors exist and removed from the team for multiple offenses.
10. I will obey the WHS Cheer & Stunt Team Handbook and WHS Spirit Handbook expectations for practices, games, rallies, school, & all events.
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. I understand that rule violations are not limited to those listed here and may include, other inappropriate behavior.
13. I understand that all contributions and payments are final. No refunds will be issued.

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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