

# WHITNEY SIDELINE CHEER TEAM

## 2019-2020 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 2019-2020 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](http://www.whitneycheer.com)

### 2019-2020 TRYOUTS

**MONDAY APRIL 22, TRYOUT INFORMATIONAL MEETING (WHS Library)**

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

**FRIDAY APRIL 26, 5pm, MATERIAL RELEASED ON WHITNEYCHEER.COM**

**MON-TUES APRIL 29-30, MATERIAL INSTRUCTION, INTERVIEWS**

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

**WED, MAY 1, SIDELINE EVALUATIONS AND CALLBACKS (Cafeteria)**

3:00 PM ALL Candidates—beginning with Senior Candidates

**THURS-FRI, MAY 2-3 STUNT INSTRUCTION/EVALS (WHS GYM)**

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

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

**MON, MAY 6, MANDATORY UNIFORM FITTING**

5:00 Varsity

5:45 Jv

6:45 Frosh

#### PAGES 1-2 Team Expectations and Schedules

Uniform & Financial Information, Important dates

#### PAGES 3-4 Tryout Information

Dates For 2019-2020 Tryouts and Daily Schedule, & Evaluation Criteria

#### PAGES 5-6 Cheer & Stunt Guidelines

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*

# 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

- Kids Camp—6/17, for every kid that registers under your name by May 26th, you will receive \$20\* credited to your camp balance. \*w/jw participants will only earn a \$10 credit)
- Cookie Dough—5/4, 2 week long cookie dough sales, proceeds benefits the UCA camp balance

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(\$15), bag clip(\$5), camp costume (\$10), athletic registration (\$5)	\$90	July 22nd
JV-2 team shirts(\$25), bows(\$20), banquet gifts (\$10), bag clip(\$5), camp care package(\$15), camp costume (\$10), athletic registration (\$5)	\$90	July 22nd
Varsity (non seniors)- 2 team shirts(\$25), ribbons (\$5), box panel(\$25), 2 rally costumes(\$35), team dinners(\$20), banquet gifts(\$10), camp care package(\$15), athletic registration (\$5)	\$140	July 22nd
SENIORS - 2 team shirts(\$25), ribbons(\$5), camp care package(\$15), 2 rally costumes(\$35), team dinners(\$20), banquet gifts(\$10), athletic registration (\$5), Sr night(\$50)	\$165 (or \$195 for 1st year seniors)	July 22nd
New to team - box panel(\$25)		

Camp	Amount, payable by cash or check made out to WHS	Date Due
UCA Summer Camp Deposit	\$225	May 6th
UCA Summer Camp Balance	\$225	May 27th

Uniform and Team Apparel	Amount	Date Due
Practice Wear and Uniform	See order sheet, payable by credit card (online portal)	May 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. Tumbling classes are an expectation for those who do not have a back-handspring.

# IMPORTANT DATES FOR 2019-2020

## **CHEER TEAM**

### **EVENTS**

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

#### **SUMMER :**

**Varsity :** T, TH 3-5pm

**JV Schedule:** TBD

**Frosh/Soph :** M, W  
5:30-7:30pm

#### **SUMMER :**

Material Monday 6-7pm  
(required for new members)

V: T, W, Th 8-10:30am

JV: TBD

Frosh/Soph: TBD

#### **FALL PRACTICES:**

TBD, 2x a week

#### **WINTER PRACTICES:**

TBD, 2x a week

### **MAY**

5/4 Movie Night Bonding

5/4-20 Cookie Dough Fundraiser

5/15 Parent Meeting

5/12 Rocklin Parade

Spring Practices (see left)

### **JUNE**

6/1 Physicals are DUE ONLINE

6/1 Father Daughter Football

6/17-21 Host Kids Summer Camp

6/25 Host Stunting clinic for WJW

Squad Swim Parties

### **JULY**

Summer Practices (see left)

7/6 Carwash Fundraiser

7/7-10 UCA Reno Camp

Encouraged Weight Room  
Workouts

### **AUGUST**

Summer Practices

Frosh Orientation

8/6 Maroon & Gold Scrimmages

8/16 Welcome Back Rally

Football games

### **SEPTEMBER**

9/20 Quarry Bowl @ WHS

Football Games

9/25 Homecoming Night Rally

9/27 Homecoming Game

### **OCTOBER**

Football Games

10/11 Sr Night Football Game

Mother Daughter Bingo

### **NOVEMBER**

TBD Varsity Playoff Games (all  
teams required to cheer)

### **DECEMBER**

Basketball Games

Holiday Party

### **JANUARY**

Basketball Games

### **FEBRUARY**

Basketball Games

Banquet

STUNT Tryouts



# 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 EVALUATE THE FOLLOWING AREAS

<b>ATTITUDE</b>	work ethic, cooperation, focus
<b>ACADEMIC</b>	grades, detention hours, behavior reports—2.0+ GPA, no more than 1 NM, 0 detention hrs
<b>MOTIONS</b>	correct placement and sharpness of execution—asked to perform 2 out of 3 chants & a dance
<b>JUMPS</b>	flexibility, height, execution—asked to show a toe touch and other jump
<b>TUMBLING</b>	potential of acquiring skill, level of skill, execution of skill—asked to show back-handspring
<b>STUNTING</b>	current ability, technique execution, potential for positions—asked to show a progression of skills

## DAILY INSTRUCTION AND TRAINING

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

**In addition to technique and skill, 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 gray shorts
- White or Maroon t-shirt (White plain shirt on May 1st) (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](mailto:nferguson@rocklinusd.org)

# 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](http://whitneywildcats.org/library/files/whitneyhs_bigteams_org_3866/files/student_handbook.pdf)

**WHS Spirit Director**  
**Jeff Dietrich**  
[jdietrich@rocklinusd.org](mailto: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 1 NM at any time and have 0 hours of detention to clear.
- 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 and wear maroon every Friday.
- 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 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 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 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 a long season. For any further questions, do not hesitate to contact the Head Coach at [nferguson@rocklinusd.org](mailto:nferguson@rocklinusd.org)**

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