

Vista Ridge High School



Cheer Program Information Packet

April 2021

Dear Parent:

Your child has expressed an interest in becoming a member of one of the Vista Ridge COED Cheer Teams. The meeting this evening will explain many of the facets of these programs. Spirit is the most visible of all high school sports, and with that visibility comes great responsibility. We are looking for students who strive for excellence in all aspects of their lives and will represent Vista Ridge with the highest degree of integrity.

Spirit is an extremely long sport, working through all seasons of the year. At the Varsity level, our cheer team is very competitive and has attended the National Competition. The members of Varsity will be busy balancing the competitive side with the school performance side and will spend many hours together, as a team. We as coaches are looking for not only cheer talent, but also strong work ethic and great attitudes.

During tryouts, prospective members will be evaluated daily by the coaching staff. The last day will be a final evaluation day, where participants will have one final opportunity to show all they have learned throughout the process. All tryouts are closed to the public. At that time, the coaches will make their final decisions, and all participants will be notified. All decisions will be final.

Cheer Tryouts will be April 11-15

We appreciate your interest in our Programs this year and hope you and your child take careful consideration to determine if this is the sport for your family. We wish your child the very best of luck.

Regards,

Nikkole Weir –Program Director- Head Varsity Cheer Coach
Marissa Sanchez – JV Cheer Coach
Mariah Randol – JV Cheer Coach
Nikita Breslin – Tumbling Coach
Olivia Manwiller -Tumble Coach
Justin Loudon – Weights Coach

Vista Ridge COED Cheer Coaching Philosophies:

My commitment to this program and to all of you is this:

- I will make this program and the teams my priority.
- I will always give my best to the program
- I will put the team's needs first before individual desires.
- I will communicate often any changes to schedule, times, etc.
- I will be willing to do whatever I ask of any of you.
- I will have an open-door mentality with athletes and parents.
- I will respect emotions can run high in times of stress.
- I will speak with integrity and honesty even when the words may be difficult for others to hear.
- I will work to find best solutions for all, maintaining team's best interest.
- I will clearly define why decisions have been made for understanding.
- I will actively seek input from those involved and trust that others can do much without my interference.

As your athlete's coach including the coaching staff, we will lead by example and encourage our teams to perform by the CHSAA rules and respect the rights of the members of the opposing teams. We will do our best to provide a sports environment for our teams that is safe and educationally based. We will make every effort to improve our knowledge of coaching techniques so that we can teach the sport properly. We will place the emotional and physical well-being of our team members ahead of the personal desire or external pressure to win. We will also respect the games, practices, and competition officials and communicate with them in an appropriate manner. Finally, we will do our best to ensure all cheerleaders have an opportunity to improve their skills and create an environment that is well-organized, professional, and FUN!

Honored and Humbled to lead this program!

Nikkole Weir- Head Cheerleading Coach, Vista Ridge High School

vrhscheer@d49.org

STANDARDS AND CONDUCT:

All members are official representatives of Vista Ridge High School. Each member must maintain high moral and ethical standards and use good judgment at all times. Conduct must always be above reproach. Membership on the team may be terminated for unacceptable standards of conduct. Extracurricular standards of behavior will take into consideration conduct that occurs at any time, on or off school property.

Character: All athletes involved in Vista Ridge COED Cheer must...

- Always represent the school and their perspective program with class and responsibility, in person and on **all** forms of social media
- Treat teammates and coaches with respect
- Have enthusiasm about the team
- Be a leader and ambassador for Vista Ridge High School

Athletes will have a respectful self-image on **ALL** Social Media outlets. Athletes must add the Cheer Program on Instagram, Tik-Tok and Facebook and allow the spirit Social Media accounts to follow them on ALL social media accounts. **WHAT IS WRITTEN ON THE WEB IS WRITTEN IN INK!** If you wouldn't want your coaches, teachers, and parents to see or read it, don't post it. Discipline for social media will be considered on a case-by-case basis.

At no time during the student's tenure in the Vista Ridge COED Cheer Program may she/he use or be in possession of tobacco, alcohol, marijuana, illegal drugs or any potentially harmful and/or habit-forming substance. Any student who violates this policy will be subject to School Board Policy, including removal from the program, and suspension from the school.

Athlete's attitude and ability to work with different personalities must be exceptional.

Athletes must always come to a Coach with a concern before a parent addresses the concern with the Coach.

All official Cheer decisions and activities will be made by the coaching staff. All Coaches and Captains are to be given respect and cooperation by athletes and parents at all times. Lack of respect from athletes or parents will not be tolerated and can be grounds for consequences.

If at any time during a student's tenure as a Vista Ridge COED Cheer member, the Coaches or Athletic Director observes a student not acting in a manner consistent with the held expectations, it will be dealt with in an appropriate manner, up to and including short term suspension. Extreme or consistent behavioral issues could result in dismissal from the squad. Behavioral issues will be dealt with individually by the Coaches and/or Athletic Director.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, **please respect the following chain of command, and have the athlete follow-up first prior to parent involvement: Coach, Program Director, Athletic Director, School Principal.**

INFORMATION TO CONSIDER PRIOR TO TRYOUTS:

- Spirit is a yearlong commitment, with very few breaks throughout the year.
- Spirit is an expensive sport, with Varsity Cheer costing approximately \$4,450 for the year (**This includes season fees, camps, and travel to Nationals**) And JV Cheer approximately \$2,000 (**This includes season fees and camps**).
*Monthly Tumble Class offered \$45.00 per month *separate from season fees*
- All money applied to the program is non-refundable.
- Cheer is a sport and offers a rigorous schedule of practice, school support, and competitions.
- Cheer offers a chance for participants to learn to work as a team.

- Cheer is a privilege, and your involvement requires great devotion.
- Cheer is a highly visible sport. Cheerleaders must conduct themselves as leaders and role models at school and in the community.
- Cheer is designed with the athlete in mind.
- Practices are mandatory, work is NOT an excuse to miss. All appointments need to be scheduled around practices. Birthday parties, parent dinners or other events are not an excuse to miss. Schedules are provided in advance; schedules need to be made around them.
- Participation in all events, games, competitions, practices are a requirement to letter as a Varsity athlete.
- Participation in fundraising is a program requirement.
- ALL coaching staff will make program decisions with the team's best interest in mind.
- All Cheer performances are a culmination of practices. Through practices and other performances, coaching staff will determine participants.
- Cheer is composed of traditional "cheerleaders" with a focus on game day and competition.
- Cheerleaders will maintain academic eligibility (Vista Ridge guidelines)

Proper Attire:

- Practice attire will consist of cheer shoes, weekly set practice outfits, hair pulled back and NO JEWELRY. Inappropriate dress will result in disciplinary action. This includes wearing of Jewelry and long nails. (This is not negotiable).
- Event attire will be the uniform that is designated by the Coaches or Captain(s). Cheers must be dressed alike from head to toe and be in complete uniform when arriving at their event. Any athlete in the wrong uniform will be considered unprepared and can be asked to sit out or be sent home.
- Whenever dressed in uniform, athletes must look presentable. This means hair done and make up on. You are representing the team anytime you are in uniform or in any Cheer attire so please look presentable at that time. This includes NO Jewelry, no slippers, no pajama pants.
 - o Our dress code is not up for discussion or interpretation. The above will be strictly enforced including jewelry and nails. "We have a mandatory dress code when we workout, practice, play or do anything as a team. We all dress exactly alike. If you want to draw attention to yourself around here, then outwork your teammates" ~Bear Bryant~

IN SEASON WEEKLY PRACTICE SCHEDULE:

Mondays:

5:00AM- 7:00AM V Cheer (Aux Gym)

Tuesdays:

5:00AM- 7:00AM V Cheer (Aux Gym)

6:30PM-8:30PM JV Cheer (Aux Gym)

Wednesdays:

5:00AM- 7:00AM V Cheer (Aux Gym)

6:30PM-8:30PM JV Cheer (Aux Gym)

Thursdays:

5:00AM- 6:00AM **V Cheer** (Aux Gym)
6:00AM- 7:00AM **V Tumble** (Aux Gym)
7:00AM-8:15AM **JV Tumble** (Aux Gym)
6:30PM-8:30PM **JV Cheer** (Aux Gym)

Fridays:

Game Day

Saturdays:

*8:00-10:00am (If Needed)

SUMMER WEEKLY PRACTICE SCHEDULE:

***Detailed Summer Schedule Attached**

Mondays:

Off- Unless Specialty Camp Assigned

Tuesdays:

8:00AM- 11:00AM **V Cheer** (Aux Gym)

6:30PM-8:30PM **JV Cheer** (Aux Gym)

Wednesdays:

8:00AM- 11:00AM **V Cheer** (Aux Gym)

6:30PM-8:30PM **JV Cheer** (Aux Gym)

Thursdays:

8:00AM- 10:00AM **V Cheer** (Aux Gym)

10:00AM- 11:00AM **V Tumble** (Aux Gym)

11:00AM-12:15PM **JV Tumble** (Aux Gym)

6:30PM-8:30PM **JV Cheer** (Aux Gym)

Fridays:

Off Unless Specialty Camp Assigned

Saturdays:

Off Unless Specialty Camp Assigned

TRYOUT PROCEDURE:

CHEER TRYOUTS

1. Tryouts are April 11-15
 - All Paperwork & Tryout Fee Due at Check-in 4/11. Uniform Fittings will be done at this time 4:00-8:30pm
 - Clinics 4/12-4/14 5:30-7:30pm
 - Tryouts 4/15 4:00-9:00pm *Results posted 4/16 *Parent Meeting 4/26 5:00-8:30pm, First payments due at that time.
 - Pre-Tryout Open Gym- 4/4-4/9 5:30-7:30pm \$10 per session
2. Coaching staff will evaluate prospective members on the following: spirit, sideline, cheer, jumps, tumbling, stunting, recommendations, and interview.
3. **Teams will be judged by an outside judging panel and selected by coaching staff. All decisions will be final.**
4. All interested members will receive an email once teams are formed.
5. You have 24 hours to accept your position on the team.
6. All selected Varsity and JV members will attend a celebration party once the teams are formed.

7. Perspective athletes will pay \$40 for tryouts. Athletes will receive a Tryout Shirt and Bow (for girls)

EXPENSES/FINANCIAL COMMITMENT:

CHEER FINANCIAL OBLIGATIONS

The following list will account for the majority of expenses (based on prior year trends); however, **some additional expenses** may arise throughout the year (team meals, pictures, state week etc). Each family should also expect to host a meal or snacks before a game or competition.

VARSITY CHEER EXPENSES:

Season Fees/ Apparel	\$1,500
Camps.....	\$650
Nationals	\$2,300*

Approximate TOTAL.....\$4,450

***Not Included- Monthly Tumble \$45.00*

**Nationals costs vary this is an approximate*

JV CHEER EXPENSES:

Season Fees/ Apparel	\$1,500
Camps.....	\$500

TOTAL.....\$2,000

***Not Included- Monthly Tumble \$45.00*

****Payments (approx \$500/month) are made directly to the Vista Ridge High School from April through January for Varsity and April through August for JV**

****ALL PAYMENTS MUST BE MADE WITH CERTIFIED FUNDS IE: MONEY ORDER, CASHIERS CHECK BETWEEN APRIL & AUGUST**

1st payment will be due at the 1st parent meeting with remaining payments due on the designated day of each month from the payment calendar (beginning 5/15) until paid in full.

Athletes that are not current on their payments will not receive gear or uniforms and will not be eligible to participate. If different arrangements are needed this MUST be cleared through the Head Coach and School Bookkeeper.

Vista Ridge Bookkeeper: Courtney Wheeler

The Bookkeeper will be responsible for the following:

- Collecting and processing all Program Fees for the Cheer Teams
- Negotiating payment plans with Cheer families if needed.
- Approving and paying all expenses for the Cheer Teams

Contact me for any financial questions:

Email: cwheeler@d49.org

VISTA RIDGE HIGH SCHOOL COED CHEER TEAM TRYOUT CONSENT

I, _____, (Athlete Name) have read through the packet and general information with my parent(s)/guardian(s). I fully understand the time and discipline that would be required of me should I be selected as a member of the Vista Ridge High School COED Cheer Team. If I make the team, I will adhere to the rules and procedures of the team immediately. I am aware that tryout results are final and cannot be altered.

Athlete Signature

Date

Athlete Email

Athlete Cell

Parent Email

Parent Cell

My Child, _____, has expressed a desire to tryout for the Vista Ridge High School COED Cheer Team. I have read the packet concerning tryout procedures, general information, and the estimated expenses. Understanding fully the time, expense, and discipline necessary to maintain the standards of the team. I give my child permission to tryout for the team. They will receive my support and approval in their endeavor. I am aware that tryout results are final and cannot be altered. We understand the following:

- We are responsible for all costs.
- We are responsible for the transportation to and from all events and practices.
- The Cheerleader must attend all practices, games, and events.
- The coach must excuse any missed practice or event and all rules governing lettering will be followed.
- Spirit is a year-round sport.
- Cheer will practice and attend summer camp in JUNE and will attend Choreography in July
- The athlete will conduct herself in a manner that represents the school and community well at all times.
- **All teams will be selected by coaching staff and all decisions are final.**

(Parent Signature)

(Future Athlete Signature)

All tryout questions should be directed to Nikkole Weir Head Cheerleading Coach
vrhscheer@d49.org

**THIS FORM IS DUE AT THE FIRST DAY OF TRYOUTS.
NO LATE FORMS WILL BE ACCEPTED!!!**