

Vista Ridge High School

2022-2023

Cheerleading Tryout Packet

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Paperwork included (all must be submitted to attend first day of clinics)

- _____ Program Information Packet signed
- _____ Vista Ridge High School Cheerleading Rules and Regulations (Parents and Candidates keep)
- _____ Constitution & Dates acknowledgement form signed
- _____ Tryout application
- _____ R School registration forms and physical must be completed and loaded
- _____ Concussion Form signed
- _____ Financial Release: Returning Cheers must have a signed form from the Bookkeeper stating their cheer accounts are clear and in good standing.
- _____ Financial Agreement signed
- _____ Grades
- _____ Recommendations (2)
- _____ Tryout Fee \$40.00

Note: All Completed forms and tryout paperwork is due on April 11th. Completed paperwork should be brought to Check-In April 11th.

Questions can be emailed to Coach Nikkole vrhscheer@d49.org

**Vista Ridge High School Cheerleading
Rules and Regulations 2022-2023**

PURPOSE

It shall be the purpose of the Vista Ridge High School COED Cheerleading Program to promote and uphold team spirit, to develop good sportsmanship by example, and to support good relations in the community and between teams.

Try-outs

Tryout clinics for the 2022-2023 Season will be held April 11th- April 15th. Candidates will learn a dance, cheer, fight song, band dance, and jumps during clinics. Opportunities to work on stunting and tumbling will be provided as well. Coaches and up to three additional judges will evaluate all candidates' skills during tryouts on April 15th from 4:00-9:00pm. Results will be posted by Monday, April 18th to the Vista Ridge Cheerleading Instagram by athlete tryout number.

- Monday April 11th will be a mandatory check in day. All Athletes trying out for Vista Ridge Cheer will be required to attend between 4:00-7:30pm to turn in all paperwork, tryout fee, receive tryout number and have picture taken. We will conduct uniform fitting at this time. Female Athletes MUST wear compression shorts and sports bras to try on uniform sizes and all athletes MUST have clean socks to try on shoes. Candidates MUST have all paperwork complete on R School AND current physicals good through February 2023 MUST be loaded. NO exceptions will be made regarding physicals.

- Candidates will learn material over the course of a three-day clinic; 4/12-4/14 5:30-7:30pm followed by tryouts on Friday 4/15/22 from 4:00-9:00pm (Please pack a lunch/snack and bring a water bottle) and will be conducted by the coaching staff and 1-3 extra judges. Coaches will have final say on ALL team placements.

- Candidates for the VRHS cheer team will be scored on execution of jumps, cheer/chant, fight song, dance, tumbling and stunting. Additional scoring will be based on interviews, and overall appearance/attitude. Evaluations will occur all week-long during clinic times as well as final tryout day.

- Suggested Requirements for Varsity:
 - Female Tumble- Standing Tuck, Round Off Tuck, Triple Jump
 - Body Positions for Flyers- Left and Right Heal Stretch, Arabesque, Scale
 - Male Tumble- Standing Tuck, Round off Rebound
 - Male Stunt- Toss Hands
 - Strong Motion Technique
 - Strong Voice Projection
 - Overall Strong Spirited Presence
- Suggested Requirements for JV:
 - Female Tumble- Standing Back Handspring, Round off Rebound
 - Body Positions For Flyers- Left and Right Heal Stretch, Arabesque
 - Male Tumble- Round off or Cartwheel
 - Male Stunt- Shoulder Stand, Chair
- Suggested Requirements for C-Team:
 - Positive Attitude and Willingness to Learn

- All athletes who have completed all registration requirements will receive tryout material at check-in.

- Official Tryouts will be held on April 15th. Athletes will be assigned a group number and tryout time. Tryouts will run in 30-minute blocks.

- Athletes should wear official tryout shirt and black shorts. Females should have hair in a high pony with tryout bows, no whispies. All candidates should not wear any type of jewelry at all. Nails should be sport length and contain only clear nail polish. Female athletes should have gameday makeup on. Males should have hair nice and tidy.

Summer training

- The purpose of summer training will be for team members to gain skills to be used in competitions as well as regular season events. Although summer training is not mandatory, it is highly recommended that all athletes attend as frequently as possible. Athletes who miss summer training fall behind and find it hard to keep up with the team.

- Varsity team practices will be held Tuesday, Wednesday, and Thursday (8:00am-11:00am Tentative). Tumbling classes will be held on Thursday mornings (Tentative) during the summer. Weights training schedule is attached- cheer team is scheduled 7:00-9:00am. ALL athletes are expected to attend all practices, camps, events, and weights training. Stunt Intensives will be added as needed.

- JV & C Team Practices will be Tuesday, Wednesday, and Thursday (6:30-8:30pm) with an optional tumbling class as well.
- Tumbling class will be provided- \$45 per month with a tumbling instructor, once per week for one hour 4 times per month. *Tumbling will be off of 4-week sessions- remember some months will have 5 Thursdays which will carry into the next 4 week session. A detailed tumble schedule will be provided.
- Weights class will be offered throughout the summer. The cost is \$80, and all athletes are expected to participate. To be successful and safe in our sport, it is imperative for all athletes to participate in our strength and conditioning program with Coach Loudon. We do not want athletes to sustain injuries and Coach Loudon's work with the cheer program has proven to be beneficial for all athletes.
- Varsity athletes are required to participate in weights during the school year. It is strongly encouraged to enroll in weights as a class during the day as opposed to taking it after school. (Varsity practices before school during the season so an after-school weights class will make for a long day.)
- JV team athletes will be required to attend the before school or after school sessions.
- Weights training during the school year is a requirement to letter for all Varsity Athletes and an expectation for JV athletes who are competing.

- The VRHS cheer program will attend UCA summer camp this year. Varsity will attend Masters Camp in Loveland June 20-23. The cost for this is \$650. JV & C Team will attend UCA Camp at UCCS July 11-14, the cost for this will be \$500.

- Varsity Will have Choreography July 26-28 (Tentative) @ VRHS 8:00am-6:00pm
- JV Choreography will be the beginning of August (Tentative) @ VRHS 8:00am-4:00pm
- Stunt Intensives- June & July TBD

- ALL Teams will take off from July 1st - 10th NO Practices during this time, please plan all vacations around this if possible.

Practices & Games

- All practices, games, and events are required.
- Cheerleading is a team sport that relies on all team members being present. Stunts and routines cannot be performed properly if even one person is missing.
- Cheer can be as much as 5-6 days a week between practices and games.
- Practice times may vary dependent on availability of facilities. Before school practices, evening practices, and weekend practices may be required to train efficiently.
- Game/practice schedules will be posted to Team Snap. Cheerleaders and parents are expected to check team-snap regularly and know the schedule.
- If necessary, additional practices and games may be added to the schedule when we get closer to competition/performances or playoffs. Coaches will do their best to give notice of any changes in the schedule. In these situations, coaches will handle attendance conflicts on a case-by-case basis.
- Work and other activities are to be scheduled around cheerleading. Work is NOT an excuse to miss.
- Proper dress for practice is required by ALL athletes- shorts or sweatpants, t-shirts, spunkies, sports bras, and cheer shoes. Practice Wear Schedule will be posted to Team Snap.
- Games may fall on any given day of the week.
- Cheerleaders must arrive at games ready to go one hour prior to the start of games.
- All practices are closed unless otherwise stated. Parents may request to watch practice under special circumstances.
- Athletes need to plan and manage their time accordingly. Outside activities, work, homework & projects are not an excuse to miss cheer. Plan ahead!

Attendance

- Excused absences must have proper notification. Unless pre-approved by a Coach, all other absences are considered unexcused. Excused requires a coach to confirm it is an excused absence.
- Excused absences in school will be excused in Cheer as well. It is still the responsibility of the parent or athlete to notify a Coach that your child will not be at practice. A 2-hour advance notice MUST be given to any missed practice.
- Missing Cheer practices/games/events for outside activities and/or work will be marked as unexcused.

- ALL absences must be emailed by a parent at least 2 hours prior to the scheduled event. If late notice is given, the absence will count as unexcused. "No call, no shows" are unacceptable. Disciplinary action will be reviewed on a case-by-case basis.
- Cheerleaders who miss any practices the week of a performance will not be allowed to participate in said performance (even if the absence is excused). Cheerleaders who miss any practice two weeks prior to a competition will not be allowed to compete (even if the absence is excused).
- All team members are expected to be on time and help set up and take down events and practices.
- Cheerleaders who are late must provide notification to the coach. If an athlete is late to practice additional conditioning will be implemented. If an athlete is late to an event/game, they will sit out of the first quarter of the game.
- Cheerleaders who miss a practice, game, event, or competition during the competitive season may result in non-compete for the remainder of the season. Understand that when an athlete is removed from a routine for any reason it is not always safe for the team to have to continually make changes to allow for that athlete to come in and out of a routine. Coaches will ALWAYS make a decision that is in the best interest of the team.
- Cheers who are participating in All Star Cheer for the 2022-2023 season will need to schedule an appointment with Coaches PRIOR to tryouts to discuss commitment and expectations for VRHS Cheer.

Competitions

- The opportunity to compete is a privilege that the Vista Ridge Cheer team must earn. The team and individuals will only be allowed to participate if team members remain in good standing with the coaching staff, teachers, and the Vista Ridge athletics.
- The Varsity Cheer team will attend 5-8 competitions/events in the 2022-2023 season. Projected competitions will begin the last week of October and include the CHSAA State Spirit Competition in December and the NHSCC in February. ****Be advised- the Varsity & JV teams WILL practice during fall break and absences will fall under the two- week rule. DO NOT MAKE TRAVEL PLANS FOR FALL BREAK!***
- At the discretion of the Coach, Varsity members may be named Competition alternates. Alternates will still be expected to attend all practices, games, and events to end the season in good standing. If named a competition alternate, it is understood that a position to compete on mat is NOT guaranteed. An alternate contract will need to be signed to accept that position.

Eligibility

- All cheerleaders must have a current physical on file and must be registered with R School. Those who do not, will not be allowed to participate in any cheer activity; this includes tryouts and summer activities.
- Official Grade Pull will occur every four weeks, HOWEVER, Grades will be checked every week by Coach Nikkole. Cheerleaders with two or more F's on a weekly grade pull will result in sitting out from all cheer games/events until next grade check. Cheerleaders who appear on the

official grade pull will sit out for the next four weeks. Cheerleaders who appear on 2 official grade pulls will not be eligible to letter.

- Cheerleaders who fail two or more classes at semester are ineligible to cheer until the CHSAA regain date the following semester.
- Cheerleaders who fail three grade checks in a row are subject to termination from the team.
- The Cheerleading team will adhere to the VRHS eligibility policy.

Conduct

- Vista Ridge Cheerleaders will conduct themselves as official student representatives of Vista Ridge High School.
- VRHS cheerleaders will adhere and meet expectations of the district 49 drug, tobacco, and alcohol policy.
- VRHS cheerleaders should act in a sportsman-like manner at all times and discourage any unsportsmanlike conduct of supporters.
- Cheerleaders will willingly cooperate with the captains, squad mates, coaches, teachers and all administration at ALL times.
- If there is a problem between squad members, it is the squad members' responsibility to tell the coach. The coach will handle the situation. If issues arise, the coach should be informed. Keep what happens in the squad, in the squad; do not involve friends.
- No PDA will be tolerated at games, school or VRHS functions. This includes pictures or social media posts. Keep it classy and respectable always.
- Student athletes will adhere to the VRHS "Think" policy.
- Absolutely NO VIDEO representing the VRHS Cheer team is allowed to be posted on social media unless pre-approved by a coach. This includes Instagram, facebook, twitter or Tik-Tok.
- Social Media- Athletes will be expected to follow VRHS Cheer on Instagram, facebook, and Tik- Tok. We do not currently have a twitter account but should that change the expectation is to follow us on there as well. Athlete social media accounts are expected to be maintained in a positive and respectful manner. Athletes should not have inappropriate postings, pictures, or videos, this includes music lyrics. Remember Wolves, everyone will be watching. CHSAA, School and team rules should be followed at ALL times! Infractions will be addressed on a case-by-case basis. Rule of thumb- if you do not feel comfortable having your post published in the newspaper or on TV for grandma to see, it should not be posted.
- All grievances must first be brought to the attention of the coach either in a designated meeting or through email. Chain of command must be followed at all times.
- Parents will follow appropriate chain of communication athlete & coach/ athlete, parent, and coach / athlete, parent, coach, & AD / athlete, parent, coach/AD/Principal. As a reminder, athletes MUST address issues with coach first.
- Cheerleaders will not make inappropriate comments about coaches or other members (cheerleader or parents) of the program to other staff, students, parents, or game spectators.

- The Coach reserves the right to bench, suspend, or remove any cheerleader for any conduct infractions.
- Consistent conduct infractions from the team will result in forfeiting competition rights as a squad.

Appearance

- Cheerleaders must wear their hair away from the face any time an activity is taking place (i.e. games, pep rallies, competitions, practices, etc.).
- Fingernails should be short to ensure that no injuries are incurred. Long, natural or not, are not allowed at all during the season. This includes sideline cheer and comp cheer.
- Jewelry of any kind will be prohibited during all practices/events where you are representing Vista Ridge High School. DO NOT GET PIERCINGS DURING THE ACTIVE SEASON!! This is NOT up for discussion and athletes will not be reminded to remove jewelry. It is YOUR responsibility. Athletes who do not adhere to this will be sent home.
- Cheerleaders must wear uniforms/practice wear, designated outfit to all games, practices, and events.
- Cheerleaders must be dressed and ready to go before the start of all practices and games.
- Cheerleaders are responsible for bringing all parts of uniform and accessories to games, competitions, and performances.
- Failure to comply with the dress code will result in sitting out of the upcoming game/event. If the cheerleader's infraction prohibits him/her from participating in practice they will receive an unexcused absence. This could effect an athlete's ability to compete or perform at events.
 - 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~

Fundraising

- The VRHS cheerleaders will participate in several program related fundraising events. These events typically include Ad sales for the football program (1page requirement per athlete), Snap Raise, Rockies concessions (4 game per athlete/family requirement if we do this), Car Wash, Kids Camp, food spirit nights and PUP Squad. Funds raised from these events will be placed into the VRHS Cheer fund to use for items and expenses related to VRHS Cheer. These items include equipment, game and competition signs and flags, all choreography & music, new mascot costume, team gifts ect. If you have ideas or opportunities that would help the VRHS Cheer fundraising efforts, please reach out to Coach Nikkole.
- All athletes are required to participate in program fundraising and volunteer work.
- Parents are asked to participate in the VRHS Booster club and to help with VRHS concessions as needed (Football season concession sign up and basketball season sign up).

Safety

- Stunting and tumbling are integral parts of cheerleading and potentially dangerous if not treated seriously and respectfully.
- Both parents and athletes agree to assume the risk of participation in an activity, instruction, or VRHS-sponsored event, including but not limited to muscle strains and sprains, pulls or tears, broken bones, knee/lower back/neck/foot/ankle injuries, concussions and other head injuries, and other personal injuries, however caused, occurring before, during or after your child's participation with VRHS Cheer. If cheerleaders are injured during a practice or event they need to report it to a coach or VRHS athletic trainer.
- Stunt group positions are determined by the coaches in conjunction with experience and ability to best serve the needs of the squad. Not all members will serve in the position that they want and the cheerleaders must recognize the needs of the squad will come before individual desires.
- All squad members will learn a progression of stunts, beginning with the simplest drills
- Stunters in every position (base, back, front, flyer) must show proficiency before moving on to more complicated stunts
- For the safety of all squad members talking, laughing and "fooling around" will not be tolerated. Stunt groups will be asked to sit out the remainder of practice if they cannot follow the rules.
- Formations in routines/stunts will be determined by the coaches and can be modified at any time
- Tumbling skills must be acquired in a "perfection over progression" manner, to be determined by the coach.
- At no point should a cheerleader attempt new tumbling skills without consent/knowledge of a coach. This also applies to acquired skills on new performance floors.

Transportation

- All athletes are responsible for getting to and from practices and events when school transportation is not available.
- The VRHS Cheerleading coaching staff will not partake in carpooling with cheerleaders or between cheerleaders.
- In the event transportation is rendered by VRHS, ALL cheerleaders must travel to and from the event together.

Lettering

- Cheerleaders must participate at the Varsity level for at least 90% of the season to letter.
- Cheerleaders must maintain academic eligibility to letter
- Varsity Cheerleaders are required to participate in weights (in class or before/after school program) to letter. This is strictly enforced. Attendance will be kept.

- Any cheerleader who is asked to leave the team or decides to leave on their own prematurely will be considered in “negative standing”.
- Cheerleaders can letter for both football and basketball. Any athlete who quits or leaves the team after football season will not be eligible to letter.
- Cheerleaders must end the season in good standing to letter.

Captains

- Captains will be selected by a combination of team and Coach input. Ultimately, the coach reserves the right to final decision.
- A captain can lose their title at any time for breaking rules outlined in the cheer constitution or abusing/ ignoring their responsibilities.
- The captains will be responsible for the following:
 - * Setting an example for the rest of the squad by following the rules and regulations for the cheer team.
 - * Being at practice early and starting practice on time.
 - * Leading warm up activities
 - * Responsible for all necessary supplies needed for practice
 - * Contacting cheerleaders with practice changes and reminders (As designated by coach)
 - * Leading cheers and stunts during games
 - * Being the Cheer team’s “Cheerleader”. At no time should a captain discipline other members of her/his squad.
 - * Be available to teammates and encouraging always. Remember, captains are there for the support, not as the coach. BE POSITIVE!!!

Transparency

Due to Board Policy GBEA

Separate from my role as the VRHS cheer coach, I currently hold the position of Account Manager for Rebel Athletics, a vendor of cheerleading team uniforms and apparel. I am disclosing this to you because Rebel Athletics has submitted a bid for cheerleading uniforms. My position as an Account Manager may constitute a real or perceived conflict of interest.

To mitigate this potential conflict of interest, Administration and I have agreed that I will not participate in the final decision-making process for team uniforms. Bids will be reviewed by a parent committee and Dr. DaLee. I will not have any influence in the decision-making process. I have reviewed the cheer bids and will be happy with either of bids that have been submitted and the decision the committee makes.

VRHS Cheerleading

2022-2023 Constitution & Dates Acknowledgement

The guidelines set forth in the VRHS 2022-2023 Cheer constitution have been established with the goals of safety, clear communication between coaches, athletes and parents, and fairness to all squad members. By signing this contract, the athlete and parents indicate knowledge of the contents of this contract, including the potential risks involved, knowledge of the Vista Ridge Activities Rules and Regulations and the willingness to abide by them. By signing below the

athlete has parent permission to participate in Vista Ridge Cheer clinics April 12th- April 14th and tryouts on April 15th.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

2022-2023 Parent Meeting and Payment Schedule

Mandatory Athlete and Parent Team Meetings will be Wednesday, April 26th 5:00-8:30pm.

Team meetings will be assigned by times-TBD

- First Payments are due Wednesday April 26th at designated team parent meeting.
- Payment schedule is as follows (Broken into 3 equal payments and a Camp payment):

***First payment (1/3 of Cheer Fee)**

Varsity \$500 April 26th

JV \$500 April 20th

C-Team \$400 April 26th

Male Athlete \$300 April 26th

*** Camp Payments**

Varsity \$650 May 20th

JV \$500 May 20th

C-Team \$500 May 20th

*** Second Payment (1/3 of Cheer Fee)**

Varsity \$500 June 17th

JV \$500 June 17th

C-Team \$400 June 17th

Male Athlete \$300 June 17th

***Final Payments (1/3 of cheer fee)**

Varsity \$500 July 26th

JV \$500 July 26th

C-Team \$400 July 26th

Male Athlete \$300 July 26th

****Nationals Payment Schedule: 5 payments (Sept/Oct/Nov/Dec/Jan 15th of the month)
\$460.00 NHSCC 2023 Travel Dates 2/7-2/14**

- Please remember, Items will not be ordered without payment. Your child's placement on the team could be affected if items are not purchased on time as per the Cheer rules and regulations.

Parent Signature: _____ Date: _____

Vista Ridge High School Cheerleading Tryout Application

Personal Information Name: _____

Address: _____

Cell Phone: _____ Texting: Y or N: _____

Email: _____

Grade in the Fall: _____

Birth date: _____

Parent Name: _____

Home Phone: _____

Parent Cell: _____ Texting: Y or N: _____

Parent Email: _____

Shirt Size: _____ Short Size: _____ Sweat Shirt Size: _____ Sweat Pant Size: _____ Shoe Size: _____

Other Information

1. Are you currently a member of any club, organization, or team requiring extra practice time?
2. Please list with days/times.
3. List any honors you have received in school:
4. Do you have prior cheer/tumble experience? If so, please describe.
5. Please list all summer plans/vacations: