



# Warrior Cheer Squad

## CHEERLEADING PROGRAM

### **Welcome Packet**

**Please Keep This Packet for Future Reference**

Email:

[plussidelearning@gmail.com](mailto:plussidelearning@gmail.com)

Payments can be made at:

<http://www.plussidelearning.com/register-for-classes.html>

On behalf of our Cheer Director and Coaches, we want to welcome all new and returning cheerleaders and their families to the Warriorette/Warrior Cheerleading Squad. We are looking forward to a fun and successful season for our cheerleaders. Cheerleading is a huge commitment and requires a lot of spirit and dedication from both cheerleaders and their parents. You will be required to sign a Cheer Code of Conduct form and Athletic Participation Waiver form. This is mandatory and will be kept on file with our Cheer Director. We are a RECREATIONAL cheer program. Although we might participate in Cheer Competitions, Sideline Cheer and performing for basketball games, community events, and pep rallies, our program's focus is on cheer skills and techniques. This packet will help answer some questions you may have, before and during the season.

***"Please read through ALL the information thoroughly!"***

## **Eligibility is 3<sup>rd</sup> - 8<sup>th</sup> Grades**

**\*You may drop off registration form to Mrs. Miller or send it by email. All fees must be paid online once you have been notified that your child made the team.**

The athletes will be broken down by grade levels depending on the number of participants and their age/skill levels.

Teams will be broken up as follows:

Junior Varsity- 3-5<sup>th</sup> Grade

Varsity Squad: 6<sup>th</sup>-8<sup>th</sup> Grade

**IMPORTANT SIGN-UP NOTE:** *Cheerleader Registration Form, Registration Fee, Acknowledgement/Release Form, Uniform Order Sheet, Parent Code of Ethics, Parental/Cheerleader Agreement, Athlete Emergency Contact Form, and the Waiver Form **MUST BE** completed, signed & returned to the Mrs. Miller, or emailed by September 6<sup>th</sup>. Your student may NOT participate if we do not have the completed consent form and waiver form. **NO EXCEPTIONS!!***

Email Registration Form to: [plussidelearning@gmail.com](mailto:plussidelearning@gmail.com)

Payments can be made at: <http://www.plussidelearning.com/register-for-classes.html>



## **Mandatory Practice/Uniform Fitting TBD**

The cheerleaders will be sized for uniforms and shoes. Individual Cheerleader/Parent Information Folders will be distributed, which will contain information on fundraisers, practice schedules, and other important details regarding the upcoming season. This is **Mandatory** for All Cheerleaders who have been placed on a Cheering Squad.

### **Practices /Events/ Games:**

Practice days are subject to change.

Basketball season will start in January.

Parades and other events TBA

### **Practice Schedule**

**(Tuesday & Thursday): 3:30-5:30 pm All squads**

**Saturdays (Varsity): Time TBA**

**Practice location: The LLC Gym/ Cafeteria**

**PARENT NOTE:** We will be practicing outdoors some days (weather permitting), so dress accordingly. Sneakers, sweatshirts, sweatpants, T-shirts, tank tops, and knit shorts are acceptable however, jeans, crop-tops, spaghetti straps shirts and sandals are unacceptable. Hair must be pulled back *and* off the face. No jewelry, heavy makeup, or chewing gum is permitted.

Water breaks will be given – please bring a water bottle with your name on it. No carbonated drinks! No one is permitted to leave the area during practice...so plan accordingly (ex: use bathroom *before* practice). Anyone with special medical concerns (i.e.: allergic to bees, asthma, etc.) must see one of the coaches, before practice begins. Please make a note of all medication and bring any necessary medication with a parent note to practices.

- *Warrior Cheer Coaches*

# Warrior Cheer Squad Program Staff

## Cheer Director

*Mrs. Miller*

## Coaches

*Coach Harris*

*Coach DJ*

## GUIDELINES FOR THE WARRIOR CHEER SQUAD

### **PURPOSE:**

We, the members of the Warrior Cheer Squad, dedicate ourselves, and our service, to help promote and maintain good sportsmanship and community spirit.

### **PROGRAM OBJECTIVES:**

1. Promote and uphold community spirit.
2. Promote unification of the crowd's involvement during athletic events.
3. Develop good sportsmanship among students and adults.
4. Establish a good relationship between communities during athletic events.

### **VALUES OF CHEERLEADERS:**

1. Respect, courtesy, tolerance, and self-control.
2. Responsibility, dedication, and commitment.
3. Leadership.
4. Moral development and character.
5. Self-confidence, personal expression, and patience.
6. Safety awareness, physical fitness, and coordination.
7. Sports appreciation.

### **SQUAD MEMBERSHIP:**

1. After completing tryouts and submitting forms candidates will be placed on a squad.
2. Every effort will be made to place each member on a squad -- whether they are a returning cheerleader, someone who wishes to enhance their skills, or has no prior cheerleading experience.

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### **ELIGIBILITY REQUIREMENTS:     *Please Read the Following Carefully!***

1. Cheerleader Registration Form, Waiver Sheet, Uniform Order Sheet, and Parent/Cheerleader contract, Acknowledgement/Release Form/Parents Code of Ethics/Waiver Form must be signed & returned to the PSL After-school director prior to, on the day of Sign-Ups or by the registration deadline.
2. Parents please read & sign appropriate forms. This page must be handed in at sign ups
3. Must attend Parent Meeting/Uniform Meeting.

***NOTE: Practice Uniform Balance will be due September 6<sup>th</sup>***

***\*\* FORMS MUST BE COMPLETED IN THEIR ENTIRETY TO BE PLACED ON A SQUAD! \*\****

## **CHEERLEADING UNIFORMS/SHOES:**

We will order cheerleading practice uniform and shoes based upon the measurements that you provide. **All students that tryout will not be accepted onto the Cheer Squad.** *The goal of tryouts is to allow coaches the opportunity to evaluate each potential member.*

The official uniform will come as a package. The package includes Uniform Shell/Top, Uniform Skirt/Pants, Lettering, 2 Poms, One pair of modesty briefs(girls only), One pair of socks, One Nylon Halftop (girls only), One hair bow(girls only), One cheer bag and tag. *This is subject to change based on availability*

If a cheerleader is not in the proper attire, the cheerleader is subjected to benching for that event. Event attire assignments is not a choice it is mandatory. For Pep rallies and spirit week girls/boys might be asked to purchase extra items and to dress a specific way. Participating in school events such as spirit week is mandatory. All cheerleaders will be responsible for maintaining their uniform. This includes repairs, keeping it clean, wrinkle-free, etc. **Cheerleaders are expected to look uniform and as a team. Cheerleaders should strictly follow dress code for all events.**

Please fill out the uniform order form below: It is better to size up

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Top size:                   YS   YM   YL   S   M   L   XL   2XL

Short size:                YS   YM   YL   S   M   L   XL   2XL

Warmup Jacket size:    YS   YM   YL   S   M   L   XL   2XL

Warmup Pant size:      YS   YM   YL   S   M   L   XL   2XL

Shoe size: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**Practice Uniform cost (required for member who do not have new one from last season): \$60**

**Warm-up cost (required for all): \$75**

**Official Uniform Rental (required for all): \$75**

**Shoes(optional): \$60**

**Embroidery (required for all): \$50**

**Registration (required for all): \$50**

More information will be handed out at a future date.

## **\*\*All Deposits Are Non-Refundable**

ALL CHEERLEADERS ARE REQUIRED TO BE DRESSED IN THE SAME ATTIRE. NO EXCEPTIONS!

DRESS ATTIRE (warm weather): CHEERLEADING UNIFORM (skirt/pants and top), BRIEFS, CHEERLEADING SOCKS, CHEERLEADING SNEAKERS, and HAIR BOW NO EXCEPTIONS!

DRESS ATTIRE (cold weather): UNIFORM WARM-UP, CHEERLEADING UNIFORM (skirt/pants and top), BRIEFS, CROP TOP, CHEERLEADING SOCKS, CHEERLEADING SNEAKERS AND HAIR BOW NO EXCEPTIONS!

\*ALL UNIFORMS AND SNEAKERS MUST BE CLEANED BEFORE EACH EVENT. ANY CHEERLEADER THAT DOES NOT HAVE A CLEAN UNIFORM, SNEAKERS OR IS NOT DRESSED IN THE COMPLETE PROPER ATTIRE WILL NOT CHEER FOR THAT EVENT!

\*\* NOTE: CHEERLEADING ATTIRE IS NOT TO BE WORN FOR ANYTHING OTHER THAN THE GAMES OR SPECIFIC EVENTS. ANY CHEERLEADER THAT ABUSES THE USE OF THEIR UNIFORM WILL BE AUTOMATICALLY DISMISSED FROM THE SQUAD. NO EXCEPTIONS!

NOTE: THIS FORM MUST BE SIGNED AND RETURNED IN ORDER FOR YOUR CHILD TO CHEER.

PARENTS, YOU WILL BE HELD LIABLE FOR ANY UNIFORM THAT IS DAMAGED, ALTERED OR NOT RETURNED AT THE END OF THE SEASON. THE FEE FOR THE UNIFORM IS \$350. NO EXCEPTIONS!

THE WARRIOR CHEER SQUAD WOULD LIKE TO THANK YOU IN ADVANCE FOR YOUR COOPERATION.



## **CHEERLEADER CONDUCT AND RESPONSIBILITIES**

1. Always remember the primary responsibility is to support the athletic program.
2. Always show respect and cooperate with coaching staff, captains, other cheerleaders, administration, game officials, coaches, players, and visitors.
3. Take the responsibility of providing positive leadership both when cheering and when not cheering to promote good sportsmanship and school spirit through cooperation with other students and adults.
4. Be enthusiastic and prepared.
5. Strive to be modest in victory and gracious in defeat.
6. Participate in ALL practices, games, events, and fundraising activities. (Unless approved by Cheer Director)
7. Keep a good attitude about improving cheerleading skills.
8. Always be aware of your actions and appearance.
9. Follow all safety rules and regulations.
10. DO NOT sit in the stands or leave the squad/line-up, during the game.
11. No eating, drinking, or chewing gum during practices or games. NOTE: Except at designated times. Ex: Drink @ half-time.
12. No texting or talking on the phone during practice or games.

# Warrior Cheer Squad

## **CHEERLEADER CRITERIA and TIPS**

**APPEARANCE:** You are the first thing that the crowd sees---not the performance. Follow ALL appearance requirements as stated earlier in the packet. We are looking for smiles, pep, and confidence in your performance. Remember, try your best and Keep Smiling 😊

**VOICE PROJECTION:** Your voice should be loud and clear. Your words should be pronounced clearly. Do not let words run together. Do not drop your voice at the end of a chant or cheer—instead, get louder!

**MOTION TECHNIQUE:** Motions should be sharp, crisp, and exact. Lunges should be deep, and toes pointed for kicks and jumps. Especially watch for broken wrists and bent limbs. Practice in front of a mirror so you can see what needs to be improved.

**EXECUTION OF JUMPS:** Nice and smooth approach, pointed toes, height, landing, and overall technique. Always stretch out *before* attempting any jumps. Remember the landing is **just** as important as the jump itself.

**RHYTHM AND TIMING:** Coordination, timing, and expressions during the dance routine. It is important that you have fun, look like you're having fun and use facial expressions. If you make a mistake or can't remember part of the dance, do not stop. Pick up where you can and make it look like you did it right!

**ATTITUDE:** Things coaches are looking for:

**Good Team Skills:** Must be able to get along with others. If a problem does arise, talk to a coach. Don't wait until it ruins your fun cheering.

**Treatment of Other Cheerleaders and Coaches:** Never laugh at or pick on someone who is having difficulty with something. Not everyone learns at the same pace or is good at the same skills. Please respect everyone. If you are cheering with cheerleaders that have more experienced or have cheered longer than you, the coaches will take that into consideration.

**Attendance:** Cheerleaders need to be at practice every day. If this is not possible, you must tell a coach. It is then your responsibility to learn any missed material—Not the Coaches.

# Responsibilities Of A 'Cheer Parent'

1. To support your cheerleader and their Coach(es) throughout the season.
2. To uphold a positive attitude ('no tolerance' policy for gossip — your cheerleader could be dismissed immediately).
3. Sign, Enforce and Abide by the forms, releases, and regulations of the program.
4. Call the Coaches, if practice will be missed, due to illness or death in the family.
5. Understand that **ALL** practices should be attended unless there are unforeseen circumstances.
6. Understand that should your child quit or be dismissed, no refunds or credits, of any type, will be given.
7. Understand that funds, not covered through fundraising, are the responsibility of the cheerleader and the parent, and must be paid when due.
8. Understand that uniforms or cheer gear stolen, lost, or damaged, must be replaced by the cheerleader.
9. Understand and recognize the risks involved with cheerleading.
10. Your cheerleader has a commitment to all practices. All camps and fundraisers, however, are recommended to have squad bonding activities during the season.
11. You are responsible for transportation to and from all events and practices.
12. You have the responsibility to accept the decision(s) of the Coach(es) regarding routines and camps.
13. You are to contact the coach regarding your OWN CHILD ONLY.
14. The physical requirements of your cheerleader are intense. They are required to possess certain skills and gain others, and train for different performances at each event.
15. Understand that additional practices may need to be called. Effort to provide as much advance time as possible will be made.
16. Remember that cheerleading is a team sport and requires all cheerleaders to be present to practice routines for games. Unlike football or other sports, no one sits out.
17. Understand that cheerleading is a privilege, and no child has a secure spot in consecutive years.

## **ACKNOWLEDGEMENT /RELEASE FORM**

Participant's Name \_\_\_\_\_

Age of Participant \_\_\_\_\_

Grade (Fall 2021) \_\_\_\_\_

I, the undersigned, have **read and fully understand the rules and regulations** that will govern my child as a representative of the WARRIOR CHEER SQUAD. *I further understand that this is an extracurricular activity and that attendance at all practices, games and special functions is a requirement of the elected cheerleader.*

I, give my consent to my child, to participating in the Cheerleading Program and recognize her responsibilities and requirements as a representative of the WCS. I understand that my child will be required to pay for program necessities, in full, as listed by the due dates listed in this cheerleading packet. I further agree to see that he/she is transported to and from all cheerleading functions according to the times stated by the coaching staff.

Parent/Guardian Name (Please Print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

\*Would You Be Interested in Helping as a Squad Parent?      Yes      No

*As a representative of the WARRIORETTE CHEER SQUAD, I shall fulfill all the requirements to the best of my ability as set forth in the Program Guidelines. I have read these policies and understand that if I fail to maintain these rules, I will be removed from the Cheerleading Program.*

Participants Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_

# ATHLETIC PARTICIPATION & INSURANCE WAIVER FORM

**Student's Name:** \_\_\_\_\_  
(Please Print)

**Parent's Name:** \_\_\_\_\_  
(Please Print)

**Current Grade/School Year:** \_\_\_\_\_

- I understand that participation in any extracurricular activity or sport is a privilege and not an exclusive right at PLUS-side Learning.
- I also acknowledge that there are inherent risks associated and accompanied with sports and activities and that my child may be injured as a result of an accident arising out of participation in athletics or activities.
- In consideration for permitting my child named above to participate in sports and/or activities, I release and hold harmless PLUS-side Learning and/or its employees, teachers, coaches, administrators, etc., from any and all liability including, but not limited to liability for injuries or damages sustained by the individual.

## **Insurance Waiver**

- I also understand that my child must be covered by medical and/or accident insurance to participate in sports and hereby certify that my child is covered for injuries and/or death occurring as a result of participation in, or the practice for, all athletic events as a student in the PLUS-side Learning After-School Program during the current school year. I also certify that said insurance will be kept in force during the full time that my child engages in the practice for or participation in athletic events during the current school year.

**Name of Insurance Company**

\_\_\_\_\_

**Address of Insurance Company**

\_\_\_\_\_

\_\_\_\_\_

**I have completed all the information requested above and hereby certify that I have read and agree to all of the statements listed above.**

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)

## Parents Code of Ethics

**I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this 'Parents' Code of Ethics:**

**I will** encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

**I will** place the emotional and physical well-being of my child ahead of my personal desire to succeed.

**I will** insist that my child cheer in a safe and healthy environment.

**I will** require that my child's coach be knowledgeable in the sport of cheerleading and follow all Safety Guidelines.

**I will** support coaches working with my child, in order to encourage a positive and enjoyable experience for all.

**I will** demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.

**I will** remember that the cheerleading program is for youth - not adults.

**I will** do my very best to make youth cheerleading fun for my child.

**I will** ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, or ability.

**I will** help my child enjoy the cheerleading experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

**If I feel** the need to discuss decisions made by the coaching staff, I will do so in a respectful manner and at a private time, which is convenient for all involved.

**I will** do what I can to help all youth sports organizations implement and enforce the **Parents' Code of Ethics**.

**Parent/Guardian SIGNATURES** \_\_\_\_\_

# ATHLETE EMERGENCY INFORMATION

Athlete Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Telephone Number \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Father's Phone During the Day \_\_\_\_\_

Mother's Phone During the Day \_\_\_\_\_

In an emergency if parents cannot be contacted:

Notify \_\_\_\_\_ Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Known Allergies \_\_\_\_\_

The team physician, trainer, and coach may apply first aid treatment until the family doctor can be contacted. Yes \_\_\_\_\_ No \_\_\_\_\_

We give our consent for coaches, trainers, and team physician to use their own judgement in securing medical aid and ambulance services in case the parents cannot be reached. Yes \_\_\_\_\_ No \_\_\_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

Form must be completed and returned to coach/sponsor before athlete will be allowed to participate.



## CHEERLEADING TRYOUT CHECKLIST:

- \_\_\_\_\_ **CHEERLEADING REGISTRATION FORM-**  
MUST BE FILLED OUT BY THE PARENT OF THE POTENTIAL  
CHEERLEADER.
  
- \_\_\_\_\_ **\$50 FEE**  
\*DUE SEPTEMBER 6<sup>TH</sup>
  
- \_\_\_\_\_ **ATHLETIC PACKET (KEEP THE FORMS STAPLED  
TOGETHER AND TURN IN ONLY WHEN ALL FORMS ARE FILLED OUT)**
  - \_\_\_\_\_ \* **CHEERLEADER REGISTRATION FORM**
  - \_\_\_\_\_ \* **ACKNOWLEDGEMENT/RELEASE FORM**
  - \_\_\_\_\_ \* **ATHLETE EMERGENCY INFORMATION FORM**
  - \_\_\_\_\_ \* **UNIFORM ORDER SHEET**
  - \_\_\_\_\_ \* **PARENTAL/CHEERLEADER AGREEMENT**
  - \_\_\_\_\_ \* **PARENT CODE OF ETHICS**
  - \_\_\_\_\_ \* **WAIVER FORM**

# CHEERLEADER REGISTRATION FORM 2021-2022

**PARENTS, PLEASE HAVE YOUR STUDENT FILL OUT THE QUESTIONS.**

Name: \_\_\_\_\_

Grade (next year): \_\_\_\_\_ Age: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent E-Mail address: \_\_\_\_\_

Cheerleader Cell Phone Number: \_\_\_\_\_

T-Shirt Size- The cost of the shirt is included in the clinic fee.

**Please check the appropriate size below:**

Youth Medium	Youth Large	Adult Small	Adult Medium	Adult Large	Adult X Large

**1.) List your past years' experience in cheerleading, gymnastics, and dance. If you have cheered before, what positions in stunting have you held?**

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**2.) Do you have any tumbling experience? Yes \_\_\_\_\_ No \_\_\_\_\_**

**If yes, please list the skills you can perform without a spot (i.e. round off, backhand spring, tuck, etc.)**

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# CHEERLEADER/PARENTAL AGREEMENT

## Parent/Guardian:

As a parent/guardian, I give my child permission to try out for cheerleading. By initialing by each statement below, I am verifying that I understand and agree to abide by each:

- \_\_\_\_\_ All forms must be turned in by **Monday, May 9, 2022** or my child will not be eligible to try out.
- \_\_\_\_\_ I understand the importance of the first parent/cheerleader meeting (date to be announced) and will make plans to attend.
- \_\_\_\_\_ If my child makes the squad, I understand that she must attend uniform fittings (date to be announced).
- \_\_\_\_\_ I agree to pay the costs described, minus any profits my child raises during fundraising activities, by the deadlines outlined in the information packet.
- \_\_\_\_\_ If my child is chosen, I understand that she must abide by the rules and regulations set forth by the coach and the principal and be present for all practices and games. ***I agree not to question the coach's decisions regarding the enforcement of said rules and regulations once the cheer season begins.***
- \_\_\_\_\_ I agree to serve as a **positive participant** in the IAWCP family and to convey my support of the coach and the cheer program to my daughter.
- \_\_\_\_\_ I Understand that my child is to dress according to calendar and I will ensure that this is done.
- \_\_\_\_\_ I understand my child will have to purchase items so everyone will look uniform and as a team.
- \_\_\_\_\_ If my child does not know the material or routine, I understand that she will be subject to benching.
- \_\_\_\_\_ There are inherent risks involved in the sport of cheerleading. I agree not to hold Imhotep Academy or any of its personnel responsible in the case of accident or injury at any time.
- \_\_\_\_\_ I understand that my child needs to look neat and appropriate for games and events.

My signature below verifies that I have read the entire information packet and understand the requirements as well as what is involved in cheerleading for **WARRIOR/WARRIOR CHEERLEADING PROGRAM**.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## Student:

I am trying out for cheerleading. By initialing by each statement below, I am verifying that I understand and agree to abide by each:

- \_\_\_\_\_ I agree to follow all guidelines stated in this packet. I understand what is required for tryouts for WCP cheer.
- \_\_\_\_\_ If I do not follow the rules and guidelines set by the school and the coach, I understand that consequences will result, and I may be removed from the squad.
- \_\_\_\_\_ I know that I am expected to maintain my grades during the entire season.
- \_\_\_\_\_ I know that I am expected to do my fair share in fundraising to help my parents and team with the expense of cheerleading.
- \_\_\_\_\_ I know that if I am selected as a cheerleader, I will not only be representing my team, and myself, I will be representing Imhotep Academy. I know my actions and conduct will be viewed by all who see me in my Imhotep Academy cheerleading uniform.
- \_\_\_\_\_ I agree to serve as a positive participant in the WCP cheer family. I understand that negativity amongst cheer sisters and/ or others only contributes to the division of our squad. I will handle my questions or complaints maturely and will approach the coach or a captain at an appropriate time to discuss cheer issues.

My signature below verifies that I have read the entire information packet and understand how I will be selected, as well as what is involved in cheerleading for Imhotep Academy.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date