



Bellevue High School Cheerleading  
Program Guide 2018-2019  
Varsity and JV Squad

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## **Check List**

- Attend Student/Parent Information Meeting
- Complete and submit the Tryout Packet
- Register on FamilyID
- Have current physical is on record with Athletic Office
- All fines paid to school Accountant
- Complete IMPACT Testing before Tryout Practices
- Attend all Tryout Practices

## I. Program Purpose:

1. Cheerleaders shall promote and lead school spirit and pride at school, in the community, and at athletic events both at the league and state level.
2. They shall lead the crowd involvement during athletic games.
3. Cheerleaders will compete and perform skills
4. They shall demonstrate the “team concept” by following the guidelines as set by athletic governing bodies.
5. Cheerleaders should promote good sportsmanship-like conduct and school spirit through cooperation with other students, teachers and administrators.
6. Cheerleaders shall cooperate with the coach, game officials, and other squad members.

## II. Tryouts:

### ▪ Qualifications and Standards:

*All candidates must be cleared through the Athletic Office before tryouts begin.*

- a) BHS Cheer tryouts are open to all incoming freshmen, current freshmen, sophomores and juniors.
- b) Complete and submit the cheer tryout packet
- c) Register on [www.familyid.com](http://www.familyid.com)
- d) Have a current physical on file with the Athletic Department (good for two years)
- e) Must be in good standing with the accountant on campus with no fines
- f) Complete IMPACT testing with the Athletic Trainer.
- g) Cheerleaders must abide by WIAA and Bellevue School District grade policies and keep their grades above a 2.0 GPA (cumulative) and passing 6 classes.
- h) All cheer squad members must be physically able to perform all cheerleading skills. These skills include: timing, rhythm, vocal strength, ability to jump, dance and stunt.
- i) Cheer squad members must be in good health and stamina. A good member needs to perform actively as well as practice long hours to attain perfection. Yearlong conditioning will be required, including: aerobic activity, weightlifting and conditioning.

### ▪ Selection Judging and Scoring Process

- a) Application (20%)
  - Registration including: Family ID, Physical, Tryout Packet, and any Athletic Eligibility Forms completed with all signatures– 3 points
  - Short answer questions in Tryout Packet – possible 7 points
  - Grade Scale: 0-1.9=0, 2.0-2.4=2, 2.5-2.8=4, 2.9-3.2=6, 3.3-3.6=8, 3.7-4.0=10
- b) Coach’s Evaluation & Practice Attendance (20%)
  - Coach’s evaluation: attitude, participation, ability, commitment, and coach ability.
  - Candidate interview, to be scheduled at the first practice.
  - A student’s previous cheer participation can affect this score.
  - Attendance will be monitored during each practice session. If you must miss a practice be sure the coach knows why.
  - Attendance is required at the parent meeting, tryout practices, and final tryouts
  - Attention will be focused on your attitude at practice (spirit, hustle, enthusiasm, and cooperation.)
  - Conditioning: Participation, strength & ability, effort, coach ability
- c) Tumbling (10%)
  - Since we do a lot of tumbling in our routines, this is a component of our tryout process.
  - While advanced tumbling is not required, we are looking for the potential of progressing skills

- d) Stunting (15%)
- Since we do a lot of stunting in our routines at games and performances, this is a component of our tryout process. The intent is to determine a person's ability and what position they would or could be in.
  - Participation in learning stunting basics during the tryout practices
  - Seniors and coaches will judge on ability to stunt
  - Judging will be based on a person's ability to stunt in different positions and a person's potential to stunt.
  - Judging will not be based on mastery of any stunting techniques
- e) Panel Judges Vote (35%)
- A panel of judges will be scoring each candidate during the final tryout
  - Judges will consist of people with cheer experience (teachers and community members) and outgoing senior cheerleaders
  - During tryouts, participants will perform a dance, cheer, and jumps that will be taught at tryout practices as well as any tumbling skills
  - For safety reasons, any tumbling skill performed during tryouts must first be demonstrated to one of the coaches and approved during tryout practices

### III. General Conduct and Responsibility

#### A. Uniforms and Appearance

1. Entire uniform shall be worn to school on the day of a game or event. (at the discretion of the coach or captain)
2. Uniform (including warm-ups or outerwear) shall be worn at (to) all games and events. Travel apparel is decided per event. You must wear uniform pieces that are part of the uniform. (No flip-flops, UGGs, or non-issued clothing)
3. Each cheerleader is responsible for care and maintenance of all uniform pieces; anything lost must be replaced immediately. Missing uniform pieces result in no participation for the game.
4. Uniform and additional uniform items are to be purchased and kept by the cheerleader. Uniforms are not to be loaned out or borrowed by any non-team members.
5. Cheer squad members must be neat and well-groomed while in uniform. Members must be in full uniform while representing Bellevue High School.
6. Accessories must follow the National Federation Rules. Hair accessories must be school colors or match hair color (such as inconspicuous metal barrettes). Questionable accessories must be pre-approved by the coach. Hair shall be out of the face at all times. Hair should not be adjusted during a game or event.
7. No jewelry may be worn during practice or at games. Includes belly button rings, necklaces, etc.
8. Fingernails **must** be kept short. This is for the student's safety and a National Federation Rule. In addition, nails must be kept a neutral color for games and performances.
9. Cheerleaders shall not eat, drink, or chew gum while on the field, court, mat, or in the cheering area. No gum!
10. It is required that all stunting be supervised by a coach, be it a practice or at a game. No stunting shall be done outside of designated game or practice time
11. A cheer squad member must have a high sense of good sportsmanship and fairness. They must be a good winner as well as a good loser and consistently display this behavior.
12. While in uniform, a cheer squad member is a trademark of the school and should act accordingly. Members should maintain proper behavior (i.e. NO swearing, smoking, drinking, gossiping, or public displays of affection, etc.).
13. Cheer squad members are leaders of the school in and out of uniform. The districts' drug and alcohol policy will be strictly followed all year.

**B. Game/Event:**

Attendance is required at all events (Please note: additional activities & events will be added throughout the year and dates/times are subject to change)

**1. Spring & Summer**

- Uniform fittings and team meetings
- Practice begins Tuesday, May 1st, and will occur every Tuesday and Thursday, 4:30-6:30pm through the end of the school year
- All cheerleaders **must** attend cheer camp as established by the coach. Camp is required to participate on the cheer team.
  - Varsity - UCA Summer Camp, August 7-10<sup>th</sup>
  - JV – UCA Home Camp in August
- Summer Practice Schedule- PLEASE KEEP THE MONTH OF AUGUST OPEN
  - See Calendar for exact dates
  - Practice begins beginning of August and runs to the beginning of the school year
  - Picture Day with Football, more info to follow

*Fundraisers determined by the team and parents (car washes, garage sales, etc...)*

**2. Fall**

VARSITY	JV	ALL
<ul style="list-style-type: none"> <li>• Practice: Monday, Tuesday, Thursday 4:30-6:30pm</li> <li>• Home and away Varsity football games</li> <li>• Fall kick-off assembly</li> <li>• All post-season football games, including weekends and holidays</li> <li>• Fall recognition Assembly</li> <li>• Begin competing at WIAA State Qualification Competitions</li> </ul>	<ul style="list-style-type: none"> <li>• Practice: Tuesday and Thursday 4:30-6:30pm</li> <li>• Home JV Football games</li> </ul>	<ul style="list-style-type: none"> <li>• Homecoming parade</li> <li>• Homecoming assembly</li> <li>• Jr. Cheer Clinic</li> <li>• Band Events</li> <li>• Thanksgiving Food Drive</li> <li>• Posters and team recognition</li> <li>• Attendance at other Fall Sports events</li> </ul>

**3. Winter**

VARSITY	JV (becomes a Varsity team)	ALL
<ul style="list-style-type: none"> <li>• Practice: Monday, Tuesday, and Thursday 4:30-6:30pm</li> <li>• WIAA State Qualification Competitions</li> <li>• WIAA State Competition</li> <li>• National Competition</li> </ul>	<ul style="list-style-type: none"> <li>• Practice: Tuesday and Thursday 4:30-6:30pm</li> <li>• All home Basketball games (boys and girls)</li> <li>• Playoff games for Basketball</li> <li>• Winter Recognition Assembly</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Ball</li> <li>• Posters and team recognition</li> <li>• Attendance at other Winter Sports events</li> <li>• Cheer Banquet</li> </ul>

**4. Home Games**

- Cheerleaders must be at home football games 1.5 hours before start time
- Show up times may change depending on the game, the coach or captain will inform the team before the event of the show-up time

**5. Away Games**

- Cheerleaders will meet at school to travel as a team to the event.
- Transportation and Show-up time will be given on a game by game basis.

**6. Fundraising**

- Fundraising activities that go toward the squad ASB account. (Example: Jr Cheer Clinic)

**C. Parent Booster Club**

Information to be given by Booster Club

**D. Cost**

- a. Cheerleading is expensive and the coaching staff will try to make this program affordable to everyone. Uniforms will not change every year. However, the coach does reserve the right to change a piece of the uniform if it did not fit properly when ordered also, there is a chance that any of our uniform pieces can be discontinued by the supplier at any time.
- b. Each cheerleader is responsible for the cost of her/his uniform
- c. The coaches will select uniform pieces.
- d. No student is turned away due to an inability to pay for their uniform (please contact the School Accountant or Athletic Office, *before uniform fittings*, if payment assistance is needed)
- e. All costs are WITHOUT FUNDRAISING; the team can fundraise as much as the cheerleaders and parents want to. Parents must organize these fundraisers.
  - a. For new members, the uniform cost is approximately \$1400
  - b. For returning members the uniform cost is approximately \$400
- f. All uniforms payments are due to vendor by credit card before the uniform order will be placed
- g. Camp must be paid for in advance by cheerleader (possible fundraising to be organized by the booster club)

**E. Team Leadership**

- a. Captains
  - i. An application process will select captains and Co-Captains
- b. These positions and any others will be filled before Camp

**F. Discipline****I. Inappropriate Behavior/ Not Adhering to Guidelines**

- a) Cheer squad members must adhere to Bellevue School District Athletic Code 2151
- b) The coach has a specific plan for each practice and often has a vision for the methods used that the cheerleader may not understand, but should always follow. It is acceptable to ask questions in a respectful way. Swearing, complaining, and not cooperating are inappropriate behavior examples
- c) The Head Coach has the right to suspend any cheerleader from the team in situations that they deem appropriate.
- d) First offense: counseling with coach and possibly suspension from one game participation, parent notification
- e) Second offense: one to two game suspension from game(s) participation and contact with parent/guardian
- f) Third offense: dismissal from team for the remainder of the year
- g) Smoking, use of alcohol and or illegal drugs will be handled per the Bellevue School District code of conduct. Use of any illegal substance is not tolerated.

## II. Practice/Activity Attendance

- a) Cheer practices for *Varsity* will **Monday, Tuesday, and Thursday** 4:30pm-6:30pm during the school year (beginning in the fall).
- b) Cheer practices for *JV* will be **Tuesday and Thursday** 4:30pm-6:30pm during the school year (beginning in the fall).
- c) Additionally, practices may be added if deemed necessary by the coach.
- d) Students will wear shorts, sweats, t-shirts, cheer shoes and socks. Inappropriate dress will be considered an absence.
- e) Attendance must be for the entire length of the practice.
- f) Any other activity shall not interfere with practices, games, or events. This includes school and outside of school activities.
- g) All members are to follow the BSD calendar, vacations extended beyond those days will be considered unexcused.

*Attendance is extremely important for cheer to function at its best. If you are absent from a practice routines may be altered so the team can continue to practice.*

*Cheer members are a very select group of school leaders, so chosen because of their ability to understand the priority that must be placed on attendance at practices and games. Many times, a member will sacrifice a family vacation, weekend trip, other school-related field trips (i.e. DECA activities) to fulfill her/his commitment to her/his cheer squad. If this seems strict with a heavy emphasis on attendance, it is because the team cannot fully function with even one member missing.*

## III. Rules on Absences and Tardies:

- a) To excuse an absence or tardy the cheerleader needs to bring a note or text/email the coach (not another cheerleader) before practice begins.
- b) Absences will only be excused for illness or mandatory school activities
- c) More than 3 unexcused absences in the season will result in disciplinary action
- d) The attendance office checks school attendance daily. If you are absent from more than 2 classes on a regular 7-period day or more than one class on a block schedule day, you are not allowed to participate in any practices, games, or performances that night (no participation on Saturday if school was missed on Friday). In these circumstances, you may only be excused by a school administrator.

## IV. Academic Probation:

- a) Grade checks will be done periodically through the athletic office, for all cheerleaders, if a member is not in compliance with the required 2.0 GPA or passing 6 classes then they will be put on academic probation (if only taking 6 classes, must be passing all).

## V. Social Networking Sites

- a) Do not post any pictures or comments on social networking sites or websites that could be construed as inappropriate
- b) If cyber bullying is occurring, it will be referred to the school administration
- c) Please remember that your profiles are not only a representation of yourself, but also of your entire team and school. Please be responsible and display a high level of integrity and self-respect.

**BHS Cheerleading Application Form 2018-2019**

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Age: \_\_\_\_\_ Circle **current** grade: 8<sup>th</sup> - Freshman - Sophomore - Junior

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

Student Cell # \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent's name(s): \_\_\_\_\_

Parent's email(s): \_\_\_\_\_

Parent's phone #(s): \_\_\_\_\_  
(please indicate which parent the number is for)

Emergency Contact Name and Phone #: \_\_\_\_\_

List your current schedule:

Period	Teacher	Course Title
1		
2		
3		
4		
5		
6		
7		

Current Accumulative GPA: \_\_\_\_\_

Current Sports Packet on file in the Activities Office? All fines paid?

**Athletic Office Confirmation:** \_\_\_\_\_

**Please return this form**



## CHEERLEADING/SPORTS/JOB/PARTICIPATION STATEMENT 2018-2019

We strongly suggest that a cheerleader NOT attempt to participate in a sport or have a job during the school year because of the conflict with the cheer time commitment. If you should decide to participate in a sport or have a job and if there is a conflict **Bellevue cheerleading must take priority**. This includes participation on all-star cheer squads and dance teams.

If you have a job you must make sure that your schedule is flexible enough to not interfere with any cheer functions. If there is a conflict cheer must take priority. Missing functions due to work is **not an excused absence**.

If selected, the student is accepting a position on the Bellevue High School Cheer Squad and committing for the entirety of the 2018-2019 Bellevue High School Cheer season (responsibilities outlined on page 5).

I have read the above statement. I understand and agree to follow it:

\_\_\_\_\_  
(Signature of applicant) \_\_\_\_\_  
(Date)

I have read the above statement and understand that my student must honor it:

\_\_\_\_\_  
(Signature of Parent/Guardian) \_\_\_\_\_  
(Date)

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## TRYOUT AGREEMENT

I have read and understand the Selection Judging and Scoring Process for the Cheerleading Tryouts listed on page 3 and 4 of the Tryout Packet.

\_\_\_\_\_  
(Signature of Applicant) \_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent/Guardian) \_\_\_\_\_  
(Date)

**Please return this form**

**STUDENT AGREEMENT OF  
CHEERLEADING RULES & GUIDELINES 2017-2018**

I have carefully read the Bellevue High School Cheerleading Rules and Guidelines. I also realize that failure to comply with these rules and guidelines will warrant discipline as outlined.

\_\_\_\_\_  
(Student Signature) (Date)

**PARENTAL PERMISSION FORM  
FOR BHS CHEERLEADING**

I/we \_\_\_\_\_, the parents/guardians of \_\_\_\_\_  
(Parent/Guardian Names) (Student)

give our permission for our child to tryout and participate in the BHS cheerleading program.

I/we understand there are certain financial obligations inherent in this program that we must fulfill if our child qualifies for the program.

I/we also understand that failure to follow the rules and guidelines could mean suspension or dismissal from the cheer squad.

I/we have read, understood, and will support the BHS Cheerleading Rules and Guidelines.

**PHYSICAL ELIGIBILITY**

I understand the physical requirements necessary to participate on the cheerleading squad. I have no physical conditions that would prevent me from participating in dance routines, jumping, kicking, basing or flying in stunts. I have no problems (i.e. back or leg) that would prevent me from participating.

\_\_\_\_\_  
(Student Signature) (Parent/Guardian Signature)

**Please return this form**

## Cheer Skill Information

Please fill out this questionnaire to the best of your ability, and please be truthful! This is only an inquiry and will not affect your tryout scores. This will be very important in knowing what skills need to be taught during tryout practices.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### ***Stunting:***

Do you have any stunt experience?      YES or NO

What positions have you learned? List all available: \_\_\_\_\_

What position are you most comfortable in? \_\_\_\_\_

What is the highest level of skill that you have mastered? (Examples: prep, one-legged stunts, 360, full downs, etc)

\_\_\_\_\_

### ***Tumbling:***

Do you have any tumbling experience?      YES or NO

What type of tumbling training have you had? (gymnastics, cheerleading, etc) \_\_\_\_\_

Please check all of the following skills have you mastered:

Running Tumbling	Have it!	Light Spot	Standing Tumbling	Have it!	Light Spot
Forward-Roll	<input type="checkbox"/>	<input type="checkbox"/>	Forward-Roll	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel	<input type="checkbox"/>	<input type="checkbox"/>	Back-walk Over	<input type="checkbox"/>	<input type="checkbox"/>
Round-off	<input type="checkbox"/>	<input type="checkbox"/>	Front-walk Over	<input type="checkbox"/>	<input type="checkbox"/>
Front-walk over	<input type="checkbox"/>	<input type="checkbox"/>	Back-hand Spring	<input type="checkbox"/>	<input type="checkbox"/>
Side Ariel	<input type="checkbox"/>	<input type="checkbox"/>	Tuck	<input type="checkbox"/>	<input type="checkbox"/>
Front Ariel	<input type="checkbox"/>	<input type="checkbox"/>	Hand Hand Tuck	<input type="checkbox"/>	<input type="checkbox"/>
Back-hand Spring	<input type="checkbox"/>	<input type="checkbox"/>	Full	<input type="checkbox"/>	<input type="checkbox"/>
Tuck	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____		
Layout	<input type="checkbox"/>	<input type="checkbox"/>			
Full	<input type="checkbox"/>	<input type="checkbox"/>			
Other: _____					

***Dance:***

Do you have any dance experience? YES or NO

If so, where/ how long have you trained? \_\_\_\_\_

Any specific dance skills or styles that you have mastered? Please list: \_\_\_\_\_

\_\_\_\_\_

***Other:***

Have you ever been on another cheerleading team (competitive or rec)? YES or NO

If yes, which one/for how long? \_\_\_\_\_

Have you ever been on a dance team? YES or NO

Have you ever competed as a gymnast? YES or NO

Have you ever been on a sports team? YES or NO

If yes, what sport and at what level? \_\_\_\_\_

Any other information that you think would be important?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Short Answer Questions

Please select 5 of the following questions, type your answers, and submit them to [bellevuecheer@gmail.com](mailto:bellevuecheer@gmail.com) or in hard copy to the BHS Main Office. The perspective cheerleaders must answer these questions. If it is found that anyone else, including parents, have answered the questions, the answers will be voided.

- What is your definition of a “cheerleader”?
- Why are you trying out for cheerleading?
- What do you think are your best qualities and why?
- What are your goals, in cheer, in life?
- What three characteristics do you feel are most important for cheerleaders to possess? Why?
- What do you think are the most important things that make a team successful?
- How can cheerleader’s best represent their school and student body?
- Name two ways to get students interested in attending pep rallies and games
- How can you get teachers and administrators involved with school spirit?
- What is a new idea you would like to see implemented in this year’s cheerleading program?
- *Returning members only:* What are you most proud of as a cheerleader? Why?