Inglemoor High School Cheerleading

Policies, Standards, and Commitment Expectations
Document last updated: 2/4/2020

Part One Candidate Checklist
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According to the WIAA, cheer can be a sport or an activity. This decision to be a sport or activity is made by local districts. If cheer were classified as a sport, students would only be able to cheer for a 12-week period (one sports season) and be complete. Thus, cheer at Inglemoor High School is considered an activity. This allows the team to cheer multiple seasons. Although we are an activity, the Northshore School District requires the same paperwork to be completed as athletics due to the liability associated with athletic activity and stunting.

Cheer Packet Instructions:

Cheer Packets must be completed and turned into the Inglemoor High School Main Office
Attn. Elisabeth Kowalski by Monday, March 16th at 3:00pm.

Read with parents thoroughly, make copies for future reference, and obtain signatures where appropriate. Be respectful of those school employees from whom you need a signature or
document, and thank them for their time. Candidates and Parent(s)/Guardian(s) are responsible for the entire content of this document. Once completed, make sure you have everything signed and submitted. **Failure to sign an item, or not submitting an item on time could hinder your chances of being selected for the 2020-2021 cheer season.** A signature or initial means all these dates and expectations have been agreed upon.

**Part 1 – Candidate Checklist**

**Cheer Tryout Requirements Check List: Policies and Standards**

**DIRECTIONS:** Read carefully and get signatures or sign when/where appropriate.

1. **Cheerleader candidates must have at least 2.8 cumulative GPA to try out** (Inglemoor High School Cheer standard), **and must maintain a 2.0 minimum GPA while a member of the team** (Northshore School District standard). Cheerleaders without a current 2.0 GPA will be placed on probation and not allowed to cheer until the Athletic Director does an official grade check.

   **INCLUDE A COPY OF YOUR UNOFFICIAL TRANSCRIPT WHEN YOU RETURN THIS PACKET**

2. **Cheer candidates must not have been placed on In-School Suspension or Saturday School more than once in the current school year; also, s/he may not have been suspended or expelled during the current school year or have had any other major disciplinary incidents.** Cheerleading candidates must be in good standing with the school.

3. **Have you ever broken the Northshore Student Athletic/Leadership Code or violated any Northshore School District right or responsibility while in middle or high school? _______ (Y/N)**

My signature indicates that ________________________ (candidate name) is in good standing with Inglemoor High School (or current middle school). S/he has not been in Saturday School more than once and has not been expelled or suspended during the 2019-2020 school year.

**Administrator’s signature: _________________________________**

(Mr. Desautels, Mrs. Hill, Mr. Mismas, Mr. Rainwater or Middle School Administrator)

If applicable, please explain any and all Northshore School District Student Athletic Code Violations during grades 8-12. Any violations of any Northshore School District Rights and Responsibilities concerning student conduct require explanation. This information will be considered during your tryout process as team members are selected. If you leave out any information or represent yourself falsely, an administrative review on your current standing as a member of the team will be held.

**Explain the circumstances, the consequences, what you have done to change your behavior and what you learned in light of the incident. Any explanation should be typed and attached to the back of this document. A code violation does not necessarily prohibit you from trying out and possibly making the team, although it may affect your ability to achieve a leadership role.**

4. **Acceptable attendance.** If you have an unusually high number of absences or tardies (more than 10 in a semester), explanation is needed. School attendance is vitally important! In order to participate in practice or cheer events after school, you must attend at least ½ of the school day.

5. **Cheer candidate must not owe any fines.**

**Signature: _________________________________**

Need signature of Mrs. Kiel (in Student Center) or Middle School Office Secretary
6. **Schedule:** Cheerleaders are required to be on-campus, at Inglemoor High School, for the majority of their classes. **They are also required to enroll in “ASB/Leadership” class for the first semester.** Cheerleaders may participate in **part time** Running Start and WANIC Programs, as long as the ASB/Leadership Class at Inglemoor fits into their schedule and they are able to attend all cheer related events during the school day.

7. **Each candidate must have (6-7) teacher evaluations from ALL Second Semester teachers.** Please give the included recommendations to your current teachers far enough in advance for them to complete. Teachers are to turn evaluations into the ASB Coordinator (Elisabeth Kowalski) mailbox at Inglemoor High School in the Main Office. If at the middle school, they are asked to intra-district mail them to Elisabeth Kowalski. Cheerleaders are not allowed to see their evaluations. Evaluations are due by Monday, March 16th, 2020 by 3:00pm. **If a cheerleader hands a completed evaluation to a coach personally, that recommendation will not be considered.**

8. **Tryout Attendance/Closure:** I understand that I will not receive or lose points for my attendance at tryout practices, but these practices are extremely important to my preparedness/success at the official tryout on Friday. If I am participating in an approved IHS Spring Sport, I will communicate my schedule in advance with the coach(es) and am still expected to be fully prepared for the official tryout on Friday. Participation and working on material outside of the four dates are vital for success on **Friday, March 27th** – the official tryout day. I understand that cheer tryout practices are closed. The adults that will be present will be the coach(es) and any administrators that come in to check in and/or supervise, or other Northshore staff passing through.

9. **Judges/Scoring:** I understand that the judges’ decisions are final. Tryout scores are not allowed to be shared with candidates and/or parents and/or non-NSD employees. I understand that every candidate must earn enough points to rise above the “natural break”. There is not a given number of cheerleaders that will be offered a spot on the team. No one is guaranteed a place for the 2020-2021 season, even if they cheered on the team for the 2019-2020 season.

By signing below, I, the candidate, agree to and understand all of the above requirements that need to be met in order to be considered for the 2020-2021 Inglemoor High School Cheer Team. Without compliance to any one of the above items, I realize that my chances of making the team may be jeopardized.

By signing below, I, the parent, understand the above expectations as a parent/guardian representative of the candidate going through the 2020-2021 Inglemoor High Cheer Team tryout process. I agree to follow through on all the family obligations, financially and otherwise, including expected future time commitments set forth in this packet and to complete all necessary forms once my student has been selected for the team.

**Cheer Candidate signature:** _______________________________

**Parent/Guardian signature:** _______________________________

**Cheer Candidate/Parent must fill out and complete ALL required Northshore School District Athletic paperwork by Monday, March 16th at 3:00pm. Sports registration is online on FinalForms. For instructions and required documents,**
go to [http://www.nsd.org/inglemoor](http://www.nsd.org/inglemoor), select the “Athletics” tab and click “Register for Athletics” on the left side menu. Scroll to “FinalForms Instructions.” Follow the directions to register online on FinalForms.com. All candidates must have this paperwork completed and a Physical Examination on file that is valid through at least March 2021 in order to be eligible to participate in any tryout activities. No exceptions can be made to this requirement.

Part 2 – Practices

- **Spring Practices:** I agree to and will attend all IHS Cheer team practices for the remainder of the school year. *(Tuesday/Thursday starting Tuesday, May 12th from 3:45-6:15pm at IHS)*
  
  Athletes on an Inglemoor Spring sports team are excused without penalty from cheer practices until their Spring season has ended, but they must communicate in advance with the cheer coach(es) if they will not be at a practice.

- **Summer Practices:** I agree to and will attend all IHS Cheer team practices leading up to camp. *(Monday – Friday, July 20-24th from 3:45-6:15pm at IHS)*

- **August Practices:** I agree to and will attend all IHS Mandatory August Practices to ensure that our team is fully prepared for the start of the Fall Sports Season and heading back to school. These will take place the last 2-3 weeks of summer before school resumes. *(Monday, August 17th – Thursday, August 27th from 3:45-6:15pm at IHS)*

- **Fall and Winter Practices:** I agree to and will attend all IHS Cheer team practices for the Fall and Winter Season. *(Tentatively Tuesdays and Thursdays from 3:45-6:15pm)*

By signing below, I agree to and will attend all cheer practices and I understand the practice requirements:

**Cheer Candidate signature:** ________________________________

**Parent/Guardian signature:** ________________________________

By signing below, I also agree and understand that being a cheerleader and cheering during all seasons, is a privilege. In preparation for Fall and Winter sports seasons, school assemblies and other performances, we will conduct material checks to see if individual cheerleaders are ready for “Game Day” and performances. The coach also reserves the right at ANY time to have a team member sit out a game if s/he is not ready for “Game Day” and/or performances, or at the coach’s discretion, even if s/he has been at every practice.
• **Summer Homework:** I agree to and will independently learn all IHS Cheer material including all chants, cheers, sideline dances and routines over the summer break. I can do so by learning the material on the video provided by the coach(es) or by getting together with returning cheerleaders. There will be a test over all the material during one of the first practices back in August. Advance notice will be given of the test day.

*Cheer Candidate signature: ________________________________

*Parent/Guardian signature: ________________________________

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**Events**

• **Uniform Fitting Day - Wednesday, April 15th, at 3:30pm at Inglemoor.** I agree to and will attend the uniform fitting. Once fitted, all cheer families are responsible and liable for the costs incurred, regardless. If a cheerleader needs to re-order a piece of uniform, it will become the family’s financial responsibility. If any alterations have to be made to the uniform, it must go through coach permission and may only be professionally altered. Altered uniforms cannot be returned to the uniform company. If the uniform piece is altered without approval and after alterations, it does not meet Inglemoor High School student dress code, it must be replaced at the cheerleader’s expense and the cheerleader must sit out of games/events until the new uniform piece arrives.

• **NCA CheerLeadership Camp, Monday, July 27nd to Friday, July 31st at Central Washington University:** I agree to and will attend camp with my team. **Camp attendance is mandatory.** Cheerleaders will be transported by charter bus. This is a required team event. Parents are invited on Monday, July 27nd to watch the team perform at “Monday Night Live.”

  o The cost of camp is approx. $415 plus approx. $63 for transportation. I will pay in full for the cost of camp (or the amount not covered by fundraising) by **Friday, June 12th**.

  o Cheerleaders will be required to purchase team “camp clothes” to wear during Cheer Leadership Camp. I understand that the cost of these clothes is my full financial responsibility. These clothes will serve as part of the practice uniform for the remainder of the cheer season. The cost of these items are listed on the Varsity Fashions Inglemoor High School Cheer Team 2020-2021 Quote included in this packet.

By signing below, I agree to and will attend **ALL required events** and I understand the event requirements:

*Cheer Candidate signature: ________________________________

*Parent/Guardian signature: ________________________________
Part 3 – Parent Participation

Parent participation and support is essential to the success of each cheerleader on the team. The role of the parent(s)/guardian(s) in the Inglemoor cheer program helps provide the greatest opportunities for your son/daughter and our team’s success. Parents are needed to attend meetings, drive to away events, prepare treats, host/assist team dinners, and be a part of fundraising and community events.

- **Mandatory Pre-Tryout Parent/Athlete Information Meeting:** Tuesday, March 10th at 7pm in the IHS Library – Cheer Candidates are expected to attend as well. In order for a student to be eligible to try out for cheer, one parent/gaurandian must be present at this meeting. Families who do not have an adult in attendance will not be eligible for tryouts. Please contact the coach(es) with any questions or conflicts.

- **First Official Parent Meeting (once the 2020-2021 Team has been selected):** Tuesday, April 14th at 7pm in the IHS Library.

- **Fundraisers:** Parent and cheerleader promotion/participation is expected for fundraising events. The purpose of fundraising is to reduce the out-of-pocket costs of participation in IHS cheer – specifically the cost of camp. Because fundraising benefits the cheer families, it is expected that the fundraising is driven by the cheerleaders and their families, not the coach. Fundraising is required in order to offset the cost of camp and future cheer expenses and remain in good financial standing with the school.

- **Transportation:** It is the role of each family to arrange transportation to and from cheer practices, games and events. To avoid liability issues, the coach(es) cannot drive the athletes and they will not arrange rides for the cheerleaders.

**Communication:** I understand that the vast majority of communication will be from coach to cheerleaders. **Parent communication will primarily be in the form of weekly emails.**

- There are occasions where the coach(es) will need to get a hold of a cheerleader (and vice versa) outside of cheer practices or events. By signing below, I understand that the coach(es) will communicate with the cheerleaders via GroupMe, text message, phone or email. The majority of the communication will be done in person or in the team email updates.

By signing below, I understand the above expectations as a parent/guardian representative of the 2020-2021 Inglemoor High School Cheer Team. I agree to follow through on all the above family obligations and forms if my son/daughter is selected for the team.

*Cheer Candidate signature: ________________________________*

*Parent/Guardian signature: ________________________________*
Part 4 – Expectations and Agreement

Financial Expectations and Costs

It is a large financial commitment to be an Inglemoor High School cheerleader and the majority of that commitment comes at the very beginning of the season. Once uniforms and camp are paid for in May and June 2020, there will not be any other “big ticket” purchases. The coach(es) have done everything possible to minimize costs, prioritize fundraising, yet still select quality garments that will serve the team well throughout this season and beyond.

- Please pay careful attention to the Varsity Spirit Fashions Inglemoor High School Cheer Team 2020-2021 Quote included in this packet for estimated uniform costs. This must be paid in full to Varsity Spirit Fashions by Friday, May 15th.

- Additional expenses (payable via cash, card, or check payable to IHS in the IHS Bookkeeper’s office):
  o Team t-shirt/Game Day hair bow: $35 due on Monday, March 30th at Team Dinner
  o Inglemoor Cheer duffle bag (customized with name): $63 due Tuesday, April 14th
  o Senior fleece pullover for Class of 2021: approx $150 due by Friday, May 15th (with the rest of the uniform order – unless families would prefer to order later)
  o NCA Cheer Leadership Camp: approx. $480 due by Friday, June 12th (Our fundraising money goes to reduce your out-of-pocket cost for camp. I anticipate the out-of-pocket cost to be closer to $200/cheerleader – depending on the success of Spring team fundraising).
  o Camp Accessories: approx. $50 (TBD) due by Friday, June 12th (Traditional team gift, water bottle, drawstring bag customization, “Fun Day” accessories, etc.)
  o Celebration Fund: we have two big parties throughout the season - a team Holiday party and an End of Season Celebration for our team and families. To assist coaches with decor & food, $15 will be due by Friday, June 12th.

Cheer Candidate signature: ________________________________

Parent/Guardian signature: ________________________________

Commitment, Conduct and Appearance Expectations

- Extra-Curricular Activities: I understand that my extra-curricular activities/personal obligations cannot conflict with IHS Cheer. Knowing the cheer schedule, it will remain a top priority, after my family and academics. I realize I am committed to my team for an entire year and I will not
be able to participate in Fall/Winter sports, although I can choose to participate in a Spring sport. The season begins at the selection of the 2020-2021 team and ends at the selection of the 2021-2022 team. I understand that other activities should not conflict with the cheer schedule. I want to be a part of this year-long commitment to the IHS cheer team.

- **Leadership/Respect:** I understand that being a part of a team requires respect for my school, staff, administration, coach, family, friends, and myself. I respect my coach(es) and trust that they have the best interests for the whole team in mind. I believe they will be as consistent as possible in planning and scheduling practices, events, games, as well as following through with consequences. I agree to be respectful of my coach(es) and allow them to do the best job possible. At some events, cheerleaders could be sent in small groups without their coach. Cheerleaders may not stunt or tumble without their coach present. A school-appointed staff member or Administrator will always be present in place of the coach(es).

- **Appearance:** I agree that cheerleaders should have a positive appearance in and out of uniform. School attire must always show respect for my body and follow the Inglemoor High School dress code. Tattoos, (if any) are to be covered while in uniform. Cheerleaders are expected to have natural colored hair (ie. not blue, pink, etc.) that can be pulled back in a pony-tail and/or away from the eyes. Artificial nails must follow WIAA/NFHS rules and be appropriate for practice, events, and games.

- **Equipment/Uniforms:** I understand that my uniform and/or cheer equipment are my full financial responsibility because I get to keep the items I purchase. I may not allow others to wear or use any of my IHS cheer uniform/equipment. If I do not make the team again in the future, I understand that my uniform cannot become “spirit gear” for games (worn either by myself or others) until every cheerleader who owns that uniform graduates. Cheerleaders are required to wear the appropriate undergarments and ankle length, white socks. A black, white or nude “racer back” style bra is required when wearing the sleeveless top. Cheerleaders will be assigned a certain bow to wear for each event. The only shoes permitted to wear while in cheer uniform are our cheer shoes.

- **Jewelry:** Per the NFHS and WIAA rulebook, cheerleaders may not have on any jewelry while in motion. Cheerleaders will be expected to remove all jewelry when at practice, performing, etc.

- **Social Media:** I will use social media responsibly and ensure that all screen names, posts, re-posts and pictures reflect positively on my personal character, reputation, my teammates, my family, and my school. My social media can affect my eligibility for the IHS cheer team.

- **Injuries:** I will report all injuries to my coach immediately. This includes injuries from both cheer and other outside activities. It is required by the WIAA that all athletes provide doctor medical clearance in writing in order to return to activities, whether practice or game.

*Cheer Candidate signature: ____________________________

*Parent/Guardian signature: ____________________________


C.A.R.E: Conduct, Accountability, Respect and Expectations

Every cheerleader has a “C.A.R.E. Card” that the coach will keep on file and will record on when expectations are not met. A sample C.A.R.E Card is included on the next page in this packet.

C.A.R.E Policies and Procedures & Card System: This system helps keep disciplinary actions consistent for everyone and allows for accountability for any behavior that the coach feels is unacceptable. All consequences will be recorded and dated on a “punch card.” All cards will restart at the beginning of Spring/Summer (May–July), Pre-Season/Fall (August–mid-November) and Winter (mid-November–February) seasons. Below is a list of conduct unbecoming to a cheerleader and the consequence assessed for each violation. Please remember that this list is subject to change at the discretion of the coach and written notice will be given should such changes occur.

Conduct and Appearance (3 check boxes each)
- Forgotten bow, poms or wrong/insufficient apparel for a game/event
- Not removing jewelry prior to a practice, game or event
- Excessive talking on the sideline
- PDA in uniform
- Profane language
- Unsportsmanlike conduct (6 check boxes and/or benched)
- Inappropriate material posted on a social media site (6 check boxes and/or benched)

Practice and Participation
- Tardy to a game, practice or event (2 check boxes)
- Absence from a scheduled event (3 check boxes)
  - Excluding pre-arranged school events and family emergencies
- Not coming fully prepared with material to a practice or game (3 check boxes and/or benched)

Consequences are not to be considered disciplinary actions or punishment. All practices, games, and events are critical for the success of the IHS cheer team in using necessary progressions, proper technique and conditioning. Missing practice presents a possible safety risk to self and teammates. In the event the cheerleader is benched from a game or event, they are required to be dressed in full uniform and sitting in the stands (not in the student section/without their cell phone).
### Sample C.A.R.E Card

#### C.A.R.E. CARD

##### CONDUCT & APPEARANCE

<table>
<thead>
<tr>
<th>Name:</th>
<th>Season</th>
<th>Spring</th>
</tr>
</thead>
</table>

Coach’s Notes:  
Date:  


Coach’s Notes:  
Date:  

Acquiring 12 or more punches will result in a parent meeting with coach.

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#### C.A.R.E. CARD

##### PRACTICE & PARTICIPATION

<table>
<thead>
<tr>
<th>Name:</th>
<th>Season</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Sit 1/2 of next game or event.</td>
</tr>
</tbody>
</table>

Coach’s Notes:  
Date:  

Sit full upcoming game and meeting with coach.

Coach’s Notes:  
Date:  

Acquiring 12 or more punches will result in a parent meeting with coach.
General Agreement to Commitments and Guidelines

I have read the cheerleader rules and guidelines and all other tryout information. I understand the commitments, responsibilities, and privileges of being an Inglemoor High School Cheerleader. If selected, I agree to abide by the Washington Interscholastic Activities Association (WIAA), National Federation of High Schools (NFHS), IHS Cheer rules and guidelines, and the Northshore School District Athletic/Leadership Code rules and regulations. I will cooperate with my coach and all persons and organizations concerned to promote spirit and good sportsmanship. I will conduct myself in the best possible manner at all times, because I am a representative of Inglemoor High School. If selected, I realize I am not just a cheerleader for IHS Football and Basketball, but all IHS sports, school sanctioned events and other activities where IHS Cheer has been invited. I further acknowledge that I have and will maintain at least a 2.0 GPA during the season. I understand the tryout process and will accept the decision as final. I agree to fully support the coach and Inglemoor High School Administration throughout the entire cheer season. I understand that it is my responsibility to communicate any concerns directly with my coach.

Cheer Candidate Signature: ___________________________ Date: __________

I understand that my student will have attendance, personal, and financial obligations if chosen as a member of the IHS Cheer Team. If selected, I understand that my student is being held responsible to abide by the WIAA, NFHS, and IHS Cheer rules and guidelines, as well as the Northshore School District Leadership/Athletic code rules and regulations. I also understand that if my student is chosen, I will have to commit time in helping with community events, fundraisers, activities, transportation, providing treats, and any required parent meetings. I have reviewed the expectations of cheerleading candidates and understand the commitment my student is making as a member of the IHS Cheer Team, as well as the consequences of not abiding by the expectations and guidelines. I will help promote the ideals of positive sportsmanship and help uphold the rules and guidelines set forth. I acknowledge that I understand the tryout process, and agree to accept the results as final. I agree to fully support the coach(es) and Inglemoor High School Administration throughout the entire cheer season. I will encourage my cheerleader to communicate their concerns directly to the coach and I will do the same if concerns arise.

Parent/Guardian Signature: ___________________________ Date: __________

PLEASE PRINT CLEARLY:
Cheerleader Candidate’s Phone Number: ___________________________

Cheerleader Candidate’s Email: ___________________________

Cheerlader Candidate’s Birthday: ___________________________

Parent/Guardian Names: ___________________________

Parent/Guardian Phone Number(s): ___________________________

Parent/Guardian Email(s): ___________________________
Part 5 – Video Interview

In place of meeting individually with the coach(es) the week prior to tryouts, each candidate will film themselves answering the questions below. Please note – we are not looking for a produced video. Filming with your front-facing phone camera or computer webcam is perfectly acceptable! We are looking forward to getting to know YOU more!

Create an account and upload your video to YouTube. Be sure to set your video to “Unlisted” so that it is not public online and email a link to mmerrill@nsd.org and jross2@nsd.org by 3:00pm on Monday, March 16th. If this technology is not available to you, please don’t hesitate to reach out to the coach(es) to set up an in-person interview.

QUESTIONS FOR APPLICANTS NEW TO INGLEMOOR CHEER:
● What motivated you to try out for Inglemoor Cheer? Tell us about your cheer background.
● What strengths will you bring to the team? What areas are you hoping to grow in?
● Describe your leadership style. Do you like to include everyone when making decisions? Do you tend to problem solve on your own?, etc.
● If you had a disagreement with another teammate, how would you go about handling the issue?
● How do you think the cheer squad can help increase school spirit?
● What part of Inglemoor cheer excites you most?
● Do you have any injuries/concerns/conflicts going into tryouts/the season?

QUESTIONS FOR CHEERLEADERS FROM THE 2019-20 TEAM:
● Why do you want to continue to be an Inglemoor High School Cheerleader?
● What strengths do you feel you contributed to the team last year?
● What are your goals for yourself and for the team this upcoming year?
● What are some things you would like to see different with the team dynamic or program this year? How will you help with this?
● How can we count on you to be a leader on the team?
● How will you ensure that the new team members feel welcome and included this year?
● Do you have any injuries/concerns/conflicts going into tryouts/ the season?

PICK ANY 3 OF THESE QUESTIONS TO ANSWER:
● What is your favorite part about school?
● What are you favorite hobbies outside of cheer?
● What’s your proudest accomplishment?
● Who is your biggest role model and why?
● What is your favorite dessert?
● If you could eat one food for the rest of your life, what would it be? Why?
● If you were to come up with a dance for the team, what song would you pick for the music?
● What is your dream job and why?
● What is your biggest pet peeve?
● If you could have lunch with one famous person, who would you pick and why?
● What does commitment mean to you?
● What do you think the most important role of a cheerleader at Inglemoor is?
● What is your favorite store to shop at?