

Dear NCHS Cheer Team Applicant,

Thank you so much for your interest in becoming a North Creek High School Cheer Team member for the 2022-2023 school year! We look forward to receiving completed applications and putting thoughtful consideration into who will comprise the 2022-2023 NCHS Cheer Team.

Just so you have an idea of what to expect during tryout week (March 28th - March 31st, 6:00pm-8:00pm), you will learn a dance routine, the NCHS fight song, and a sideline cheer, along with basic cheer motions, jumps, and technique. At the formal tryout (Friday, April 1st, 6:00pm-approximately 8:00pm), you will perform the cheer and dances in a group with 3-4 other candidates. You will perform the jumps (toe touch, hurdler, pike, etc.) and optional tumbling on your own (your other group members will be standing in front of the judges with you). Please wear comfortable workout clothes and tennis shoes to all practices (no jewelry/watches). On tryout day, show your Jaguar pride, and wear your NCHS spirit attire.

Tryout results will be announced the day of tryouts (April 1st) between 8-10pm. Please make yourself available until this time. If you make the team, you will be asked to return to the school to meet with your coaches.

Once you sign up for an interview via the Interview Sign up link we will assign you a folder in our Google Drive and provide you access. Please make sure all of the following application components are completed and uploaded to your folder no later than 11:59pm on Sunday, March 20, 2022.

- Signed application packet
- All tryout application essays
- Screenshots of your Semester 1 Final Mark (S1FM) and Semester 2 Final Mark (S2FM) from Student View.

AND

- Sign up for a pre-tryout **interview** (go to [nsd.org/north creek](https://nsd.org/north-creek) → Athletics → Teams → Cheerleading → Tryout Information) to find the link and secure a spot. (Returners, you will not need to schedule an interview time. Your interview scores will be based on your performance throughout your previous time on the team.)
- Each candidate must have (6-7) teacher **evaluations** from ALL 2nd semester teachers, as well as a coach evaluation from your most recent season in any sport (Returners, your coach evaluations will already be entered). Please send your teachers and coach the following Teacher & Coach Evaluation link: <https://forms.gle/LfruASgjp8syEToM8>. In order to send this, you will need to draft an email to your teachers and coach, cut & paste this evaluation link into these emails, and ask them politely to please fill out the evaluation for you.
- **ALL DISTRICT-REQUIRED ATHLETIC PAPERWORK** online on FinalForms (go to [nsd.org/north creek](https://nsd.org/north-creek) → Athletics → Register for Athletics).

- **You must also have a current physical on file.**
 - *If any athletic paperwork is missing, you will not be cleared to participate in tryout practices until it is received by the NCHS Athletic Secretary, Susan Pearson. Please contact Susan Pearson (spearson@nsd.org) with questions about FinalForms.*
-

We look forward to meeting you AND your parent(s) at the **MANDATORY Parent AND Athlete Information Meeting on Tuesday, March 22nd from 6:00-7:00 via Zoom.**

To join click here: <https://apptio.zoom.us/j/2589681225>

If at any point you or your parents have questions, do not hesitate to reach out via email to Head Coach Alison Pumma (apumma@nsd.org) or Assistant Coach Myndi Nelke (mnelke@nsd.org).

Cheers!

Alison Pumma & Myndi Nelke

NCHS Cheer Coaches

apumma@nsd.org & mnelke@nsd.org

NAME: _____

Student #: _____

Graduation Year: 2023 2024 2025 2026

T-Shirt Size: _____



North Creek High School Cheerleading

Policies, Standards, and Commitment Expectations

Document last updated: 2/3/2022

Part One	Candidate Checklist
Part Two	Practices and Events
Part Three	Parent Participation
Part Four	Expectations and Agreement
Part Five	Cheer Tryout Essays/Pre-Tryout Interviews

Cheer Packet Instructions:

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 2022-2023 cheer season. A signature or initial means all these dates and expectations have been agreed upon.**

Part 1 – Candidate Checklist

Cheer Tryout Requirements Checklist: Policies and Standards

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

1. Cheerleader candidates **must have at least 2.0 cumulative GPA to try out 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.

End of term final grades are pulled in June and late January. These grades are posted on students' permanent transcripts. Students must be passing 6 of 7 classes or 6 of 6 classes. Students not meeting this WIAA requirement are placed on a 5-week probation in which the athlete can practice but can't compete/perform at games.

PLEASE ATTACH Screenshots of your Semester 1 Final Mark (S1FM) and Semester 2 Final Mark (S2FM) from Student View.

2. Cheer candidates **must not have been placed on In-School Suspension or Saturday School more than once in the current school year; also, He/she 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 North Creek High School (or current middle school). He/she has not been in Saturday School more than once and has not been expelled or suspended during the 2022-2023 school year.

Administrator's signature: _____

(Dr. McDowell, Mr. Robertson, Mrs. Mehner, Dr. Cox, 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.

Please 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.** There will be no points added or deducted from your tryout score based on your school attendance. If you have an unusually high number of absences or tardies (more than 10 in a semester), explanation will be needed. School attendance is vitally important!

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

Signature: _____

Need signature of Ms. Kristy Waligorski (ASB Secretary-Main Office window) or Middle School Office Secretary

Part 1 – Candidate Checklist continued...

6. Each candidate must have (6-7) teacher evaluations from ALL 2nd Semester teachers, as well as a coach evaluation from your most recent season in any sport. Returners, your coach recommendations will already be entered. Send the following teacher/coach evaluation link to ALL of your 2nd Semester Teachers and to your coach from your most recent season in any sport/activity:

<https://forms.gle/LfruASgjp8syEToM8>. In order to send this, you will need to draft an email to each of your teachers/coach, cut & paste this evaluation link into these emails, and ask them politely to please fill out the evaluation for you.

7. **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, April 1st. If I am participating in an approved NCHS Spring Sport, I will communicate my schedule in advance with the coach and am still expected to be fully prepared for the official tryout on **Friday, April 1st, 6-8pm**. Participation and working on material outside of the tryout practices are vital for final tryout success. I understand that cheer tryout practices are closed. The adults present will be the coaches and any administrators who come to check in and/or supervise, or other Northshore staff passing through.

8. **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 who will be offered a spot on the team. No one is guaranteed a place for the 2022-2023 season, even if they have cheered on the team in previous seasons.

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 2022-2023 North Creek 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.

Cheer Candidate signature: _____

By signing below, **I, the parent**, understand the above expectations as a parent/guardian representative of the candidate going through the 2022-2023 North Creek High School 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 son/daughter has been selected for the team.

Parent/Guardian signature: _____

Cheer Candidate/Parent must fill out and complete ALL required Northshore School District Athletic paperwork by Sunday, March 20th at 11:59 pm. Sports registration is all online on FinalForms. For instructions and required documents, go to <https://www.nsd.org/northcreek>, select the "Athletics" tab and click "Register for Athletics". Click "FinalForms Instructions in the middle of the page. Follow the directions to register online on <https://northshore-wa.finalforms.com/>.

All candidates must have this paperwork completed and a current Physical Examination on file in order to be eligible to participate in any tryout activities. **No exceptions can be made to this requirement.** Please note, during the cheer season, cheerleaders may not participate in any cheer practices or performances without a current Physical Examination on file through FinalForms.

Part 2 – Practices, Participation, and Events

NCHS Cheerleading is a year-round sport. We are a sideline AND competition team. Everyone who makes the team is expected to participate in sideline cheer during the fall and winter sports seasons, as well as compete during winter season.

- Sideline Cheer Practices and Responsibilities: Our first and foremost responsibility as NCHS Cheerleaders is to North Creek – supporting athletes, serving as ambassadors to our school, being true leaders on and off campus. I agree to and will attend all North Creek High School Sideline Cheer team practices for the remainder of the school year. **(Tuesday/Thursday 3:45-5:45pm)**

- August Practices: I agree to and will attend all NCHS Mandatory August practices to ensure that our team is fully prepared for the start of the Fall Sports season and heading back to school. Please refer to Cheer Calendar for specific dates.

- Fall and Winter Practices: I agree to and will attend all NCHS Cheer Team practices for the Fall and Winter Sports seasons. Please refer to Cheer Calendar for specific dates.

- Competition Season Practices: I agree to and will attend all North Creek High School Competitive Cheer Team practices between October 4th, 2022 and February 4th, 2023. During this time, we will have a total of 3 practices a week that will be used for sideline and competition. Please refer to the Cheer Calendar for specific dates.

- NCHS Competitive Cheer Team Participation: NCHS Competitive Cheer is a part of being an NCHS Cheerleader. By committing to being a part of this team, you are committing to all practices, expectations, and rules outlined in this document. At the time you commit, the information in this packet is no longer optional and you will be held responsible for all expectations as outlined within.

- Competition Dates: I agree to and will attend all North Creek High School Cheer Competitive Team Competition dates. Competition dates are not yet posted, but will occur on Saturdays beginning in December 2022, and ending on February 4th, 2023. I must be sure that I am available for all Saturdays during this period of time until the competition dates are set. I understand that we will be competing at 4-5 events on Saturdays between December 2022 and February 2023.

Part 2 – Practices, Participation, and Events, continued...

By signing below, I agree to and will attend **ALL competitive and sideline cheer practices and events.**

Cheer Candidate signature: _____

Parent/Guardian signature: _____

By signing below, I also agree and understand that **being a NCHS cheerleader, cheering during all seasons, and participating in competitions is a privilege.** In preparation for Fall and Winter sports seasons, school assemblies, competitions, and other performances, we will conduct material checks to see if individual cheerleaders are ready for “Game Day” and competition performances. The coaches also reserve the right at ANY time to have a team member sit out a game or competition if he/she is not ready for “Game Day” and/or performances, or at the coaches’ discretion, even if he/she has been at every practice.

SUMMER CHEER HOMEWORK: I agree to and will independently learn all NCHS Cheer material including all chants, cheers, sideline dances, and routines over the summer break. I can do so by learning the material on the videos provided by Coaches Pumma and Nelke 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.

Practice HOMEWORK: I agree to and will independently practice all North Creek High School Competitive and Sideline Cheer Team routine material that I am taught during practices. I will take responsibility for knowing routines and put in extra time to perfect all movements, dances, cheers, and chants.

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Part 2 – Practices, Participation, and Events, continued...

EVENTS:

- **Uniform Fitting Day – Tuesday, April 5th, 3:30-6:00.** 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 is deemed by the coaches to look different than fellow teammate uniforms, it must be replaced at the cheerleader's expense and said cheerleader must sit out of games/events until the new uniform piece arrives.

 - **Emergency Action Practice, TBD June:** The NCHS Cheer program will have an emergency action plan. This will be set and continually reviewed at the beginning of each sport season. The emergency action plan will follow WIAA and AACCA standards addressed at this link: <http://aacca.org/eap/>.

 - **Camp:** I agree to and will attend camp sometime between July 25th and August 2nd. (Please keep these days open until we solidify dates. **CAMP IS MANDATORY!**)
 - Due to the Covid-19 pandemic, cheer camp plans (specific dates/times/location/costs) are yet to be 100% determined. As we have details, we will share these with you.

 - Cheerleaders will be required to purchase team "camp clothes" to wear during Cheer 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.

 - **-Cheer Picture Day, TBD August/September**
-

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 North Creek cheer program is extensive, which ultimately provides the greatest opportunities for your son/daughter and our program's success. Parents are needed to attend meetings, organize carpools, prepare treats, plan senior night(s), plan end-of-season banquet, and be a part of fundraising and community events.

Parents/guardians are expected to:

- Model poise, confidence and correct behavior.
- Understand the goals set individually by your sons/daughters and collectively by our team.
- Recognize that cheerleaders have different gifts and different roles and some may have to adjust their personal goals to match team goals.
- Communicate positively and constructively with regard to our team and our experiences.
- Find ways to be involved and contribute within the structure of our program.
- Encourage their high school level cheerleader to communicate directly with the coaches on all issues first. This list includes, but is not limited to, absences, tardies, grades, questions, concerns, conflict, etc
- Communicate with coaches at appropriate times and be prepared to hear honest and forthcoming responses.
- Take action to prevent and eliminate drama.
- Understand that gossip, dishonesty, meaningless conversations, and destructive comments undermine the team experience and destroy teams.
- Commit to being a part of our program even when it's difficult.

MANDATORY Parent/Athlete Information Meeting: Tuesday, March 22nd from 6:00-7:00 via Zoom.
To join click here: <https://apptio.zoom.us/j/2589681225>. Cheer candidates are expected to attend as well (in order for a student to be eligible to try out for cheer, one parent/guardian must be present at this meeting). Families who do not have an adult in attendance will not be eligible for tryouts. Please contact Coaches Pumma and Nelke with any questions or conflicts.

First official Parent Meeting (once the 2022-2023 Team has been selected): TBD based on Covid status.

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 NCHS cheer. Because fundraising benefits the cheer families, it is expected that the fundraising is driven by the cheerleaders and their families, not the coaches. Fundraising is required in order to offset the cost of camp and future cheer expenses and to remain in good financial standing with the school. Our first fundraiser will commence immediately following the selection of the 2022-2023 cheer team.

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

There are occasions when Coaches Pumma and Nelke will need to communicate with a cheerleader (and vice versa) outside of cheer practices or events. By signing below, I understand that the coaches will communicate with the cheerleaders via Remind, email, or in person during practice.

By signing below, I understand the above expectations as a parent/guardian representative of the 2022-2023 North Creek 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 a North Creek High School cheerleader and the majority of that commitment comes at the very beginning of the season. Once camp and uniforms are paid for (payments start in May, 2022), there will not be any other “big ticket” purchases. Coaches Pumma and Nelke will do everything possible to minimize costs, prioritize fundraising, yet still select quality garments that will serve the team well throughout this season and beyond.

Above and beyond any physical products we choose, there are required costs associated with competition registration fees, professional choreography, and team building activities. Please see the below information for a detailed breakdown of costs.

Uniforms

Please pay careful attention to **the Varsity Spirit Fashions North Creek High School Cheer Team 2022-2023 Quote** for estimated uniform costs (once available, this will be found on the Cheerleading page on the NCHS website.). **This must be paid in full to Varsity Spirit Fashions on the dates determined as of the uniform fitting on April 5th (uniforms will be paid in three installments). Additional uniform and other expenses are below.**

Additional Expenses (payable to NCHS). The following items total approximately \$344:

- **ASB Card:** Approximately \$60 per student
- **Game Day hair bows:** \$50 due on **Monday, April 20th.**
- **Rain jackets:** We will order 3 rain jackets (purple, white, and pink) @ approximately \$26/jacket.
- **Pom Poms:** Approximately \$14
- **Breast Cancer Awareness Tshirt:** Approximately \$25
- **Sweatshirt / Hoodie:** Approximately \$35
- **NCHS Team Duffle Bag:** Approximately \$60 + tax and shipping due on **TBD.**

Additional Items that we intend to pay with our booster club fundraising efforts:

- **Leggings:** traditionally paid by the booster club.
- **NCA Cheer Leadership Camp:** approx. \$450 due by **TBD.** (This may be paid by parent boosters)

**There may be some expenses that will not be run through NCHS ASB or ordered from Varsity Spirit Fashions. These items may include senior gifts, holiday party, secret pal gifts, bonding activities, etc.

Part 4 – Expectations and Agreement, continued

Competition Uniforms

North Creek High School Competitive Cheer Team will use the same primary uniform pieces that were used for sideline cheer. The following uniform items will need to be purchased for the competitive season and are included in the cost listed above:

- **Competition Indoor-Only Cheer Shoes** – approximately \$80 (**these will also be used for basketball season and will be included in the original Varsity quote**)
- **Competition Cheer Bow** – approximately \$20

Competition Registration Fees

Registration fees will be covered primarily through required fundraising efforts. Below is an estimate of registration fees that will be associated with our involvement in 4-5 competitions.

Each competition costs \$250 to register the team.

Total estimated team competition registration costs: With a goal of attending 4-5 competitions, our estimated registration costs will be \$1,000 to \$1,250.

Professional Choreography

We have hired a professional choreographer through NCA. This choreography will be taught in three 3-hour sessions sometime between August and September, **date and time TBD**. Our estimated cost of choreography is approximately \$1,500. This expense will be covered through our fundraising efforts (both booster and ASB fundraising).

By signing below, I understand the above cost expectations of the 2022-2023 North Creek High School Cheer Team. I agree to follow through on all the above cost obligations if my son/daughter is selected for the team.

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Part 4 – Expectations and Agreement continued...

Commitment, Conduct, and Appearance Expectations

Academics: Cheerleaders academics should remain their top priority all cheer season. Throughout the year during every sport season, grades will be checked by the athletic department. Cheerleaders are required to maintain at least a 2.0 cumulative GPA (NSD policy) and passing 6 classes (WIAA policy) and must maintain this minimum all year. Our athletic director, Mr. Jefferson, will notify students of academic ineligibility if applicable and discuss the process and requirements to gain eligibility. During ineligibility, cheerleaders will not receive further consequences from cheer, as long as cheerleaders are communicating and actively following through on their plan to become eligible. Cheerleaders will be required to practice, however will not be able to participate or wear full uniform at any games/events during ineligibility.

Extra-Curricular Activities: I understand that my extra-curricular activities/personal obligations cannot conflict with NCHS Cheer. Knowing the cheer schedule, it will remain a top priority, after my family and academics. I realize I am on a team that is committed for an **entire** year and I will not be able to participate in NCHS Fall/Winter sports, although I can choose to participate in a Spring sport. The season begins at the selection of the 2022-2023 team, and ends when the winter sports season is complete. I understand that other activities need not conflict with the cheer schedule. I want to be a part of this year-long commitment to the NCHS Cheer Team.

Leadership/Respect: I understand that being a part of a team requires respect for my school, staff, administration, coaches, family, friends, and myself. I respect my coaches/administrators 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, and will communicate to the best of their ability. I am aware that NCHS cheerleaders take action to prevent and eliminate drama, and understand that gossip, dishonesty, meaningless conversations, and destructive comments undermine the team experience and destroy teams. I will commit to being a part of our program even when it's difficult.

Appearance: I understand that the coaches strive for their cheerleaders to have a positive appearance in and out of uniform. School attire must always show respect for their bodies and follow the North Creek 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 into a ponytail and/or away from the eyes. Per the Washington Interscholastic Activities Association (WIAA) & National Federation of High Schools (NFHS) rules, fingernails, including artificial nails, must be kept short, near the end of the fingers 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 NCHS 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 assigned white socks. A black, white, or nude racerback 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 athletic 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.

Part 4 – Expectations and Agreement continued...

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 and reputation, my team, my teammates, my family, and my school. I will **T.H.I.N.K** before I post: Is it **TRUE**? Is it **HELPFUL**? Is it **INSPIRING**? Is it **NECESSARY**? Is it **KIND**?

Injuries: I will report all injuries to my coaches immediately. This includes injuries from both cheer and other outside activities. If an athlete visits a doctor for any medical reason, 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.

Carpools/Team Bus: It is an NSD policy that participants of an event cannot drive themselves to any school sanctioned events outside of a 9 mile radius. When bus transportation is not provided, carpools will be established for travel of any distance over 9 miles. At such time, all cheerleaders are expected to go to and from the event in the assigned carpool. All drivers will be WSP cleared drivers and will have necessary forms for carpool procedure. Carpool procedure needs to be followed for the safety of all cheerleaders. Failure to comply will result in consequences. This is also the case when being transported to an event via team bus. Cheerleaders are required to load the bus together at NCHS, and return from the event on the team bus back to NCHS.

By signing below, I understand and agree to the above commitment, conduct, and appearance expectations of the 2022-2023 North Creek High School Cheer Team.

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 coaches will keep on file and will record on when expectations are not met. A sample C.A.R.E Card (found on the NCHS Cheer Team tryout page on the NCHS website).

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 coaches feel is unacceptable. All consequences will be recorded and dated on a stamp card. Cheerleaders will have the opportunity to earn stamps back at the coaches’ discretion. All cards will restart at the beginning of Spring/Summer (April–July), Pre-Season Summer/Fall (August–November when fall sports ends) and Winter/Competition (November when fall sports end–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 coaches and written notice will be given should such changes occur.

CONDUCT AND APPEARANCE *1st offense-designated #stamps **# of JAGS to Stamp**

• Wearing jewelry at games, practices, events	Reminder to remove
• Absence of required communication with BOTH coaches (i.e. “no call, no show”)	3 and/or benched
• Inappropriate representation of truth to team or coaches (i.e. “caught in a lie”)	3 and/or benched
• Having fingernails too long at practices, games, events or competitions	3 and/or benched
• Chewing gum while cheering, at practice or event	Reminder
• Incorrect or insufficient uniform for a game, event, and/or team attire during school	3 and/or benched
• Wearing uniform in improper places/letting non-cheerleader wear any part of their uniform	1
• Talking to friends and/or family members during practice or games without coaches’ approval	2
• Talking or Texting on cell phone once activity has started without coaches’ approval	3
• Inappropriate material posted on any internet/social media site	6 and/or benched
***severity may remove athlete from one full athletic season	
• Unsportsmanlike conduct and/or notice of inappropriate behavior by any NCHS staff	6 and/or benched
• Non-respectful behavior to, or about, any cheerleader	6 and/or benched

12+ stamps may result in parent meeting and removal from team

PRACTICE AND PARTICIPATION *1st offense-designated #stamps **# of JAGS to Stamp**

• Incorrect or insufficient uniform for a practice	1
• Unsatisfactory fulfillment of duties (i.e. using voice, smiling, rallying, mats/tables, clean up, etc.)	2
• Tardiness for a game, practice, or event.	3/Unexcused
<i>“On time” to practice requires that the cheerleader is dressed, taped, and ready to warm up at the designated practice time, not texting or talking on the phone, not in the hallway, not putting on shoes, not eating or drinking, etc.</i>	1/Excused
• Excused Absence – see definitions for both Excused/Unexcused absences below	2
• Unexcused absence from a game/practice/other event (i.e. Fundraisers, Community Service)	6
• Excused or Unexcused Absence from either Game Day Prep or Practice Preceding a Competition	3-6
• Failure to participate fully at a game/practice or other cheer event.	3 and/or benched
• Excessive talking while cheering and/or not standing in formation	3 and/or benched
• Being late to fight song before game or after half time	3 and/or benched
• Not cooperating with or being disrespectful to coaches/captains/team	3 and/or benched

When an authority figure (coaches, captains, parents, teammates in a leadership position, etc.) is speaking or giving instructions, all athletes must be silent and attentive.

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

PRACTICE AND PARTICIPATION continued... *1st offense-designated #stamps # of JAGS to Stamp

• Profane language	2 and/or benched
• Eating during game	2
• Leaving lineup without permission or changing assigned lineup	2 and/or benched
• Sitting excessive practices due to injury or illness without a doctor's note after reasonable timeline	1-3
• Failure to comply with carpool/team bus procedure	3
• Improper conduct/attitude as determined by coaches	3 and/or benched
• Not fulfilling duties as a captain *2nd or further offenses could result in removal from position	6

12+ stamps may result in parent meeting and removal from tea

Definitions:

Sitting Practice: If a cheerleader is too ill/injured to practice, s/he is still required to attend practice and observe. Exception: if cheerleader is contagious, vomiting, or has a fever.

Tardy: If a cheerleader is late to practice or event by 5-20 minutes

Early Dismissal: If a cheerleader leaves practice or event by 5-20 minutes early.

Excused Absence: (these examples are primarily in reference to practice dates/times, NOT performance dates/times...unless emergency related)



- Cheerleader has emailed BOTH coaches regarding the intended absence 2 WEEKS IN ADVANCE
- The absence is honorably school related, family related, pre-arranged family trips/plans, or emergency related
- Typically, unavoidable circumstances - at the discretion of the coaches
- Physical therapy or doctor appointments related to an injury, should be attempted to be scheduled on a non-practice day or time, however if unavoidable will be excused at coaches' discretion
- Extended illnesses or injuries (3 or more cheer days) will not result in consequences in the C.A.R.E system, however all extended absences are required to have a doctor's note to return to activity.



Unexcused Absence:

- Cheerleader failed to notify BOTH coaches of absence in a timely manner (see above) REGARDLESS of the purpose of the absence
- Absence is school related (i.e., deciding not to come to practice to work on assignments – you need to proactively manage your time for school work and cheer practices), work related, concert, or recreational event related, or anything avoidable in nature.

CONSEQUENCE: To be fair to everyone, consequences are applied whether sick, travel (planned or otherwise), outside school activity, volunteer hours, etc. Consequences are not to be considered disciplinary actions or punishment. All practices are critical for the success of the NCHS cheer team in using necessary progressions, strength/conditioning, and proper technique. Missing practice presents a possible safety risk to self and teammates. In the event the cheerleader is benched for a game or event (unless it is due to academic ineligibility), he/she is required to be dressed in full uniform, sit with the coach or team, and the cell phone is to be kept in his/her bag.

Sample C.A.R.E Card

 C.A.R.E. CARD 							
Conduct, Accountability, Respect, and Expectations							
CONDUCT & APPEARANCE							
Name:	Cheerleader Name					Season	Winter-Comp
Coach's Notes:							Sit 1/2 of game or event at coaches' discretion.
Date:							
Coach's Notes:							Sit full game or event at coaches' discretion.
Date:							
Stamp Removals Earned:							

 C.A.R.E. CARD 							
Conduct, Accountability, Respect, and Expectations							
PRACTICE & PARTICIPATION							
Name:	Cheerleader Name					Season	Winter-Comp
Coach's Notes:							Sit 1/2 of game or event at coaches' discretion.
Date:							
Coach's Notes:							Sit full game or event at coaches' discretion.
Date:							
Stamp Removals Earned:							

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 a North Creek High School Cheerleader. If selected, I agree to abide by the Washington Interscholastic Activities Association (WIAA), National Federation of High Schools (NFHS), NCHS Cheer rules and guidelines, and the Northshore School District Athletic/Leadership Code rules and regulations. I will cooperate with my coaches 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 North Creek High School. If selected, I realize I am not just a cheerleader for NCHS Football and Basketball, but all NCHS sports, school sanctioned events, and other activities where NCHS Cheer has been invited. I further acknowledge that I have and will maintain at least a 2.0 GPA and be passing 6 classes during the season. I understand the tryout process and will accept the decision as final. I agree to fully support the coaches and North Creek High School Administration throughout the entire cheer season. I understand that it is my responsibility to communicate any concerns directly with my coaches.

Cheer Candidate Signature: _____ **Date:** _____

I understand that my daughter/son will have attendance, personal, and financial obligations if chosen as a member of the NCHS Cheer Team. If selected, I understand that my child is being held responsible to abide by the WIAA, NFHS, and NCHS Cheer rules and guidelines, as well as the Northshore School District Leadership/Athletic Code rules and regulations. I also understand that if my daughter/son is chosen, I will have to commit time in helping with community events, fundraisers, activities, transportation, providing treats, and a few parent meetings. I have reviewed the expectations of cheerleading candidates and understand the commitment s/he is making as a member of the NCHS 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 further acknowledge that I understand the tryout process, and agree to accept the results of the process as final. I agree to fully support the coaches and North Creek High School Administration throughout the entire cheer season. I will encourage my cheerleader to communicate his/her concerns directly to the coaches, and I will do the same as concerns arise.

Parent/Guardian Signature: _____ **Date:** _____

PLEASE PRINT CLEARLY:

Cheerleader Candidate's Phone Number: _____

Cheerleader Candidate's Email: _____

Cheerleader Candidate's Birthday: _____

Parent/Guardian Names: _____

Parent/Guardian Phone Number(s): _____

Parent/Guardian Email(s): _____

Part 5 – Cheer Tryout Essays and Pre-Tryout Interviews

ESSAYS

Please respond to all of the following prompts. (Typed/handwritten on a separate sheet of paper)

ESSAYS FOR NEW-TO-NORTH CREEK CREEK CHEER CANDIDATES

1. Why do you want to be a North Creek High School cheerleader? What would you bring to the team and the North Creek High School community? What cheer/dance/gymnastic experience do you have?
 2. What are three characteristics that you think are important for a cheerleader to possess? List and give examples of how to apply those characteristics.
 3. What do you enjoy doing in your spare time? What extracurricular activities (work, tutoring, dance, youth group, driver's education, school clubs, etc.) do you plan to be involved in throughout this next year? How will you stay committed to cheer?
 4. Think back to a time when you were involved in a conflict with someone. What was the situation and how did you resolve the problem?
-

ESSAYS FOR RETURNING CANDIDATES WHO HAVE BEEN ON THE TEAM BEFORE

1. Why do you want to continue to be a North Creek High School Cheerleader?
 2. How did you positively contribute to the team in the past? What are some specific ways that you can improve your contribution to the team or your skills as a cheerleader?
 3. Provide an honest assessment of your experiences on the cheer team – both last year and in previous years (if applicable). How can you help provide the positive parts of your experience for others in the future? What are some areas that you feel can/should be improved moving forward?
 4. What do you enjoy doing in your spare time? What extracurricular activities (work, tutoring, dance, youth group, driver's education, school clubs, etc.) do you plan to be involved in throughout this next year? How will you stay committed to cheer?
 5. Think back to a time this past school year when you were involved in a conflict with someone. What was the situation and how did you resolve that problem?
-

INTERVIEWS

Coaches Pumma and Nelke will meet with cheerleader candidates to get to know each one a bit more and to ask a few questions about their interests and their cheer skills. Interviews will take place between 3:45-5:00 pm, March 22nd - 24th. Returners, you will not need to schedule an interview time. Your interview scores will be based on your performance during the 2022-2023 cheer season.

Please visit the cheer page on the North Creek High School website ([nsd.org/north creek](http://nsd.org/north-creek) → Athletics → Teams → Cheerleading → Tryout Information) to find the link to secure a time spot. Interview times are first come, first serve, and you must complete an interview prior to tryout practices beginning on Monday, March 28th. If you have scheduling conflicts, please email apumma@nsd.org and mnelke@nsd.org to coordinate an alternate time.

Calendar

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Tryout Packets Due!	21	22 Tryout Interviews	23 Tryout Interviews	24 Tryout Interviews	25	26
27	28 6-8pm Tryout Practice	29 6-8pm Tryout Practice	30 6-8pm Tryout Practice	31 6-8pm Tryout Practice		

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6-8pm Tryout Day	2
3	4	5 3:30-6pm Uniform Fitting Day	6	7	8	9 SPRING BREAK
10 SPRING BREAK	11 SPRING BREAK	12 SPRING BREAK	13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK
17 SPRING BREAK	18	19 3:45-5:45pm Practice (Commons)	20	21 3:45-5:45pm Practice (Commons)	22	23
24	25	26 3:45-5:45pm Practice (Commons)	27	28 3:45-5:45pm Practice (Commons)	29	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 3:45-5:45pm Practice (Commons)	6	7
8	9	10 3:45-5:45pm Practice (Commons)	11	12 3:45-5:45pm Practice (Commons)	13	14
15	16	17 3:45-5:45pm Practice (Commons)	18	19 3:45-5:45pm Practice (Commons)	20	21
22	23	24 3:45-5:45pm Practice (Commons)	25	26 3:45-5:45pm Practice (Commons)	27	28
29	30	31 3:45-5:45pm Practice (Commons)	REMINDER: Bring WATER to every practice and camp! NO JEWELRY OR NAILS PAST YOUR FINGERTIPS			

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 3:45-5:45pm Practice (Commons)	3	4
5	6	7 3:45-5:45pm Practice (Commons)	8	9 3:45-5:45pm Practice (Commons)	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	REMINDER: Bring WATER to every practice and camp! NO JEWELRY OR NAILS PAST YOUR FINGERTIPS			

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 3-5 Summer Practice	19 3-5 Summer Practice	20 3-5 Summer Practice	21 3-5 Summer Practice	22 3-5 Summer Practice	23
24	25 3-5 Summer Practice Possible Camp	26 3-5 Summer Practice Possible Camp	27 3-5 Summer Practice Possible Camp	28 3-5 Summer Practice Possible Camp	29	30
31 Possible Camp			REMINDER: Bring WATER to every practice and camp! NO JEWELRY OR NAILS PAST YOUR FINGERTIPS			

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 3-5 Summer Practice	16 3-5 Summer Practice	17 3-5 Summer Practice	18 3-5 Summer Practice	19	20
21	22 3-5 Summer Practice	23 3-5 Summer Practice	24 3-5 Summer Practice	25 3-5 Summer Practice	26	27
28	29 3-5 Summer Practice	30 3-5 Summer Practice	31 Link Day			

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Back to School Assembly First Football Game?	
4	5	6 3:45-5:45pm Practice (Commons)	7	8 3:45-5:45pm Practice (Commons)	9 Possible Football Game	10
11	12	13 3:45-5:45pm Practice (Commons)	14	15 3:45-5:45pm Practice (Commons)	16 Possible Football Game	17
18	19	20 3:45-5:45pm Practice (Commons)	21	22 3:45-5:45pm Practice (Commons)	23 Possible Football Game	24
25	26	27 3:45-5:45pm Practice (Commons)	28 FT = Full Team	29	30	

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 3:45-5:45pm Practice (Commons)	4 3:45-5:45pm Practice (Commons)	5	6 3:45-5:45pm Practice (Commons)	7 Possible Football Game	8
9	10 3:45-5:45pm Practice (Commons)	11 3:45-5:45pm Practice (Commons)	12	13 3:45-5:45pm Practice (Commons)	14 Possible Football Game	15
16	17 3:45-5:45pm Practice (Commons)	18 3:45-5:45pm Practice (Commons)	19	20 3:45-5:45pm Practice (Commons)	21 Possible Football Game	22
23	24 3:45-5:45pm Practice (Commons)	25 3:45-5:45pm Practice (Commons)	26	27 3:45-5:45pm Practice (Commons)	28 Possible Football Game	29

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:45-5:45pm Practice (Commons)	2	3 3:45-5:45pm Practice (Commons)	4	5
6	7 3:45-5:45pm Practice (Commons)	8 3:45-5:45pm Practice (Commons)	9	10 3:45-5:45pm Practice (Commons)	11 Possible Football Game	12
13	14 3:45-5:45pm Practice (Commons)	15 3:45-5:45pm Practice (Commons)	16	17 3:45-5:45pm Practice (Commons)	18	19
20	21 3:45-5:45pm Practice (Commons)	22 3:45-5:45pm Practice (Commons)	23	24 THANKSGIVING BREAK	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK
27 THANKSGIVING BREAK	28	29	30			

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Possible Competition
4	5 3:45-5:45pm Practice (Commons)	6 3:45-5:45pm Practice (Commons)	7	8 3:45-5:45pm Practice (Commons)	9	10 Possible Competition
11	12 3:45-5:45pm Practice (Commons)	13 3:45-5:45pm Practice (Commons)	14	15 3:45-5:45pm Practice (Commons)	16	17 WINTER BREAK
18 WINTER BREAK	19 WINTER BREAK	20 WINTER BREAK	21 WINTER BREAK	22 WINTER BREAK	23 WINTER BREAK	24 WINTER BREAK
25 WINTER BREAK	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK	30 WINTER BREAK	31 WINTER BREAK

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 WINTER BREAK	2 3:45-5:45pm Practice (Commons)	3 3:45-5:45pm Practice (Commons)	4	5 3:45-5:45pm Practice (Commons)	6	7 Possible Competition
8	9 3:45-5:45pm Practice (Commons)	10 3:45-5:45pm Practice (Commons)	11	12 3:45-5:45pm Practice (Commons)	13	14 Possible Competition
15	16 3:45-5:45pm Practice (Commons)	17 3:45-5:45pm Practice (Commons)	18	19 3:45-5:45pm Practice (Commons)	20	21 Possible Competition
22	23 3:45-5:45pm Practice (Commons)	24 3:45-5:45pm Practice (Commons)	25	26 3:45-5:45pm Practice (Commons)	27	28
29	30 3:45-5:45pm Practice (Commons)	31 3:45-5:45pm Practice (Commons)				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 3:45-5:45pm Practice (Commons)	3	4 Possible State Competition
5	6	7 3:45-5:45pm Practice (Commons)	8	9 3:45-5:45pm Practice (Commons)	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				