

NAME: _____

Student #: _____

Graduation Year: _____

T-Shirt Size: _____



Inglemoor High School Cheerleading

Policies, Standards, and Commitment Expectations

Document last updated: 3/7/2023

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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.

Parents/guardians & Candidates please note: Inglemoor Cheer is a year-round commitment. Unlike other sports that run through one season, we cheer/practice throughout the entire year. This includes scheduled times in the spring of 2023 and into the summer of 2023 as well. Our season begins at the time of team selection and concludes after our last scheduled event. Attendance tracking begins at time of team selection as well.

Cheer Packet Instructions:

Your Digital Cheer Packet must be completed and submitted to your personal google drive folder by **Friday, April 7th at 4pm**. Points will be deducted from your overall score if your packet is not turned in on time.

Read with parents/guardians **thoroughly** and keep a signed copy for future reference. 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 2023-2024 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 sign when/where appropriate.*

1. Cheerleader candidates **must have at least 2.0 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.

PLEASE take Screenshots of your Semester 1 Final Mark (S1FM) and Semester 2 Final Mark (S2FM) from Student View and upload to your personal Google Drive Folder.

2. Cheer candidates **must not have been placed on In-School Suspension or Saturday School more than once in the current school year; also, they 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)

We will be contacting the administrators (Mr. Desautels, Mrs. Faheem, Mr. Mismas, Mr. Rainwater or Middle School Administrator) ***on your behalf to verify that you are in good standing with IHS or your current middle school. We are verifying that you have not been in Saturday School more than once and have not been expelled or suspended during the 2022-2023 school year.***

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), an email explanation to coaches is needed (mmerrill@nsd.org & jross2@nsd.org). School attendance is vitally important! In order to cheer on game days, you must attend at least ½ of the school day. You are expected to be at practices unless you are ill and/or unable to physically make it.

5. Cheer candidates must not owe any fines. We will be contacting Mrs. Clawson or the Middle School Office Secretary on your behalf to verify that you do not owe any fines.

6. Schedule: Cheerleaders are **required to enroll in either the full year ASB/Leadership class or first semester Leadership class**. They may participate in Running Start and WANIC Programs, but are expected to attend all cheer related events during the school day.

7. Each candidate must have (6-7) teacher evaluations from ALL 2nd Semester teachers.

Please send the following teacher evaluation link to ALL of your 2nd Semester Teachers:

<https://forms.gle/aAU4f4bAkff8r5V9A> When sending out your evaluation links, you will need to draft an email to each of your teachers and include the above link. Please note that all evaluations are due **April 7th by 4pm**. Work on getting these out ASAP to ensure that all teachers have enough time to complete your evaluations.

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, April 21st** – the official tryout day.

I understand that cheer tryout practices and the official tryout 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.

I understand that In order to be considered for the IHS Cheer team, all candidates must be scored by the same panels of judges on the official tryout day. Candidates cannot tryout on a different day or “make up” their tryout at a late time.

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 2023-2024 season, even if they previously cheered on the team.

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 2023-2024 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.

Cheer Candidate signature: _____

By signing below, I, the parent/guardian, understand the above expectations as a parent/guardian representative of the candidate going through the 2023-2024 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.

Parent/Guardian signature: _____

Cheer Candidate and Parent/guardian must fill out and complete ALL required Northshore School District Athletic paperwork by Friday, April 7th at 4:00pm. Sports registration is online on FinalForms. For instructions and required documents, go to <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 and register for Spring 22-23 Coed Cheerleading Tryouts. All candidates must have this paperwork completed and a Physical Examination ON FILE ON FINAL FORMS that is valid through tryout week (meaning, valid THROUGH 4/22/23) in order to be eligible to participate in any tryout activities. No exceptions can be made to this requirement.

Part 2 – Practices

- **Spring & Summer Practices:** I agree to and will attend all IHS Cheer team practices.
 - *Tuesdays & Thursdays May 2nd-June 22nd, 4-6:30pm at IHS*
 - *Monday–Thursday, July 10-13, tentatively 3-5:30pm and Friday July 14th 9-11am @ 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 Monday-Friday the last 2 weeks of summer before school starts.
 - *Mondays-Fridays August 21st – September 1st tentatively 3-5:30pm at IHS*
- **Fall and Winter Practices:** I agree to and will attend all IHS Cheer team practices for the Fall and Winter Seasons (Fall Season August - November, Winter Season November - February). **(Tentatively Tuesdays and Thursdays from 4-6:30pm)**. I understand that additional practices may occasionally be added to our schedule to help us prepare for important events.

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, competition season, and other events, we will conduct material checks to see if individual cheerleaders are ready for Game Day and for performances. The coach also reserves the right at ANY time to have a team member sit out a game if they are not ready for Game Day and/or performances, or at the coach's discretion, even if they have been at every practice.

Cheer Candidate signature: _____

Parent/Guardian signature: _____

- **Summer & Winter Homework:** I agree to and will independently learn all IHS Cheer material including all chants, cheers, sideline dances and routines over the summer break and the winter break. I can do so by learning the material on the video provided by the coach(es) or by connecting with returning cheerleaders. There will be a test over all football season material during our August practices and a test over all basketball season material during our November/December practices. Advance notice will be given of the test days.

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Events

- **Uniform Fitting Day - Tentatively scheduled for Wednesday, April 26th, 3-5pm with our Varsity Spirit Rep in the IHS Girls Locker Room.** 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 any piece of their 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/competitions/events until the new uniform piece arrives.
- **NCA Cheer Leadership Camp Monday, July 17th - Friday July 21st, 2023 at Central Washington University in Ellensburg, WA.** I agree to and will attend camp with my team. **Camp attendance is mandatory.** The cost for cheer camp is approximately \$700 and is the responsibility of each cheerleader. More details to follow regarding transportation and lodging, all of which is covered with camp registration.

- **Fall Sporting Events:** I agree to and will attend all fall sporting events that are scheduled on our calendar. This includes football games, as well as other fall sporting events that I may be assigned to cheer at or attend. I understand that our whole team will cheer at all football games, but will be divided into smaller groups to be able to support other fall sports teams.
- **Winter Sporting Events:** I agree to and will attend all winter sporting events that are scheduled on our calendar. This includes girls and boys basketball games, as well as other winter sporting events that I may be assigned to cheer at or attend. I understand that our whole team will cheer at some basketball games all together, but will oftentimes be divided into smaller groups to be able to support midweek basketball games and other sports teams.

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

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Competition Season

IHS Cheerleading is a year-round sport. We are excited to be continuing as a sideline AND competition team! **Everyone who makes the team will get one opportunity to opt in or opt out to be on the competition team.** This decision will be made by each cheerleader in August. Regardless of each cheerleader's decision, all team members are expected to participate in sideline cheer during the fall and winter sports season. Only competition is optional.

- We will be competing in the **Game Day Division**. In this division, we perform a 3-minute routine made up of a band dance, situational (Offense or Defense) cheer, crowd involvement cheer, and our fight song. The size category that we compete in will be determined by how many athletes are on our 23-24 competition team.
- **Competition Practices:** Competition practices will begin in October and will conclude the first weekend of February. Practices will be held two days per week (tentatively Tuesdays/Thursdays from 4-6:30pm) – where we will dedicate the first half of practice to sideline cheer, and the second half of practices to our competition routine. **On weeks of a competition, we will extend practices and/or add an additional practice into our week (on Wednesdays tentatively 3-5pm).**
- Choreography will take place in August/September in 2, 3-hour sessions. Dates and times are TBD as of now but will be communicated to our team upon selection. This may take place on Saturdays. Cheerleaders will be given plenty of notice before these sessions take place.

- We anticipate attending 4 state qualifier competitions in hopes of qualifying for the State championship competition. Dates for 2023-2024 competitions have not yet been released, but you can anticipate:
 - One Saturday competition in mid-November 2023
 - One Saturday competition in mid-December 2023
 - Two Saturday competitions in January 2024
 - State Competition First weekend in February 2024
- There is no additional out of pocket cost associated with IHS competitive cheer. We will utilize the same uniforms, shoes, bows, poms, signs, and flags that we use for sideline cheer, meaning that nothing new will need to be purchased for competitive cheer.
- The Entry Fee for our team to attend each qualifier competition is \$250. Meaning that we will need to fundraise \$1000 to cover our team's entry fees for the competitive season. State is free, we just need to qualify.

By signing below, I understand that I will have one opportunity to opt in or opt out for competition cheer. This decision will be made in August. I understand the time commitment to practices and competitions, as well as the expectations and rules outlined in this section:

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Part 3 – Parent/Guardian Participation

Parent/guardian 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/guardians are needed to host/assist team dinners and team bonding events, and are an essential part of team fundraising (directing donations to our team website, assisting with our team car washes, etc) 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.
- Find ways to be involved and contribute within the structure of our program.
- Encourage your 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.

Mandatory Pre-Tryout Parent/Guardian/Athlete Information Meeting: This will be held in person on Monday April 3rd from 7-8pm 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/guardian 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/Guardian Meeting (following the selection of the 2023-2024 team): Monday, May 1st at 7pm in the IHS Library.

Fundraisers: Parent/guardian and cheerleader promotion/participation is expected for all fundraising events. The purpose of fundraising is to cover costs of all practice gear (t-shirts, shorts, bows), warm up gear (warm up jackets, sweats/leggings, rain ponchos), stunting clinics, and competition entry fees for the ENTIRE TEAM. Funds are also put towards equipment as needed (new team poms, signs, etc). Because fundraising benefits all cheer families, it is expected that the fundraising is driven by the cheerleaders and their families, and heavily supported by the coaches. Our team will also be working with the IHS Cheer Booster Group to help support team costs.

Fundraising is essential in order for us to purchase all necessary items as mentioned above. We cannot purchase gear for our team until we have enough in our account to cover the cost for every single team member. It is also required for the team to remain in good financial standing with the school.

Transportation: NSD will provide transportation to all away events. For home events, either vans will be used, or student/parent/guardian will be expected to transport their child to these games. No carpooling is allowed. If family or athlete chooses to drive to the event, 24 hour notice must be given to our Athletic Director.

Communication: I understand that the vast majority of communication will be from coach to cheerleaders. **Parent/Guardian 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 BAND app, text message, phone or email. The majority of the communication will be done in person, via BAND app, or in the team email updates.*

By signing below, I understand the above expectations as a parent/guardian representative of the 2023-2024 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. Once uniforms and camp are paid for (**payments start in May, 2023**), there will not be any other expenses for cheer families. Anything else we would like for our team (practice wear, warm up gear, stunt clinics, etc.) will need to be paid for for all cheerleaders using fundraising money. 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.

- **Mandatory Expenses**

- **Attached is a uniform QUOTE from Varsity Spirit Fashions.** The estimated total amount for the mandatory uniform, shoes, and poms is ~\$550. **Payment details will be finalized and communicated following our uniform fitting, which is tentatively scheduled for Wednesday, April 26th.** (You can expect this payment to be due a few days following the fitting.)
- **NCA Cheer Leadership Camp:** estimated \$700 due May/June 2023

ESTIMATED TOTAL AMOUNT TO BE PAID BY EACH CHEERLEADER: \$1250 (payable via cash, card, or check payable to IHS in the IHS Bookkeeper's office)

- **Optional Expenses**

- **OPTIONAL Inglemoor Cheer duffle bag** (customized with name) - estimated \$70
 - **OPTIONAL Senior fleece pullover for Class of 2023** - estimated \$100 (with the rest of the uniform order – unless families would prefer to order later)
 - **OPTIONAL IHS Cheer Sweats and/or sweatshirt** - estimated \$50/item
- **Additional Expenses covered FULLY by school fundraising and our Booster Club (Approximately \$945 / cheerleader):**
 - **New Team Welcome Set:** ~ \$35 per cheerleader
 - **Practice Wear** (t-shirts, tennis skirt/tank, shorts, Nike Pros, bows, socks): ~ \$250 per cheerleader
 - **Warm up gear** (Warm up jackets, leggings, rain ponchos): ~ \$250 per cheerleader
 - **Black Uniform:** ~ \$270 per cheerleader
 - **Additional Accessories:** ~ \$50 per cheerleader (Traditional team gift, water bottle, drawstring bag customization, etc.)
 - **Fall Stunt Clinic with NCA:** ~\$30 per cheerleader
 - **Competition Entry Fees:** ~\$60 per cheerleader for entire competition season

****Remember that team fundraising money goes to offset the above costs for everyone on the squad. We cannot purchase each item until we have enough money in our account to cover the item for every team member.**

****NOTE:** Financial assistance is available for those who qualify. Under House Bill 1660, any student who qualifies for Free/Reduced Lunch and completes the additional Fee Waiver Consent Form (available on the Food & Nutrition page of the NSD website) will receive a fee waiver for all required purchases. The Consent Form must be completed each school year to remain eligible. Optional items are not covered and must be purchased on your own, if desired. Contact the IHS bookkeeper Lesley Clawson lclawson@nsd.org with any questions.

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Commitment, Conduct and Appearance Expectations

Parents/Guardians & Candidates please note: Inglemoor cheer is a year-round commitment. Unlike other sports that run through one season, we cheer/practice throughout the entire year. This includes scheduled times in the spring of 2023 and into the summer of 2023 as well. Our season begins at the time of team selection and concludes after our last scheduled event. Attendance tracking begins at time of team selection as well.

- **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 2023-2024 team and ends at the selection of the 2024-2025 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.**
***Per WIAA - Cheerleaders are able to participate in outside club/competitive teams, but per the WIAA, these outside teams cannot conflict with the IHS Cheer schedule more than once per week. The outside team schedule must be communicated to and approved by coaches prior to the athlete leaving IHS Cheer practices.*
- **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.

- **Absences:** I understand that if I miss a practice, game, or any other IHS Cheer scheduled event, it is my responsibility to reach out to coaches and/or a teammate to make sure I know what I missed. It is expected that cheerleaders come to the next practice prepared and with an understanding of what was covered while they were absent.
- **Equipment/Uniforms:** I understand that my uniform and/or cheer equipment are my full financial responsibility because I get to keep the items that I purchase. I may not allow others to wear or use any of my IHS cheer uniforms/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 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 any jewelry on while in motion. Cheerleaders will be expected to remove all jewelry before arriving to practices, games, competitions 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

Our C.A.R.E. system is utilized to track expectations & attendance for each cheerleader.

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 tracking card. **The tracking card has 12 boxes. If a cheerleader accumulates 6 boxes on their tracking card, they will have to sit out for half of a game/event. Once they reach 12 boxes, they will need to sit out for an entire game/event.** The tracking card will start upon team selection, and will restart in August before Fall Sports season begins and in November before Winter Sports season/ Competition begins.

Below is a list of conduct violations and their consequences. 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

- Not removing jewelry prior to a practice, game, or event - **1 BOX**
- No communication of absence with BOTH coaches at least 24 hours in advance (i.e. “no call, no show” or last minute notice) - **2 BOX**
- Having fingernails too long at practices, games, events or competitions (per WIAA rules) - **1 BOX**
- Incorrect or insufficient uniform/gear (ie. bow, poms, socks, liner, t-shirt, etc) for a game, practice, event, and/or team attire during school - **1 BOX**
- Wearing uniform in improper places/letting non-cheerleader wear any part of their uniform - **1 BOX**
- Talking or Texting on cell phone once activity has started without coaches approval - **2 BOX**
- Inappropriate material posted on any internet/social media site - **Requires parent/guardian meeting with Coaches and Athletic Director ***severity may remove athlete from one full athletic season**
- Unsportsmanlike conduct and/or notice of inappropriate behavior by any IHS staff - **Consequences determined between Coaches and Athletic Director on case by case basis**

PRACTICE AND PARTICIPATION

- Tardiness (more than 5 minutes late) for a game, practice, or event. “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 putting on shoes, not taking out jewelry, etc. - **1 BOX**
- Absences at practices, games, or events - **2 BOX**
- Excessive talking while cheering and/or not standing in formation at a game or event - **1 BOX**

ADDITIONAL EXPECTATIONS

- If a cheerleader is too ill/injured to practice, they are still required to attend practice and observe. *Exception: if the cheerleader is contagious, vomiting, or has a fever.*
- 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. Once given medical clearance to return, coaches will need to assess the cheerleaders material readiness to ensure a safe progression back into cheer.

*Consequences are not to be considered disciplinary actions or punishment. All practices are critical for the success of the IHS 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 be engaged in the game/event.***

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: _____

Cheerleader 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!

Once you have finished recording your video, simply upload it to your assigned personal google drive folder. Coach Mckenzie & Coach Jen both have access to this folder and will be able to watch your video.

QUESTIONS FOR APPLICANTS NEW TO INGLEMOOR CHEER:

- What motivated you to try out for Inglemoor Cheer? Tell us about your cheer background.
- What strengths would you bring to the team and the Inglemoor High School community? What areas are you hoping to grow in?
- What motivates you to push yourself through challenges/ tough times?
- What does commitment mean to you and are you ready for this commitment?
- Have you ever been a part of a team or participated in a school activity that required strong communication skills? What did you learn from this experience?
- What do you think the most important role of a cheerleader at Inglemoor is?
- How do you plan to stay organized with school and responsibilities (especially with the addition of competitive cheer)?
- What part of Inglemoor cheer excites you most?
- Do you have any injuries/concerns/schedule conflicts going into tryouts/the season?

QUESTIONS FOR RETURNING CHEERLEADERS:

- 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 (2022-23)?
- What are your goals for yourself and for the team this upcoming year?
- How are you going to help us raise the bar this season?
- How can we count on you to be involved in bonding our team?
- What are three things you plan to do to ensure you stay committed and motivated throughout the entire season?
- How do you plan to stay organized with school and responsibilities?
- What part of next season excites you the most?
- Do you have any injuries/concerns/schedule conflicts going into tryouts/ the season?