

Twelve Bridges High School Sideline Cheer Informational Packet 2024/2025

OVERVIEW & PURPOSE

Thank you for your interest in the Twelve Bridges High School Sideline Cheer 2024/2025 team. TBHS cheer is a Fall and Winter Sport commitment. We are looking at the potential of having two squads (JV & Varsity).

EDUCATION STANDARDS

We appreciate your interest in TBHS cheer and hope to build a strong competitive program. **Grades will be checked for ALL athletes. Current grades will be checked to determine eligibility. Your current grades must be a 2.0 or above to be eligible to try out and no more than ONE F.**

TBHS CHEER OBJECTIVES

TBHS athletes will be held to a strict code of conduct. Athletes are expected to be leaders within the community and uphold the standards of a positive role model on and off the field. Our mission is to support our athletes academic success and excel in their athletic endeavors. It is the purpose of TBHS Cheer squad to uphold school spirit, demonstrate positive sportsmanship, and provide strong support for all aspects of the school throughout the entire student body, families, and community.

TBHS CHEER EXPECTATIONS

1. Adhere to all policies and procedures, citizenship, and moral character requirements listed in the Sideline Cheer Code of Conduct and the TBHS Handbook.
2. Attend ALL scheduled practices, assigned conditioning, and attend all home (JV & Varsity) & away (JV & Varsity) and post season football games (all teams), and all home /postseason basketball games & any other assigned games or events (all teams)
3. Must attend scheduled squad meetings and squad functions (camp, squad gatherings, team bonding, school & community appearances, etc.).
4. Cheerleading must take priority over any other sport or extra curricular activity for the entire duration of the committed season
5. All athletes must understand the manner in which they conduct themselves in and out of uniform reflects not only the ENTIRE team, but the TBHS community.
6. Attendance at the UCA Camp is mandatory July 18 - July 21st at University of California Davis. All practices held to prepare for the camp are mandatory
7. Uniform Fittings are Mandatory on May 3rd at 6pm; at TBHS in the Dance Room

Twelve Bridges High School Sideline Cheer Tryouts

All athletes will be required to learn a cheer, a fight song, dance, & perform current stunting and tumbling skills (in person). All candidates will be screened by qualified cheer judges and current cheer coaches. Squad will be determined by scoring break & team positions at the discretion of the coaches/administration.

INFORMATIONAL MEETING: Monday April 15th 6:00 PM at TBHS in the Theater

IT IS CRITICAL THAT YOU REGISTER FOR TRYOUTS BY COMPLETING THE LINK HERE:

https://docs.google.com/forms/d/e/1FAIpQLSeU4VqBldm470kiuBXBGx4di_QGkensOIUKIJRJArIqOxU5yw/viewform

IF YOU DO NOT COMPLETE THIS LINK YOU WILL NOT BE ABLE TO TRY OUT! WE WILL BE DOING GRADE CHECKS PRIOR TO TRYOUTS. PLEASE REGISTER BY 12:00PM ON 4/26/24.

TBHS Cheer Tryout Clinic April 30th & May 1st 2024 5-7:00 pm 7:00-7:30 Tumble Assessment on May 1st
Final Tryout Day May 2nd, 2024 5 pm in TBHS Gym (8th graders first due to open house)

Tuesday, April 30th Day 1 Clinic at Twelve Bridges High School Gym

5:00-5:10 pm Check In, Mats, Warm- up with Jumps

5:10-5:50 pm Learn Fight Song

5:50-6:10 pm Learn Cheer

6:10-6:55 pm Stunt

6:55-7:00 pm Review, & Q&A

Wednesday, May 1st Day 2 Clinic at Twelve Bridges High School Gym

5:00-5:10 pm Check In, Mats, Warm- up with Jumps

5:10-5:50 pm Learn Dance

5:50-6:10 pm Review Fight Song & Cheer

6:10-6:55 pm Stunt

6:55-7:00 pm Review, & Q&A

7:00-7:30 pm Tumble Assessments

Thursday, May 2nd Final Tryout Twelve Bridges High School Gym

5:00 PM

Tryout Guidelines

1. All tryout clinics are MANDATORY (unless excused for another in season school sport)
2. Final Day, May 2nd is MANDATORY... no exceptions unless arranged before with the head coach
3. Clinical attire: Any athletic wear, athletic shoes, hair pulled back, NO JEWELRY!
4. Final tryout day: candidates will perform cheer, fight song, dance, & jumps in front of judges
5. Final tryout day attire: please wear a black tank top or shirt "no writing, no crop tops, no spaghetti straps," black shorts, tennis shoes, hair back, & NO JEWELRY!
6. Candidates MUST attend all clinics & tryout days with their candidate number written on their upper left thigh in BLACK, THICK SHARPIE. We will have limited markers available at the clinics, but WE PREFER you come prepared with it already in place.

***All cdc & cif guidelines will be followed and enforced at all IN PERSON activities**

*Please note all excusals are at the discretion of the Head Coach/ Cheer Director

TBHS Score Sheet ~SAMPLE~

You will be notified via email if you have made the 2024-2025 TBHS Cheer Squads

PENDING APPROVAL OF CHEER ROSTER BY ADMINISTRATION

Judges Signature:

Candidate:

Category	Possible Points	Points
Tumbling (Running) 10	N/A (0) Back Handspring (3) Double Back Handspring (5) Tuck (7) Layout/Full (10)	
Tumbling (Standing) 5	N/A (0) Back Handspring (3) Double Back Handspring (4) Tuck (5)	
Jumps 10	Pointed Toes & Proper Technique (10)	
Showmanship/Spirit 20	Voice, Facial Expressions, & Confidence	
Motion Technique 15	Proper Arm Levels, sharp motions, closed/straight fists	
Dance Technique (10)	Sharp Motions, Keeps beat, has rhythm, and can pick up from any count (10)	
Stunt Technique (15)	Beginner (5) Intermediate (10) Advanced (15)	

Character/ Citizenship (10)	Academic Form MUST be filled out by current teachers (10)	
Interview (5)	Wellspoken, Knowledgeable, and Confidence	

Possible Points: 100

Candidate Total:

TBHS Cheer Budget 2024/2025		
Item	Description	Cost
Uniform JV & New Cheerleaders : Skirt, Shell, Liner, spansks	Game Day Attire	\$448
Varsity Cheerleader Shell and Liner, Skirt, Spanks (all new)	Game Day Attire	\$341
Warm Ups	Game Day / school/ cold weather Jacket \$139 Pants \$96	\$222
Backpacks	Game Day/ Practice/ School	\$84
Shoes	Game Day/ Practice/ School/ Rallies/ Camp	\$121
TBHS Sweatshirt (new)	Game Day/ School/ Cold Weather	\$86
Cheer Bows (4 total)	Game Day, Camp, & Breast Cancer (new for ALL cheerleaders)	\$25
Poms (3 total)	Game Day, Camp, & Breast Cancer	\$83
Practice Wear	3 days a week practice wear (2 tops \$37 for Black & Grey \$60 (new green tank)) for Black & green shorts \$35 each) & Black flowy short (new) \$34	\$238
Tumbling at Empire	10 classes	\$180 (\$50 off if already enrolled in a class at Empire)
UCA Camp	3 day UCA camp: includes food, lodging and instruction	\$547
Transportation	Bus to away Game	\$80
	New JV Cheerleader cost (not including tumble and transportation)	\$1,854

	New Varsity Cheerleader cost	\$2,195
	RTRN JV cost only needing new items	\$1061
	RTRN Varsity cost only needing new items	\$1402

**** PLEASE NOTE THE ABOVE COSTS CAN BE SUBJECT TO CHANGE**

TBHS Payment Schedule 2024/2025 Cheer ** THESE ARE ALL ESTIMATES

Item	Cost	Due Date
Uniform, Practice Wear, Shoes, Poms, Warm Ups, Backpacks & Sweatshirt	This payment will all be paid directly through Varsity NEW JV cheerleader Total \$1282 NEW Varsity cheerleader Total \$1623 Returning JV cheerleader (needing only new items) Total \$830 Returning Varsity cheerleader (needing only new items) Total \$1171	Due 05.03.24 (Day of Fitting)
Cheer Bows	\$25 This Payment must be a Cash or Money Orders made Payable to TBHS Cheer	Due 05.17.24 (will collect at our first team bonding when cookie dough is rolled out)
UCA CAMP	Total \$547 This Payment will be paid directly to UCA	Due 06.01.24
Transportation	\$80 Total \$80 This Payment must be a Cash or Money Orders made Payable to TBHS Cheer	Due to the school on the first day (this is a voluntary contribution requested by the school)
Empire Tumbling	\$180 (\$130 total if already enrolled at Empire) Total \$180 Paid Directly to Empire Gymnastics Center	Due 08.01.24

**** PLEASE NOTE THE ABOVE COSTS CAN BE SUBJECT TO CHANGE**

Twelve Bridges High School Cheer Commitment Form

_____The cost of uniform, practice wear, warm-ups, UCA camp, music, transportation, tumbling 10 week session, and accessories is an estimate ONLY. TBHS does NOT fund the cheer squads' apparel or travel. As a result, the program is not only a time commitment but a financial commitment as well. ** First payment installment is scheduled the week of June 1st for UCA camp, practice wear, shoes & socks, bows, & spirit accessories. Additional information and uniform payment schedule will be discussed in detail at the parent meeting post tryouts and will discuss ALL payments in greater detail. ** As a general rule, TBHS Cheer payments are cash or money orders only -NO Checks or Credit Cards.

_____There will be NO refunds for uniforms or fees if a squad member decides to quit or is removed from the squad due to disciplinary/ academic reasons.

_____ALL Practices, games, & squad functions are MANDATORY. There are NO exceptions to this rule. Should an athlete miss more than 5 practices, games, or assigned functions to any point in the year, the athlete can be removed from the team at coaches' discretion.

_____TBHS Cheer is our first priority cheer commitment. Participation on other outside cheer teams, or All-Star cheer/ other sports teams is strongly discouraged. Work schedules must be around all practice, games, and appearances. Participation on

other TBHS sports teams must not conflict with TBHS cheer or events.

_____ Squad members will be treated as student athletes. It is the athlete's choice to participate and the team will follow all guidelines and grade policies in the TBHS student handbook.

_____ Athletes and family must adhere to the 24 Hour Rule. Please do not contact a coach or athlete during games, practices, or appearances (this includes talking on the fence line). Please wait 24 hours after to address any problems or concerns you may have. Parents DO NOT contact Team Captains; this should be done by athletes.

_____ Per Section 2 Article 6.2.1 Jewelry is prohibited for all athletes, spotters, and coaches when acting in the role of a spotter. Covering Jewelry with tape or other bandages, or using clear fillers or spacers is prohibited. Jewelry must be removed. Exception: 1. If the jewelry adornment of a dermal piercing is removed, it is legal. 2. Exception: Participants with stretched ear piercings (i.e. gauges) may cover the opening with tape after removing the gauge jewelry. b. Religious medals and medical medals are not considered jewelry. 1. A religious medal without a chain must be taped to the body and worn under the uniform. 2. A medical alert medal or bracelet must be taped to the body and may be visible.

_____ Decision to participate as an TBHS cheerleader is a Fall & Winter season commitment. If a squad member chooses to leave the team at any time or does not make grades at any point it will result in not being able to participate in the next year season at the coaches discretion. Should a TBHS cheer team member quit during the season, they will not letter for the year in cheer.

_____ Squad members are required to maintain a 2.0 GPA per grade check and no more than one F per grade check. Squad members must maintain a 2.5 and above to be eligible to perform/ participate. If a squad member's GPA is between 2.0 and 2.49 during a semester they will not be eligible to perform during games or performances but are still eligible to remain on the team. If an athlete is not eligible to perform due to not reaching the 2.5 GPA, there is a waiting period of two weeks before you are able to perform with your team again. Unfortunately, it is very difficult to rearrange performances due to ineligibility, therefore, there is a waiting period before you return as a consequence to falling below the standard. If an athlete falls below a 2.0 GPA they are no longer eligible to be part of the TBHS cheer team.

I have read the TBHS squad commitment form. By signing this I understand that I will be held accountable under the rules and commitments set above for the 2023/2024 season.

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

Legal Guardian Signature: _____ **Date:** _____