

NAME: _____
Student #: _____
Graduation Year: _____
Desired T-Shirt Size: _____



Inglemoor High School Cheerleading

Policies, Standards, and Commitment Expectations
Document last updated: 3/13/25

Part One	Candidate Checklist
Part Two	Practices and Events
Part Three	Parent Participation
Part Four	Expectations and Agreement
Part Five	In Person Interview Instructions

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 2025 and extensively in the summer of 2025 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. ALL PARTS OF INGLEMOOR CHEER - SIDELINE AND COMPETITION ARE MANDATORY.

Cheer Packet Instructions:

Your Digital Cheer Packet must be completed and submitted to your personal google drive folder by **Friday, April 4th 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 2025-2026 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). Cheerleaders must be passing 6/7 classes or passing all classes if taking less than 7 (Northshore School District & WIAA Standard). Cheerleaders who are not passing 6/7 classes 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 Current 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. Washington, 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 2024-2025 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 the head coach is needed (mmerrill@nsd.org). School attendance is vitally important! **In order to participate in practice, you must attend at least ½ of the school day. In order to cheer on game days, you must attend at least ½ of the school day. If we have a game, competition, or event on a Saturday, you must attend at least ½ of the school day before the event (usually Fridays) in order to participate.**

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 full year ASB/Leadership class**. They may participate in Running Start and WANIC Programs, but are expected to attend all cheer related events during the school day (Assemblies, Pep rallies). If you have a schedule conflict, please contact the coach ASAP.

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/oQRE1r4X8Kvgewj89> 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 4th 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 18th** – 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 2025-2026 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 2025-2026 Inglesmoor 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 2025-2026 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 4th 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 25-26 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 4/19/25) 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 April 22nd-June 19th, 4-6:30pm at IHS*
 - *Occasional Mondays/Wednesdays 4-6:30pm at IHS*
 - *Monday–Thursday, July 14-17th, tentatively 3-5:30pm and Friday July 18th 9-11:30am at IHS*
- **August Practices:** I agree to and will attend all IHS Mandatory August Practices to ensure that our team is fully prepared for the start of the Fall Sports Season and heading back to school.
 - *Tuesday-Thursday August 12-14th tentatively 3-5:30pm*
 - *Monday-Friday August 18th - 29th tentatively 3-5:30pm M-TH, 9-11:30am F 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, as well as SOME Wednesdays tentatively from 4-6pm for competition choreography/ competition preparation).** I understand that additional practices may be added to our schedule to help us prepare for important events.
- **Monthly timed mile:** I agree to participate in the team Monthly timed miles. This is to help build stamina and strength and contribute to the overall wellbeing of our athletes. Although there is no specific time to reach, full effort is expected. If I have a schedule conflict, I will coordinate with my coaches to make up the mile run.

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) and/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. There will also be mini-material check ins throughout the season to help best prepare our team.

Cheer Candidate signature: _____

Parent/Guardian signature: _____

Events

- **Uniform Fitting Day - Scheduled for Monday, April 21st at 3:30pm with our Varsity Spirit Rep in the IHS Girls Locker Room.** I agree to and will attend the uniform fitting. Once uniforms have been ordered, 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 21st - Thursday July 24th, 2025 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 \$530 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 understand that participation is mandatory for the fall season. 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 understand that participation is mandatory for the winter season. I agree to and will attend all winter sporting events that are scheduled on our calendar. This includes girls and boys basketball games, competition practices and events, 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 IHS Cheer team is required to participate in competition season.** Coaches will be selecting athletes for the competition routine, as well as assigning alternates. There is not a predetermined number of cheerleaders that we are taking on the mat, it will depend on the skill level of each athlete at the time of selection (August), but there will be alternates.

- Alternates are required to attend all choreography sessions, competition practices and competitions.
- *An athlete's spot "on mat" is not guaranteed, coaches will continue to ensure that all athletes are committing to what they signed in this packet. If an athlete who is "on mat" becomes ill or injured and cannot compete, one of our alternates may be placed into the routine. If an athlete who is "on mat" begins to show low levels of commitment/attendance or displays any other signs that indicate that they are not ready to compete, they may be removed from the routine.*
- 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 the mat for our 25-26 competition team.
- **Competition Practices:** Competition practices will begin in September 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 additional practice(s) into our week (Typically Wednesdays tentatively 3-5:30pm).**

- Choreography will take place in August in 3, 2.5-hour sessions. Dates and times are tentatively set for T-TH August 12-14th, but will be confirmed with the team upon selection. **Some choreography may take place on Saturdays.** Cheerleaders will be given plenty of notice before these sessions take place. **Attendance is mandatory for all choreography practices.**
- We anticipate attending 4 state qualifier competitions in hopes of qualifying for the State championship competition. Dates for 2024-2025 competitions have not yet been released, but you can anticipate:
 - One Saturday competition in mid-November 2025
 - Two Saturday competitions in December 2025
 - One Saturday competition in January 2026
 - State Competition Last Weekend of January 2026
- 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 \$100. Meaning that we will need to fundraise \$400 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 competition cheer is a mandatory part of being an IHS Cheerleader. I understand that not everyone will be on the mat, and that there will be alternates. 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 March 24th from 7-8pm in the IHS Multi-purpose Room (connected to the cafeteria). 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 2025-2026 team): Monday, May 12th 7pm in the IHS Multi-purpose room (connected to the cafeteria)

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 jackets), stunting clinics, and competition entry fees for the ENTIRE TEAM. Funds are also put towards equipment as needed (new team poms, signs, Flags, 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 closely 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/buses will be used, or student/parent/guardian will be expected to transport their child to these games. **Athletes may not transport themselves to any away games/events, and carpooling is NOT allowed.** If a family chooses to transport their athlete to an event, 24 hour notice must be given to our Athletic Director. If a family chooses to transport their athlete home from an event, you do not need to give our Athletic Director advanced notice. You will just need to check out with Coaches before leaving the event.

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 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 2025-2026 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 2025**), 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 ~\$650. **Payment details will be finalized and communicated following our uniform fitting, which is tentatively scheduled for Monday, April 21st.** (You can expect this payment to be due about a week following the fitting.)
- **NCA Cheer Leadership Camp:** estimated \$530 **due May 2025**

ESTIMATED TOTAL AMOUNT TO BE PAID BY EACH CHEERLEADER: \$1180 (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 2026** - 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 \$975 / cheerleader):**
 - **New Team Welcome Set:** ~ \$45 per cheerleader
 - **Practice Wear** (t-shirts, tennis skirt/tank, shorts, Nike Pros, bows, socks): ~ \$300 per cheerleader
 - **Warm up gear** (Warm up jackets, rain jackets): ~ \$250 per cheerleader
 - **Black Uniform:** ~ \$270 per cheerleader
 - **Additional Accessories:** ~ \$50 per cheerleader (Traditional team gift, water bottle, drawstring bag customization, etc.)

- **Competition Entry Fees:** ~\$20 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 2025 and extensively in the summer of 2025 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. **ALL PARTS OF INGLEMOOR CHEER - SIDELINE AND COMPETITION ARE MANDATORY.**

- **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 2025-2026 team and ends at the selection of the 2026-2027 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. I understand that I must wear my uniform the way that it is intended to be worn - no rolling up uniform skirts to adjust length.

- **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, captains, 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/gear/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. Coaches will conduct jewelry checks to ensure everything has been removed.
- **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.
- I understand that by signing this packet, I am agreeing to being featured in cheer-related content that coaches post on the official team social media accounts.
- **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. Coaches do not clear athletes for participation, we work together as a team with our school's Athletic Trainer on the “return-to-play” protocols to ensure a safe return.

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 sit out**

for a half game/practice/event and complete additional conditioning. Once they reach 12 boxes, they will sit out for a full game/practice/event, complete additional conditioning, and have a meeting with coaches. The tracking card will start upon team selection, and will restart in Mid-August before Fall Sports season begins and in Mid- November before Winter Sports season/ Competition begins.

Spring/Summer Tracking: April 21st - August 15th, 2025

Fall Tracking: August 16th - November 15th, 2025

Winter Tracking: November 16th, 2025 - February 6th, 2026

Coaches will not communicate every single time that a box is accumulated. It is the responsibility of each cheerleader to check in with their coaches about their boxes. If they have reached 6 or 12 boxes, coaches will speak with the athlete and coordinate their consequences.

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**
- 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 inappropriate behavior (including not abiding by school rules) reported by any IHS staff - **Consequences determined between Coaches and Athletic Director on case by case basis**
- Not following NCA camp rules - **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**

- Leaving a game, practice, or event more than 5 minutes early - **1 BOX**
- Attending practice but having to sit out due to not attending at least half a day of school - **1 BOX**
- Absences at practices, games, or events for any reason - **2 BOX**
- No communication of absence with coach(es) (i.e. "no call, no show") - **1 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 attend school, they should not attend practice/cheer related events either. Attendance will be tracked on CARE cards for this.
- If a cheerleader has to sit out of a game or event, they should NOT be suited up in uniform. It is expected that they wear IHS cheer warm up gear as designated by coach(es).
- 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 IHS Cheer Warm Up gear (NOT their 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 – In Person Interview

This year, each candidate will schedule a 15 minute in-person interview with the coaches.

Using this link - [Book time with McKenzie Merrill: In Person IHS Cheer Tryout Interviews](#) the candidate is responsible for signing themselves up for a time slot.

Interviews will take place in the Inglemoor High School ASB room. There will be signage at the front entrance of the school guiding you to this room.

Each candidate should be prepared to answer the questions listed below. They should bring their written responses with them to reference during the interview and will then leave their written responses with the coaches.

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 motivates you to push yourself through challenges/ tough times?
- What does commitment mean to you and are you ready for this year- round commitment?
- Respect is one of our core values. What does respect mean to you? Why do you think respect is important in cheerleading?
- What do you think the most important role of a cheerleader at Inglemoor is?
- How do you plan to stay organized with cheer, school, and outside responsibilities?
- What part of Inglemoor cheer excites you most?
- Do you have any injuries/concerns/schedule conflicts going into tryouts/the season?

PLEASE BRING THIS COMPLETED FORM WITH YOU TO YOUR INTERVIEW.

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 (2024-25)?
- What are your 2 goals for yourself AND 2 goals for the team this upcoming year?
- Our program is evolving and growing - how can we count on you to help “raise the bar” this season?
- Respect is one of our core values. Please share what respect means to you in regards to your teammates, captains, and coaches.
- 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 cheer, school, and outside responsibilities?
- What part of next season excites you the most?
- Do you have any injuries/concerns/schedule conflicts going into tryouts/ the season?

PLEASE BRING THIS COMPLETED FORM WITH YOU TO YOUR INTERVIEW.