

Dear future West Linn Cheerleader,

Welcome to Tryouts! We are very excited for the 2019-20 cheer season. Please seriously consider all the information in this packet before deciding to try out for the West Linn High School Cheer team. There is a huge time commitment involved in being a cheerleader at West Linn High School. Some of the many commitments are: fundraisers, camp, summer practices, games, competitions and many hours during and after school. Academics are very important to our coaching staff and we expect all members to study hard as to be able to attend all practices and required cheer activities. Your cheer commitment comes before other activities! Jobs, family obligations and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected with this organization. Candidates should understand that only serious illness or injury and special family circumstances are legitimate reasons to miss a cheer activity. Oftentimes practices will go a little longer than planned or the squad will be asked to perform at an unscheduled event. Gym space at West Linn High is very hard to come by and practices often begin at 7:30pm. This is why it is important to be able and willing to go the extra mile, stay on top of your schedule and plan ahead! Cheer Squad members are required to attend all scheduled practices, meetings and performances in their entirety.

Fundraising is the responsibility of all members and is mandatory for all members (and all parents). Besides trying to bring down the individual cost involved in belonging to the group, there are many costs that must be covered for the benefit of the entire group. You must be committed to fundraising your own expenses as well as your team expenses. If you decide to quit or are dismissed from the squad, the remaining balance will be due immediately. Once an item has been ordered, it becomes your responsibility to pay.

The rules and regulations outlined later in this packet are strictly and fairly enforced. Coaches have the right to make any decision that he/she feels appropriate. Furthermore, all OSAA and West Linn – Wilsonville School District rules and regulations along with the Athletic Code of conduct will be strictly enforced.

A tentative schedule for April through August will be provided at the mandatory information meeting following tryouts in April. Any conflicts should be addressed on the conflict form. Some dates will be deleted and some added to the calendar depending on squad readiness, conflicting school performances, and athletic schedules. If, after reading the accompanying information and attending the meeting, you feel you would like to belong to the WLHS Cheer Organization please carefully follow each of the steps for trying out.

Being a part of West Linn Cheer can be some of the most rewarding experiences and best memories and times of your life. Cheerleaders will get to know each other in such a way, that it cannot be compared to that of any other team. We wish all of you the best at tryouts; Enjoy the Ride and GOOD LUCK TO YOU!

Thank you,

West Linn Cheer Coaches

Shannon Maloney (Head Coach), Alyssa Dailey (Assistant Varsity Coach), Lizzy Stice (Assistant Varsity, Coach), Melia Chinn (Assistant Varsity and JV Coach), Summer Jorgensen (Assistant Varsity, and JV Coach)

2019 WEST LINN CHEERLEADING 2020

Cheerleader's Name _____

Date of Birth ____/____/____ Cell Phone #: _____

Address _____

City, State, Zip _____

Mother's Name _____ Cell/Phone #:(_____) _____

Father's Name _____ Cell/Phone #:(_____) _____

Cheerleader's Email _____

Mom's/Dad's Email _____

Athlete's Phone Number: _____

Grade (Fall 2019): _____

Why do you want to be an WLHS Cheerleader? _____

List any qualifications (previous cheer teams, dance or gymnastic experience)

**Please mark and rank ALL squads that we should consider you for during the tryout process. Please keep in mind that squads will be made based on tryout numbers. You will not be considered for teams you don't mark.

Varsity _____ Junior Varsity _____ Game squad only for Varsity or JV _____

Please list tumbling skills you can do without a spot (if any) _____

Please list your stunt position experience (if any) _____

I am ready to tryout for the WLHS Cheer program for 2019-20 and accept the decision for placement or non-placement on one of the possible squads. I understand and agree to attend **ALL** WLHS Cheer practices, games, competitions, events and performances . I have reviewed, understand and agree to all info in the tryout packet.

Athlete's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

**Please remember to attach a headshot to this application as well as your last semester grades.
TURN IN BY 4/2/19 UPON ARRIVAL AT TRYOUTS, BEFORE THE TRYOUT BEGINS**

West Linn High School Cheer Organization - Season Definitions

The following information is a guideline of what each season will consist of for Cheer. The Coaches will determine who will participate on each team. Coaches will decide who participates in each games that occur over breaks (winter, etc...).

Summer and Inter-session

- Squad members are expected to participate in fundraisers
- Squad members are expected to participate in Summer youth clinics
- Squad members are expected and required to attend the summer camp (Dates depend on squad)
- Competition Squad Members are required to attend choreography practices
- All squad members are required to attend Daily Doubles beginning in August
- Practice times and days are subject to change

Fall Season

- Attend all home Football games
- Attend all away Football games (Varsity) and playoff games
- Attend all practices and squad activities
- Participate in squad fundraisers
- Varsity team will perform in Guy/Girl dance
- Attend/Perform in Pep Assemblies
- Practices are mandatory and can be up to five days a week depending on the need and availability of gym space.

Winter Season

- Attend all home boys & girls basketball games on Friday nights. Attend all playoff games.
- Attend Fall Youth Clinic
- Attend all squad activities and practices
- Perform in Pep Assemblies and at halftimes for basketball games
- Participate in local competitions
- Participate in squad fundraisers
- 3-4 Practices per week depending on gym space and availability. Monday – Thursday, Friday run throughs (comp season)

Spring Season

- Participate in school assemblies and needed appearances
- Seniors are expected to help with planning, organization and implementation of tryout clinics
- Participate in fundraisers
- Attend all squad activities

Cheer Team Standards & Responsibilities

- Be a positive example to peers and represent WLHS with a strong character and good conduct
- Attend all football games (home/away as assigned)
- Attend all pep assemblies, all homecoming activities, all home football and boys and girls basketball games, all in-state and out-of-state competitions

Team Descriptions

The following are descriptions of possible squads for the 2019-20 school year. These squads may be combined and will be up to the discretion of the coaches prior, during or after tryouts. Some squads may be combined where Winter season duties will be split among squad members.

Please Note: THESE SQUADS WILL BE BASED ON THE NUMBER OF ATHLETES WHO TRY OUT. If we were to have all 4 squads, the descriptions are as follows. We will for sure have at least 1 Varsity team.

JV Sideline Squad Skills and Requirements

- Beginning to Intermediate Motion Technique
- Level Jumps
- Beginning to intermediate Dance Technique
- Beginning to Advanced Stunting Skills or willingness to try
- Loud Voice
- Tumbling requirements: None
- *No prior experience required

During the Fall season, members will be cheering at all home JV and some Freshmen football games on Thursdays. During Winter season, they will cheer at all home Varsity boys and girls basketball games on Tuesdays/Wednesday, as well as select Varsity games on Friday's. This is a great squad for girls who are new to cheering or do not have the time commitment for competition and are continuously developing and progressing their cheer skills.

JV Competition Squad Skills and Requirements

- Intermediate Motion Technique
- Level Jumps
- Intermediate Dance Technique
- Beginning to Advanced Stunting Skills or willingness to try
- Loud Voice
- Tumbling requirements: Strong Roundoff- Spotted running or standing BHS

During the Fall season, members will be cheering at all home JV and Freshmen football games on Thursdays. During Winter season, they will have a possibility of cheering at basketball games through a rotation of squad members and attend Saturday Competitions starting in January. Further Evaluations if needed will take place after camp for the competition squad in order to begin choreography. Girls have the opportunity at this time to move to Varsity comp if the Coach has need, but not always the case from year to year. This is a great squad for athletes who enjoy a competitive sport, for athletes who can make the time commitment, and who are continuously developing and progressing their cheer skills.

Varsity Sideline Squad Skills and Requirements

- Strong Motion Technique
- Level or Hyperextended Jumps
- Strong Dance Technique
- Intermediate to Advanced Stunting Skills or willingness to try
- Loud Voice
- Tumbling requirements: Light Spot standing or running BHS, if not on own.

This squad is a sideline only cheer squad that will cheer at Varsity Football Games in the Fall and all home girls and boys Varsity basketball Games in the Winter. Members will also be involved in all assemblies when the cheerleaders are needed as well as school or public events the cheerleaders are needed for. Winter (after Christmas Break), practice goes down to once/week plus the basketball game of the week and tumbling. This is a great squad for the love of cheer, and for athletes that want to better prepare for a competition squad or college squad. This squad will have a stronger focus on motion, jump and dance technique.

Varsity Competition Squad Skills and Requirements

- Strong Motion Technique
- Level or Hyperextended Jumps
- Strong Dance Technique
- Advanced Stunting Skills or willingness to try
- Tumbling expectations, but won't necessarily prevent you from making a squad: Standing Back handspring- Standing Multiples- Standing Tuck- Running BHS Tuck- Running multiples
- Running BHS Tuck, Pike, Lay or Full - At least one of the above on your own (or very close) & others with a spot
- Strong flexibility (especially if a top person)

This squad is a mix of a sideline cheer squad and a highly competitive cheer squad. During Fall, this squad will cheer at all Varsity Football Games, begin competing in November and has the possibility of cheering at Varsity Basketball games on a rotational basis as needed. The time commitment of this squad is **HUGE!** As part of this squad, you are signing up for a year-round sport as we compete through February and attend basketball games through March if teams attend playoffs. Members will also be involved in all assemblies when the cheerleaders are needed as well as school or public events the cheerleaders are needed for. Please make note, if constant injuries

and/or absences are experienced, girls may be moved between squads. Spring tryouts give you a starting place on the squad.

Please Note: If you make Varsity Comp. Squad as an alternate, this means you will have the opportunity to compete at all comps EXCEPT the State Championship, at the coach's discretion. Alternates will still get to be part of the experience associated with comp. squad. Enter prepared for the following season. Certain circumstances do change this throughout the season (loss or gain of tumbling skills, injuries within your stunt experience, grades, attendance, etc.), but be aware of what you are accepting.

ALL candidates who make the West Linn teams will be eligible for moving to Varsity or to a competing squad once they attain the required skills on a consistent basis. Candidates who initially make the competition team can be moved to the non-competing level due to loss of tumbling skills and/or injury that results in loss of skills just as sideline squad members may be moved to a competition if they further acquire skills needed.

PROGRAM STANDARDS & RESPONSIBILITIES

Each athlete is expected to follow the rules, regulations and responsibilities set by the coaching staff at all times. Disciplinary procedures are at the discretion of the Head Coach and/or Athletic Director.

General Standards

1. Cheerleading must take priority over ALL other co-curricular activities. Members may engage in jobs and outside activities (including participation in school plays, mock trial or other outside clubs) only if they **DO NOT** interfere with participation in Cheerleading activities, including ALL practices, games, competitions and events.
2. Members may not let others use their Cheer Squad clothes or supplies. This includes practice clothes, shirts, poms or any part of your uniform. Uniforms may only be worn by members of West Linn Cheer.
3. No jewelry of any kind may be worn at any Cheerleading team performances, including game days, pep assemblies, practices, tumbling classes, open gyms, camps and competitions.
4. Hair must be in natural colors and/or highlights. Wild colors or chunky blocks of colors are not allowed.
5. Cheer Squad Members should refrain from representing themselves on any website in association with vulgar language, reference to use of drugs and/or alcohol, sexual innuendo or negative comments about the team, its members and coaches or any other sports teams (see the social media contract/agreement).
6. Cheer Squad Members will follow West Linn High School's Athletic Code.
7. Maintain at least a 2.0 GPA per term and a 2.5 cumulative GPA in order to be eligible to remain a member of the squad.

Game & Performance Responsibilities

1. All Cheer Squad Members are expected to attend and be on time to all practices, games and other scheduled activities. The participation of all athletes is required for safe, proper and effective performances and for the TEAM to be complete.

Responsibilities - Varsity

1. Home and away varsity football games.
2. Home varsity Friday night basketball games for both the men's and women's teams.
3. All playoff games for both football and basketball.
4. Assemblies, community events, fundraising events and outreach activities.
5. Scheduled competitions. Competitions often take place on Saturday and/or Sunday.
6. Spring and Summer workouts, summer camp and all summer practices (May, June, and August)
7. Additional practices that may be scheduled on weekends.
8. Halftime performances including Guy/Girl, youth and playoff events.

Responsibilities - JV

Responsibilities are the same as the above, with the exception of assemblies, away games and some playoff games. JV teams will not travel. JV is responsible for Tuesday night Varsity Basketball Games.

Competition Performance Requirements

1. Varsity and JV teams compete.
2. All Members are expected to attend ALL competitions (even if injured or you are an alternate).
3. The coaches set competition dates. Competitions generally occur December through February and often impact weekend plans. Competitions are held on Saturdays and occasionally on Sundays. By becoming an athlete of the West Linn Cheer Squad you are agreeing to the dates that the coaches choose regardless of your personal schedules.
4. Only Members in good standing may compete. Good standing is defined as a healthy athlete who is not curtailed by any disciplinary action that would prohibit them from participating.
5. Skills that are demonstrated at tryouts are expected to remain as such or improved throughout the year.

Attendance

1. Attend and be on time to all practices, games, competitions and other scheduled Squad activities.
2. The coaching staff sets the Spring/Summer schedule. Each athlete and their family should plan to attend Summer practices if you are in town. They will be excused with a 2 week notice. August activities beginning August 14th are MANDATORY (daily doubles and choreography). If you are unavailable, then we ask you do not try out at this time. August practices are MANDATORY. ALL absences after August 14th are UNEXCUSED.
3. Any Member who is too sick to attend practice must notify the coaches immediately. Reasons for an excused absence is extreme illness or a family emergency. Please have your athlete contact us as soon as possible. ONLY acceptable PRIOR to the beginning of practice or it will be considered an unexcused absence.
4. Doctor/dentist appointments, driving classes, work and/or family events are not accepted excuses for missing practices and will be counted as unexcused. Please schedule these at times/days that don't conflict with your team's practices or games.
5. All Cheerleaders are expected to stay on top of their academics. Cheer schedules are given in advance and we ask that you stay on top of your finals and academic requirements as to not miss cheer practices. Any cheerleader who misses practice due to a last minute academic scheduling conflict, including tutoring, will need to meet with the coaching staff.
6. Any Member who is out ill and misses practice may be removed from the upcoming game, performance and/or competition at the discretion of the coach.
7. A Member who has more than 2 unexcused absences throughout the summer or recurring absences during the school year may be removed from an upcoming performance or game at the discretion of the coach.
8. Excessive absences may be cause for removal from the squad.
9. Competitions may never be missed, as they require the entire TEAM in order to compete. Any member missing a competition may be removed from future competitions at the Coaches' discretion.

Injuries

1. It is the athlete's responsibility to notify the coaching staff of an injury as soon as it occurs.
2. Any athlete who is injured and unable to practice for consecutive days must have a doctor's or school trainer's note, sidelining the athlete.
3. Athletes are responsible for following doctor's orders or of the guidance of our athletic trainer at all times.
4. Any injured/sidelined athlete will need a doctor's written release of full participation, as well as clearance from our school trainer, in order to resume participation.

Safety Rules (Taken from NFHS Spirit Rules)

1. All Members are required to follow and adhere to all safety guidelines, procedures and directions given by the coaches.
2. NO JEWELRY or GUM CHEWING is allowed during practices, games or other Cheer Squad events.
3. Hair must be tied up and secured off the face as a safety precaution.
4. Tumbling and stunting of any kind is only permitted when the coach is present.
5. Nails must be short (near the end of the fingers) for ALL MEMBERS at ALL TIMES.

Transportation

1. ALL athletes will need to provide their own transportation to and from practices and home games.
2. Anytime Members are required to travel on a team bus they must return on the team bus. Unless preapproved by a coach prior to gameday.

Fundraising & Donations

The Cheer program is funded through personal payments, business sponsorships and fundraising. Our goal is for 100% participation. These funds are necessary for the success of the program. This amount pays for summer camp, uniforms, camp and practice wear, poms, outerwear, music editing, equipment costs and repair, maintenance of safety equipment, spirit items and team events.

Many fundraising opportunities are held throughout the season. Full participation is needed to help raise the appropriate funds. Fundraising events may include regular seasons and nationals, but are not limited to:

* Poster Sponsorships * Summer & Fall Youth Clinic * Competition Hosting * Lions Burger *

Attendance Incentive Program

All athletes begin with 5 points during the Summer. With a total of 10 points over the course of the year. It is the athlete's responsibility to maintain their points by adhering to the rules listed on the incentive paper. Athlete's will be asked to read and sign, so that everyone understands the consequences and how dismissal from one of our squads, if any, occur.

Communication

1. Athletes are expected to check our TeamSnap schedule for any changes and or updates on a daily basis.
2. Athletes are responsible for all information posted to TeamSnap.
3. If at any time the athlete has an issue that needs to be addressed, please have the first point of contact be directly from the athlete to their Coach.
4. Parents, please do your best to follow the 24-hour rule. Please allow your cheerleader to communicate directly with the coaching staff regarding illness, absences, team issues and time commitment. We welcome parents to communicate with us only after the cheerleader has had a chance to communicate first. If there is a situation that needs to be discussed other than these issues, please contact the head coach 24 hours after your athlete has had a chance to communicate with the coach. Email is a difficult way to communicate, so we ask that parents email first and then a parent meeting can be arranged. Please note that all parent/coach meetings will include the athlete.

2019-20 Financial breakdown

Financial Commitment Timeline

- **First Three Month Cycle**

May 1st - \$400.00 – Per person/Choreography/camp gear Payment Due

June 1st - \$420.00 – Per person/Stunt Camp Payment Due in full

(Camp Gear payment purchases pays for two practice tank tops, 1 game skirt, a water resistant jacket, beanie hat).

- **Second Cycle**

August 12th – Up to \$800 per person (Uniform balance due, you can subtract your fundraising dollars earned from youth camp and poster fundraisers)

Uniform includes: Long Sleeve top, game Skirt, sweatshirt, 2 pair of shoes, poms. bows) We are NOT getting a new uniform this year.

August 14th - \$225 Athletic Fee (school fee) If on free and reduced lunches fee waived.

October 31st – \$200 per person /First Tumbling Payment Due. (**NEW:** Tumbling 2X per week)

December 1st – \$100.00 per person/Nationals Hotel Deposit Due (TBD)

- **Third Cycle**

January 5th – Approx. \$650.00 Balance for Nationals Due (does not include flight)

February 5th - \$100.00 per person/ Final Tumbling Payment Due

March 15th – End of the Season Party family tickets due. \$20.00 per additional person.

Cheerleaders dinner provided.

Fundraisers to offset costs – PLEASE READ

- Youth Camp – July 8-11th. Mandatory Camp will offset CAMP GEAR expenses
- Summer/Fall Youth Clinic's – Mandatory team fundraisers to offset team expenses
- Lions Burger – In partnership with the West Linn Lions Club, each member is required to sell ten \$6 tickets to help offset team expenses. Tickets sold can be redeemed for a delicious Lions Burger, chips and drink of choice
- Poster - Each member is required to get one, \$200 sponsor to offset team expenses. Each additional sponsor collected will offset individual costs

Team expenses paid for by group fundraising: Poster production, Camp expenses, Playoff t-shirts, Guy/Girl, Pink out items, team lunches and retreat expenses, JV Coaches, youth outreach clinics, coach's nationals fee's, team entry fees, end of the banquet party team dinner and trophies.

Please note that this is a projected financial schedule for 2019-2020. Each Cheerleader is required to make payments on time and in full. If there is a need to discuss financial options, please contact Shannon to discuss in advance.

**Facebook, Twitter, Instagram, Snapchat or Any Other Public Website
Agreement 2019-20**

Please read and initial next to each number. By initialing, you acknowledge that you understand and accept the following rules set down by the West Linn Cheer organization.

1. _____ I agree to always set a positive example for others to follow when representing West Linn Cheer whether in uniform or not.

2. _____ I agree to treat other with the same respect that I would like to be given on my Facebook, Twitter, Instagram, etc. page.

3. _____ I agree to refrain from talking negatively about members of the West Linn Cheer Squads or other programs on my Facebook, Twitter, Instagram, etc. as I understand it can lead to personal conflicts and is therefore not conducive to the success of this program.

4. _____ I agree to keep my Facebook, Twitter, Instagram, (Sinsta's) etc. clean or otherwise inappropriate conversations, inappropriate abbreviations, comments, photos, etc. I understand that many students of all ages have these type of accounts and could view my page at any time.

5. _____ I understand that there may be consequences (up to removal from the squad) for posting inappropriate pictures, language or posts that could be detrimental to (including but not limited to) the West Linn Cheer program or any WLHS program, the school itself, teachers, etc. on my Facebook, Twitter, Instagram, etc.

Print Name: _____

Signature: _____

CONFLICT FORM

CHEER 2019-20

Cheerleading has become a multi-season sport and we are incredibly excited to give our athletes the opportunity to participate in community events, games and competitions on both the local and national level. As a sport, we require that our athletes attend all practices, games and cheer events. Unlike other team sports, we cannot execute critical components of our sport (stunts, competition routine, etc.) if we do not have all team members present. We understand that important family functions occur and we are hoping to partner with our parents to communicate in advance any conflicts that may arise **before we create teams so that we can plan practices accordingly**. Our attendance policy has been created in order to keep everyone motivated and to give our team the best chance as a successful season. **Practices are not listed here as they are mandatory and could happen any time during the week. Please refer to the attendance policy if you have any questions.**

NEW THIS YEAR: Team Clinics, Camps and practices could begin as early as July. Stunt Clinics and Stunt Group assignments will be assigned at these practices. Daily Doubles are MANDATORY if you wish to cheer and begin August 12th and last until school begins on the 26th. Depending on field availability, Practices can be held twice a day, Monday – Thursday during the week. These practices are mandatory for game preparation and team selection. If you are unable to attend these practices, it would be best for you to **wait a year** to be on the team as we will be announcing Varsity and JV teams at this time, stunt groups and competition positions for the season. **No exceptions.**

Please list any conflicts below by event name and date(s), write n/a if no scheduling conflicts apply.

Spring & Summer Practice/Clinic/Camp/Choreography | April-August

Fall Practice/Games/Clinic/Choreography | September - November

Winter Practices/Competitions/Games | December - March

2019-20 Cheer Competitions (Dates are subject to change)

Sherwood Jingle-Jangle 12/7 (Sherwood HS) _____

Laker Rumble 12/14 (LO HS) _____

Pacer Invitational 1/1 (Lakeridge HS) _____

Lion Cheer Challenge 1/19 (West Linn HS) _____

Cavalier Cheer Invitational 1/25 (Clackamas HS) _____

OE Classic 2/1 (Salem Pavilion) _____

UCA Nationals (Varsity Only) Feb 2/7-2/9 (Orlando, Florida) _____

OSAA State Competition (Varsity Only) Feb 2/15 (Veterans Memorial Coliseum) _____

West Linn Cheerleading Attendance Incentive Program 2019-20

- | | |
|---|--------|
| 1. Unexcused absence from game, practice, tumbling or scheduled event.
Exceptions: approved 2 weeks in advance during summer practices, with the exception of camp and daily doubles. PLEASE NOTE: all practice, game, tumbling and event absences become unexcused starting in August unless identified and approved two weeks in advance or listed on the conflict form and pre-approved by a coach. | 2 pts |
| 2. Calling in an absence within 2 hours of practices or games.
If you leave or miss school, contact your coach immediately , if you will not be attending practice - do NOT wait until practice is starting. | 1 pt |
| 3. Late or leaving early from practice or game. Includes school activities.
Unless preapproved 1-2 weeks in advance. Missing 20 min of our scheduled time is considered a missed practice/game. | .5 pts |
| 4. Not having your COMPLETE or CORRECT uniform, shoes, poms, ribbon/bow, etc. | .5 pts |
| 5. Wearing ANY jewelry or hair inappropriately
We do NOT recommend getting any new piercings until the end of the season - coaches will make you take it out even if it's not healed. We cannot put tape over a new piercing for safety reasons. | .5 pts |
| 6. Conduct that is unbecoming of a West Linn Cheerleader
This includes in or out of school - examples: fighting, attending parties where there are illegal substances, as well as postings inappropriate photos or comments on public websites. | 5 pts |
| 7. Chewing gum, eating, drinking beverages other than water/Gatorade while at a game, or using cell phones while at practices, games, or other events, without a coach's approval. Wait until we are on a break or at halftime | 1 pt |
| 8. Not cooperating with teammates, leaders or coaches. | 3 pts |
| 9. Any Illegal substance abuse not abided by the WLWVSD or OSAA rules.
Can also lead to school suspension and up to dismissal from squad. School administration will be involved through the process. | 5 pts |

Please Note

- A TOTAL of 10 points will result in immediate athletic probation, up to dismissal from the squad.
- 5 points will result in 1 benched game or performance - Full uniform and attendance at the game and or performance is required.
- Missing a practice will result in 1 benched game or performance, per West Linn Cheer athletic code - Full uniform and attendance at the game and or performance is required.
- Points start over after Summer Break, first day of school.
- Attendance is mandatory at all practices, games and competitions (competitor or alternate).
- If you are sick and unable to participate, but are not contagious (no fever), then you are expected to come to ALL practices as an observer. Unless approved by a coach.
- If you miss a practice prior to an event, you may be benched for that event.
- If you are benched, you still must be in full uniform - all rules apply as if you are cheering.
- The only absences that will be excused are illnesses (with fever), unavoidable emergencies and situations, or a 2 week preapproved absence during summer practices.

***It is important to note that cheer is different from any other sport. We depend on every teammate being at every practice and game, ready to perform in order to be successful.**

Signature: _____

Signatures of Participation

Please carefully read and sign this page and return at tryouts no later than 6:00 pm on Monday, April 2ND 2019.

1. I understand the decision of the coaches is final and not negotiable after tryouts
2. I understand that teams are chosen on a basis of grades, evaluations, and skill level.
3. I understand that coaches are happy to discuss any athlete's strengths and weaknesses in order to help them improve, but that the coach must also consider what is best for the team as a whole.
4. I understand and agree that coaches make all program decisions.
5. I understand that cheer must become the 1st priority in terms of co-curricular activities. Including other optional school programs, work and other teams, if approved.
6. I understand that if our athlete is selected this year, the athlete will still have to tryout again next year and their position on the squad is NOT guaranteed. Improvement, attitude, grades and skill all play a part in whether they return.
7. I understand and agree to the attendance incentive system which enables athlete's to be responsible for their own schedules, uniform, etc.
8. We understand and agree to the payment plan and will stay up to date with my own cheer account.
9. I understand and agree to the social media contract and that consequences may be given.
10. I understand and agree to the calendar given and realize changes can be made.

I have read and agree to abide by the West Linn Cheer Squad Rules and Policies. I accept the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I, as a parent, cannot change or alter these rules and I am allowing my athlete to try out for this team knowing that these are the rules and I agree to the terms of the program as it stands.

Athlète Signature & Date

Parent Signature & Date

Parent Signature & Date