



Cherokee Trail Cheerleading 2019-2020

Dear Parent/Guardian:

Your son/daughter has expressed an interest in becoming a member of the Cherokee Trail High School cheerleading program for the 2019-2020 season. If selected, there are certain personal and financial obligations that a cheerleader and his/her parents must assume in order to qualify, to participate, and to remain a member in good standing. All tryout material will be taught at the tryout clinics the week of April 15th. In the meantime, fully review the information in this packet with your son/daughter, as there are several items that cheer candidates must complete prior to tryouts. If we do not have the items listed in the packet by Monday, April 11th at the start of tryouts, your athlete will be unable to participate. If your athlete makes a team, we ask that you be at the mandatory parent meeting on Monday, April 22nd at 6:30 pm if your athlete makes JV and 5:30 pm if your athlete make Varsity.

Thank you for your interest in the Cherokee Trail High School cheerleading program.

Cheers,

Kelsey Rauh
Varsity Cheer Head Coach
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Caressa Bible and Haley Riviera
JV Co-Coaches
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Cherokee Trail Cheer Handbook

**“I am a member of a team, and I rely on the team,
I defer to it and sacrifice for it, because the team,
not the individual, is the ultimate champion.”**

– Mia Hamm

Cherokee Trail athletics is dedicated to the pursuit of athletic excellence where all students have access to a program that values academics, character, equality, leadership, teamwork and quality.

TEAM MISSION

The cheer program exists to demonstrate leadership, spirit, and pride to the Cherokee Trail community through their support of the Athletic Department. In addition, the cheer program will prepare tomorrow's leaders by developing athletic teams which pursue excellence by strengthening the athletes mentally and physically, developing excellence in character traits, instilling great work habits, and teaching, stressing and monitoring the focus of academics.

The success of this team will be based upon a strong commitment from the cheerleaders, parental involvement and experienced and supportive coaches. The cheer program members will strive to exhibit positive attitude toward team members, coaches, competitors, parents and the school community.

QUALITIES DESIRED IN PROGRAM MEMBERS

- Leadership
- Character excellence
- Hard-working and committed, skilled athletes
- Effective communicators
- Pride in school community – We are CT!

YEARLY GOALS

- To challenge ourselves to be better people and better athletes.
- To establish a respectful reputation with our peers and the administration.
- To work continually on improving our cheer technique. This includes strength and conditioning, stunts, jumps, motions, and tumbling.
- To collaborate with student leadership, the poms team and the band program to promote school wide spirit and pride.
- To promote school spirit and overall support for the athletic teams and school community.
- To improve sideline performance to promote spectator game day experience.
- To continue the competitive success by qualifying for finals at the CHSAA State Competition yearly, with the ultimate goal of winning a State Championship.

Cherokee Trail Cheer Accomplishments

State Finalists:

2014

2015

2017

2018

Colorado State Results

2017 - 5A State Champions

2018 - 5A State Runner Up

UCA Nationals:

Medium All Girl:

2017-Finalist

Game Day:

2017-Semi-Finalist

TRYOUT PAPERWORK AND INFORMATION

To be eligible to tryout for the Cherokee Trail High School cheer program, each candidate must submit the following items to the CTHS Athletic Office. All information must be submitted no later than Friday, April 11th. If paperwork is turned in late that will be taken into consideration. You will be unable to participate until all paperwork has been submitted. **All forms can be found at the end of this packet and online.**

- Online Forms
 - CT Cheer Tryout Application
 - 3 Teacher Recommendations (Send link to teachers or coaches via well written email)
- Hard Copy Forms
 - A signed CT Cheerleading Contract (This will be signed and turned in at the parent meeting)
 - NEW Physical Turned In (Physical Form can be found on athletic website and end of packet)
- \$50.00 Tryout Fee (Cash or Check ONLY)
- Incoming Freshman ONLY:
 - PowerSchool print out of grades

Please Note: Personal responsibility is an important quality for a cheerleader to possess; therefore, failure to meet the above requirements by the indicated due date may affect the candidate's eligibility to participate in the tryout. Be aware that a candidate may be ineligible for tryouts if he/she has one F or two D's or any combination of the two.

All former CT Cheerleaders are not guaranteed a spot in the CT cheer program or on their previous team. Coaches and teammates are expected to do what is best for the team as a whole, not as an individual.

TRYOUT SCHEDULE

April 10th: MANDATORY Pre-tryout Parent/Athlete Meeting

Returning to Program: 5:30 pm

New to Program: 6:30 pm

April 11th: Tryout Paperwork Due

April 15th: 4:30 pm-6:30 pm

April 16th: 4:30 pm-6:30 pm

April 17th: 4:30 pm-6:30 pm

April 18th: 4:30 pm-6:30 pm

April 19th: 4:30 pm-9:00 pm (Team Announcement via Email and All Social Media)

What skills will be evaluated?

- Motions – we are looking for strong, tight motions that are properly placed in a cheer and fight song
- Jumps – we will be evaluating the toe touch, pike and a 3 jump combination
- Tumbling –
 - JV and below: we will be evaluating the strongest tumbling skill
 - Varsity: we will evaluate the standing back handspring, stand tuck, round off back handspring tuck and any skills above that are encouraged and highly recommended
- Stunting – we will evaluate your ability to learn correct stunting technique

What qualities will be evaluated?

- Academic eligibility
- Teacher evaluations
- Ability to learn and retain new material
- Ability to make corrections quickly and permanently
- Ability to work with others
- Adherence to the team, CHSSA, and National Federation Spirit Rules and knowledge of the team handbook
- Athletes with a great attitude with a strong desire to work hard!

ATHLETE EXPECTATIONS

We expect that athletes will not get involved with, or do anything that would ever reflect negatively on you, your family, or compromise the integrity of the athletes or coaches of our program. This includes non-school hours. Everything you do reflects on our team, school and community. Any violation of this policy can result in suspension or expulsion from the team.

As a Cherokee Trail Cheerleader you will work hard, and devote a great deal of time to YOUR school. However, you will also make life-long friends, learn to work as a team, grow in strength and endurance, and build positive memories that will last you a life time. In order to maintain a strong program, it takes committed team members and a tremendous amount of self-discipline. These policies and expectations are in place to help ensure that your experience as a Cherokee Trail Cheerleader is the best it can be!

RESPECT

Trust that all decisions made by the coaching staff are in the best interest of the team. One of the goals of the coaching staff is to make this team the best it can possibly be. No coach will compromise the success of the team for an individual.

GENERAL CONDUCT EXPECTATIONS

Cheer Program members are expected to show **respect** for those in authority including faculty, administration, coaches, choreographers and captains. Members should respect each other as teammates and work collaboratively as a group. If the attitude or conduct of any cheerleader should have a negative effect on the team or the school, the Coach will hold a conference with the cheerleader outlining the expected behavior improvements. If there is no immediate correction of the behavior or conduct, the cheerleader will be sidelined until further notice. Behavior problems that persist may result in the Spirit Program member being dismissed from the team.

Cheer Program members are expected to make **academics a priority**. CHSAA eligibility requirements are considered minimum expectations; we will expect more from our athletes.

Cheer Program members must display proper **behavior in class**, including not skipping, cheating or being late.

Cheer Program members are expected to use **social media** with responsibility, integrity, and decorum. Your digital footprint can NEVER be erased. Although technology is a wonderful thing in today's world; it comes with much responsibility. Being on this team is an honor and cheerleaders will represent the school, the team, this program and themselves in a positive way. The Internet is for personal use and nothing discussing cheerleading, team members, coaches or Cherokee Trail, including pictures, should be on the Internet. Any violation of this policy may result in consequences or possible removal from the team.

If a cheerleader is **benched** for any reason, he/she must be present at all team functions, at appropriate times, unless otherwise stated by the coaches or athletic director. Benched cheerleaders must sit with the coach at all times.

A cheerleader that is **unprepared to perform** (regarding knowledge of tumbling, sidelines, cheers, & dances, as well as strength and endurance) will be benched until he/she can demonstrate his/her knowledge and skills.

Because all situations are different, each will be dealt with in a manner decided upon by the coach, with assistance from the administration if deemed necessary. Inappropriate behaviors not only reflect on the individual, but can also affect the image of the entire team. The good of the squad always comes before any one individual.

COMMITMENT

Cheerleaders are expected to attend ALL required activities, such as cheer camp, games, practices, performances and competitions. Leaving a game or practice early or arriving late will be treated as an absence unless prior coach approval has been obtained.

All involved in the Cheer Program are making a sizable time commitment to pursue excellence. One of the commitments from the coaching staff will be a high level of professionalism in honoring the schedule and ensuring practices are completed. Athletes are expected to be at practice ready to begin at the assigned time.

SUMMER – The Cherokee Trail Cheer Program will attend a UCA Summer Camp (June 17th-20th: Estes Park). This camp will help to unite the program and prepare the members for the coming year. We will also attend a stunt/choreography camp. In addition to our UCA camp we will also be participating in a summer training program through the CT strength and conditioning program (Monday, Tuesday and Thursday Mornings 6:00-7:00 am at CT).

FALL BREAK and THANKSGIVING BREAK – We require that cheerleaders on all teams attend practice during Fall Break. We also require that all athletes attend practice on the Wednesday, of Thanksgiving Break.

WINTER BREAK – Varsity athletes will be required to return for Nationals VIROC clean up and nationals practice on Thursday, January 2nd.

ATTENDANCE

In order to maintain an excellent program, attendance at all team practices, games, and assigned events is mandatory during the season. Failure to be present and on time will result in disciplinary action as outlined below.

In order to make practices successful we need all athletes present. **Any absence will need to be cleared through the coaches with advanced notice and will be dealt with on an individual basis.** Missing a practice, game or competition will result in consequences as determined by the coaches and possibly the Athletic Department. This may affect placement on the competition team and the athletes ability to compete.

EXCUSED ABSENCES

- Illness- The athlete must notify the head coach by phone **PRIOR** to designated event. **You will be unexcused if the call comes after the event.**
- Extreme family emergency - Parent notification is necessary as soon as possible.

UNEXCUSED ABSENCES

Athletes who have an excessive amount of unexcused absences (not necessarily consecutively) may be dismissed.

Unacceptable reasons for missing a meeting, practice, or event:

- Meeting with a teacher or making up missed school work without prior approval
- Job conflicts- work shall never take priority
- Attending another school event rather than cheerleading. Examples- councils, clubs, dances, plays, etc.
- Social Life- like concerts, skiing, dates, hair appointments, etc.
- College Visits- please arrange these in the summer/fall and around cheerleading events.
- Appointments- doctor, dentist, ortho, hair, nails, etc.
- Coaches' discretion will be used with all attendance issues and the decision is final.

Conflicts in work and other activities outside of school are **NOT** considered excused absences. Please make medical and dental appointments around your cheerleading schedule or during vacations.

PRACTICE EXPECTATIONS

Athlete expectation for practice is to have a great attitude and effort. Be ready to go! Cheerleaders are not to chew gum or eat food while at practice or while cheering at games. At the exact time practice is scheduled to start, Spirit Program members are expected to be in the practice area ready to begin with the mats unrolled. If you are injured and cannot practice, you still need to be at practice with your teammates to learn. Cell phones will not be out during practice. Coaches can be reached on cell phones during practice in case of an emergency. Athletes will practice on game days. Missing practice will fall under the absence policy and will be dealt with accordingly. Practices will be geared toward perfecting skills and techniques however, it will be expected that each athlete will make every effort to maintain and acquire new skills outside of required training. This includes but is not limited to the following: Open gym, recreation classes, private training, clinics, etc.

COMMUNICATION

The head coach will communicate with parents and team members weekly via email. This is to keep all members of the program up to date with current information. At times, coaches will also communicate via team members at team meetings and at the conclusion of practices.

In the event that there is an issue that needs to be resolved through the coach, coaches need to hear from the athletes first. If both the coaches and an athlete cannot come to a resolution, we will then work with the parents.

ELIGIBILITY

Athletes are expected to remain academically eligible throughout the season. This means no more than one F or two D's or any combination of the two, and no unexcused absences or truancies. Eligibility is run once per week through the athletic office, and coaches are made aware of academic eligibility issues. Any athlete who is ineligible or has 2 or more D's must attend the CTHS academic study hall.

Any athlete with 2 or more F grades or any unexcused absences in a class will be placed on Athletic Probation and will be benched (no dress to events) for 1 week. An Athlete on Athletic probation will attend all practices and games but is not permitted per CHSAA rules to participate. **Athletes who are ineligible 2 weeks over the course of the season (not necessarily consecutively) may be dismissed.**

Cheers must be in a minimum of 50% of their classes in order to cheer games, practice, or compete that day or weekend. The same consequences apply to not attending practice because you didn't attend class.

EVALUATION AND FEEDBACK

Coaches will complete evaluations for athletes throughout the year stating strengths and weaknesses. This is meant to help athletes receive personal feedback regarding their performance. As coaches we are always looking to improve our program, we are willing to listen to any feedback you may have. Coaches will also meet with every returning athlete individually at the conclusion of the winter season to talk about the upcoming year.

LETTERING

Varsity cheerleaders will be eligible to earn letters based on the following requirements:

- Athlete must reasonably adhere to all guidelines set forth in this cheer agreement, school rules and policies and CHSAA By-laws.
- Athlete must not have been permanently removed from the team during the season.
- Athlete must not owe any money to the cheerleading fund and must have turned in all school provided equipment by the end of the season.
- Athlete must not have missed more than one competition during any given season.
- Athlete must also have a reasonable attendance record as determined by the coach.
- Final decisions will be made by the head cheerleading coach and athletic director.

FINANCIAL OBLIGATIONS

Below, please find an itemized list of some of the financial obligations incurred by the athlete for the school year. Keep in mind that these are ballpark figures for each item and are not definitive totals. Because payment plans are spread over the course of an entire year, you may receive items you have not fully paid for. This means that if you quit or are dismissed, you are responsible for payments for items/services you have received, but all future items and services will be pro-rated at the time of removal/departure.

Payments should be made on time and all checks should be made out to CTHS Cheerleading. **Failure to complete payments on time will result in the athlete being benched from all practices, games and competitions.** Athletes will not be able to participate in tumbling, stunt clinics, camps, or competition unless their financials are current.

Fundraising programs will be offered to help offset the costs of cheer. **You get out of fundraising what you put into it and if your athlete does not make the effort, he or she will not earn much from fundraising.** Please understand that some fundraisers (mini-camps, etc) go to the team program and not toward the individual.

Any athletes with outstanding fines from the previous year will not be placed on a team.

Item	Approximate Cost
Summer Camp	
VIROC Summer Camp (Estes Park, CO)	\$555.00
Strength and Conditioning	\$175.00
Apparel	
Game Day Uniform	\$275 Varsity/\$275 JV
Competition Uniform Rental	\$60.00
Warm Ups (Same at 2018-2019)	\$90.00
Poms	\$40.00
Briefs and Bows	Up to \$70.00
Cheer Bag	\$45.00
Practice Wear/Team Apparel	\$250.00
Training	
Tumbling and Gym Rental	Varsity \$90.00/month May-February JV \$80.00/month May-February
Choreography (Signs, Music, Routine, VIROC)	\$300.00
Team Fees	
Athletic Fee (Fall and Winter)	\$180.00 – Due August 1 st
Team Fees*	\$300.00
Nationals (airfare, hotel, food)	\$1500.00 – Varsity ONLY

All Expenses are due within a 8 month time period (May – December); you do not have to pay the total of the fees upfront.

*Team fee covers all program expenses, equipment, competition registration fees, team gifts, competition t-shirts, banquet costs for the cheer, etc.

This list of financial expenses is *tentative*. Costs/deposits/due dates will vary somewhat as the season progresses. These estimates are high, and will fluctuate as program costs often vary based on the number of members on the team.

UNIFORMS AND APPEARANCE

Proper dress is defined as:

Practice: Team t-shirt, shorts of appropriate length, socks, spankies, sports bra, cheer shoes, hair tie.

Games/events: **ALL PARTS** of your uniform (shell/top, liner, poms, sweatshirt, skirt, briefs, hair tie, sweats, socks, and cheer shoes).

School: It will be determined ahead of time by the coaches what you should wear to school on assigned days. **MOST DAYS** this will be a uniform.

School spirit and team unity is so important that violation of this policy will result in consequences. **NO EXCEPTIONS.**

Hair will be pulled back **out of the face** and **off the shoulders** when cheering. We ask that hair remain as natural as possible to promote unity (i.e. natural color, no feathers, etc.). During competitions, hair will be worn as alike as possible to promote unity in appearance.

NO JEWELRY will be worn during practices or games. **ALL PIERCINGS** must be removed (not taped or filled with plugs) or you will be benched. This includes during practice time – regardless of how new the piercing is. **COACHES AND TEAMMATES WILL NOT BE RESPONSIBLE FOR LOST OR MISPLACED JEWELRY.**

Athletic bras must be worn when necessary and must not show. All cheerleaders must wear spankies at practices, games, and competitions.

Fingernails should be kept smoothly filed and should not exceed the fingertip in length when looking at the palm side of your hand. Fake nails will not be permitted per CHSAA guidelines. Nail polish is allowed during the season **except** for at competitions. Improper dress for practice, events, and to school will result in consequences.

DRUGS, ALCOHOL AND TOBACCO

The use of drugs, alcohol or tobacco will not be tolerated.

SCHOOL POLICIES

All policies as outlined by the Cherokee Trail Student Handbook apply to our program. We are leaders of the community as well as the student body. We will adhere to these policies and set the standard on this campus.

ALL STAR CHEERLEADING AND OUTSIDE COMMITMENTS

We expect that Cherokee Trail Cheer comes first in terms of other commitments besides school. However, we strongly believe that being a well balanced person is very important. It is your job to sit down with the coaches prior to the start of the season and figure out any conflicts and solutions to those conflicts.

COMPETITION

Competition is a privilege earned through hard work and commitment above and beyond that already expected of a Cherokee Trail Cheerleader. Participation in cheerleading competitions, by individuals as well as by teams, will be determined by the coaches. Preparedness, cost, and time will all play factors in determining participation in competitions. Our number one priority is to support our school!

NATIONALS

We will attend the 2019 UCA National competition in Orlando, Florida if we receive a bid at the UCA Southern Regional or UCA Mile High Regionals. Only varsity athletes will be eligible to compete at nationals. Nationals are a privilege - not a right, for team members. Nationals are an enormous financial commitment and we attend only if we can honor that commitment through demonstration of dedication and achievement of goals through the course of the season. Nationals will cost members approximately \$1,500.00 per athlete. All athletes in attendance to Nationals MUST be at a zero balance by January 31st in order to attend.

TEAM DISMISSAL

A cheerleader may be removed from the team for the following reasons:

- Behavior inconsistent with that stated in the cheer handbook.
- Failing to maintain eligibility.
- Excessive absences from practices, games, appearances and competitions.
- Coaches and administrators reserve the right, at any time, to dismiss a cheerleader from the team if deemed necessary.

The coaching staff looks forward to an exciting and positive year.

“We are not a team because we work together.
We are a team because we respect, trust,
and care for each other.”

- Unknown