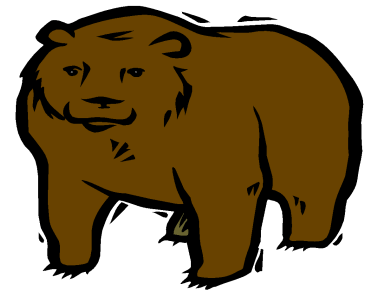




BEDDINGFIELD HIGH SCHOOL CHEERLEADING TRYOUT INFORMATION PACKET



Dear Prospective Cheerleader and Parents:

Training for the Beddingfield High School Cheerleading teams will be **June 26th-29th, July 10th-13th & July 24th-27th, 3:00-5:00 pm** in the school commons area. Please be **ON TIME** for each day. Training sessions are open to male and female, current and upcoming Freshmen, Sophomores, Juniors, Seniors and transfers.

Attendance at all training sessions is **highly recommended**. Training sessions are very important and demanding, so pay close attention to the trainers each day. It is important that each candidate learns the basics, skills and routines that will be vital for the tryout process.

Please wear a white T- shirt and black, yellow, grey or Beddingfield blue cheer shorts with tennis shoes each day! Appropriate clothes are to be worn: no spaghetti strap tops and no jewelry please! Hair should be pulled back from the face and secured with clips.

Like any other athletic team, cheerleaders must meet the academic requirements in order to participate. **Cheerleaders are representatives of our school and are expected to display exemplary behavior in the classroom, during school activities, and while on personal time.**

Before making the decision to tryout, please consider the **time commitment** required for cheerleading. The team will begin work as soon as training sessions and tryouts are over and will continue until March of the next year. The team will practice almost daily. There may be some Saturday practices as well. Absences from practices, athletic events and performances adversely affect the routines and have an undesirable effect on the entire team.

In addition to the time commitment, there is also a **financial obligation** associated with cheerleading. These obligations include warm-ups, shoes, camp, camp gear, and any other expense that may arise. If you are selected to be on the Beddingfield Cheerleading Squad, these **financial obligations begin immediately** and are your responsibility to meet in a timely manner. **Please refer to the attached fee list for estimates.**

Please complete the information in the attached packet and return it to me **on or before the first day of training**. If you have any other questions or concerns, please contact Beddingfield High School.

We look forward to working with you at training and seeing you at tryouts!!

Cheerfully,

Jessica Applewhite

Head Cheerleading Coach

CANDIDATE INFORMATION SHEET

Name: _____

Grade Level: _____

Phone Number (Home and Cell): _____

Email Address: _____

Parent(s)/Guardian(s) Name: _____

Parent Contact Number: _____

Parent Email: _____

CANDIDATE RELEASE TRYOUT FORM

I understand that if I am selected as a Cheerleader for the Beddingfield High School Varsity or JV squad, I shall fulfill all of the requirements to the best of my ability as set forth in the Cheerleading Rules/Policies.

I have read these policies and understand that if I fail to maintain these rules, I will be removed from the squad.

Candidate's Signature: _____ Date: _____

PARENT RELEASE TRYOUT FORM

I have read and fully understand the rules and regulations which will govern my son/daughter if he or she is chosen to represent Beddingfield High School as a Cheerleader.

I further understand that this is an **extracurricular activity** and that attendance at all practices, games, special functions, and summer camp is a **requirement** of the selected cheerleader.

I hereby give my consent to my child, _____, to train and tryout for the Beddingfield High School Cheerleader Squad. I also recognize his/her responsibilities and requirements as a leader of this school. **I understand that if selected, my child will be required to pay for any expenses related to the squad.**

Parent Signatures: _____ Date: _____

BEDDINGFIELD HIGH SCHOOL

CHEERLEADING RULES AND POLICIES

Pre-Tryout Rules, Information and Check-Sheet:

- **Physicals, Concussion Forms and the WCS Participation Form must be current!**
 - This includes Summer training sessions and tryouts.
 - **You will not be able to participate in the training sessions or tryout without having these forms turned in.**
- Candidate Information Sheet and Release Forms (All on the same page) has to be turned in.
- Rules/Policies – Please turn in the **agreement form** that states you and your parent understand and will adhere to the rules. *Please keep the places that list the Rules and Policies for your records*

Cheer Rules and Regulations
Beddingfield High School

The implementation of the BHS girl's Varsity and Junior Varsity Cheer program is the responsibility of the coach appointed by the principal. The coach, athletic director, and principal have the authority to revise the rules and regulations at anytime should the need arise.

1. Involvement
 1. ACE – Attitude, Commitment, Enthusiasm
 2. Cheerleaders must be willing to sacrifice certain interests which may present conflicts of time and/or involvement.
 3. Other extracurricular activities are encouraged, but it is the responsibility of the Cheerleader to make adjustments so that such activities are not in direct conflict with cheerleading.
 4. Any fundraising events must be attended by all Cheerleaders unless stated otherwise by the coach.
2. Academic Standards
 1. Cheerleaders must meet the requirements set forth for all athletes by the NCHSAA; athletes must pass 3 out of 4 core classes each semester and must also remain in good discipline standing with their teachers.
 2. If Cheerleading is failing 1 class he/she will be put on a probationary period until cheerleader shows a passing grade on progress reports. Game involvement will be restricted based on the discretion of the coaches
 3. Cheerleaders are expected to always work in accordance with their potential. Unsatisfactory progress reports and report cards will not be tolerated and will result in sitting out from games until progress has been made.
 4. Grades will be checked throughout the season by the coaches.
3. Uniforms
 1. Cheerleaders must purchase personal clothing items and additional uniform items to compliment the uniform provided by the school. As is school policy, athletes must pay for items before they are received. The due dates for items are given well in advance. If items are not paid for by the due dates, the Cheerleader may not be allowed to cheer.
 2. Cheerleaders must replace any clothing lost or damaged beyond normal use. There will be no refunds for articles purchased when a squad member is dismissed or quits. Uniforms are to be returned, to the coach, within 3 days of dismissal from the team.
 3. Cheerleaders may be asked to travel in uniform or wear cheer apparel to school on certain occasions. If this is requested by the coach, all members of the team are expected to do so. No portion of the uniform is to be worn to school or anywhere else without the permission of the coach; nor should anyone who is not a member of the team wear any part of the uniform.
 4. Cheerleaders are not to take or post inappropriate pictures of themselves on social media sites in any cheerleading apparel (this applies to uniforms, shirts, jackets, pants, etc). Remember – anything that is posted on the internet is accessible to anyone.
 5. Cheerleaders are expected to have all parts of their uniform with them on game and practice days. This includes shoes, practice clothes, braces, briefs, socks, etc.
 6. Cheerleaders are to follow the dress code chart for practice attire provided by the coach. Cheerleaders who are dressed inappropriately will be disciplined or dismissed from practice. Jewelry is not to be worn at games or practices. Hair must be away from the face and off the shoulders for games and practices. If your hair is long enough to touch your shoulders it must be pulled completely up – no

half-up/half-down. Changes in hairstyles (weaves, sew ins, braids) must be discussed with coaches prior to game day to ensure the hairstyle follows the safety rules.

4. Attendance Policy

1. Attendance at all practices and games is very important. We understand that there are times when you must be absent, however every attempt must be made to be in attendance to practice. Practice and game schedules are announced in advance. Ample notice of changes will be given. There will be days with no practices or games, use these days for appointments. Trips are not excused, unless they are taken with a class at BHS. Any absences of games, practices, fundraisers or performances must be discussed with the coaches at least 48 hours in advance. The following actions will be taken for absences:
 1. 1 unexcused absence – warning
 2. 2 unexcused absences – 1 game suspension from the team (Cheerleader must still attend games, under the supervision of the coach)
 3. 3 or more unexcused absences – permanent dismissal from the team
2. In order to participate at a game a Cheerleader must be counted present for 85% of that school day. If you sit out a game, with the coach, because of a school absence, it will not count as an absence from the game.
3. If a Cheerleader is absent from the practice before a game she will not be allowed to start in the game, even if it is an excused absence. This is to ensure the safety of all the Cheerleaders.
4. Cheerleaders are to notify both coaches personally in the event that they are absent from practice/game. Do not send a note or word of mouth by another Cheerleader.
5. Cheerleaders are expected to be on time for all practices, games, and events. Being late for practice, games will result in extra conditioning and demerits.
6. Cheerleaders are expected to be at games, game ready (hair, makeup, attire), an hour and a half before set game time
7. Cheerleaders are to return to mat in formation with 2 minutes remaining of clock during half time.

5. Transportation

1. Cheerleaders are to attend all away games by bus as determined by coaches. A Cheerleader may return home from an away game with their parent, as long as the parent signs the Cheerleader out through manager or coaches.
2. When girl Cheerleaders ride the same bus with male athletes, girl Cheerleaders are to sit separately from the males.
3. A written note needs to be sent to coach if student plans to ride home with another parent from an away game.
4. Cheerleaders are expected to arrive at practice on time and have a mode of transportation to pick them up at given time.

6. Appearance and Demeanor

5. Cheerleaders must remember that they represent BHS at all times. Proper appearance, demeanor, and attitude are a MUST while in and out of uniform.
6. Cheerleaders should not use excessive profanity while in and out of uniform.
7. Cheerleaders should refrain from Public Displays of Affection at all times. This applies in and out of uniform and in and out of school.
8. Practices are closed to parents, family members, and friends. Cheerleaders should refrain from conversation with family and peers during games.
9. Visits to the concession stand or bathroom breaks are not permitted during games without the coach's permission.
10. Cheerleaders are not allowed to leave any game without being dismissed by the coach.
11. Cell phones are not to be seen or heard at practices or games. During practice, phones and all belongings are to be left in bags or predetermined locations. During games, phones are to be with your belongings. Cheerleaders are not to have their phones with them on the field.
12. While in uniform, Cheerleaders are to maintain a neat, wholesome appearance:
 1. No jewelry is to be worn at games, practices, etc. (please refrain from getting additional piercings during the season)
 2. Do not wear excessive make-up
 3. Fingernails are to be kept short for safety reasons. Fake fingernails of any type are not allowed. Long nails will be trimmed before you are allowed to cheer, nails do not exceed fingertip length.
 4. Each Cheerleader is expected to maintain good personal hygiene (brushed teeth, clean hair, shaved underarms, etc).
 5. Undergarments should fit well and compliment the appearance of the uniform rather than detract from it.
 6. Chewing gum is not allowed during practices or games.

7. Sportsmanship

13. Cheerleaders are to show sportsmanlike conduct at all times and do nothing to encourage unsportsmanlike conduct from the fans.
14. Cheerleaders are to cheer for our team and not against the other team.

8. Additional Rules and Regulations

15. The coach, athletic director, and principal reserve the right to revise these rules and regulations at their discretion.
16. Cheerleaders and their parents are required to sign and date a statement of understanding as proof of having read this material. Cheerleaders will not be allowed to participate in games until this has been done.

Any infractions will result in demerits. Demerit distribution is to the discretion of the coaches. Demerit punishment/consequences are as followed:

Number of Demerits	Consequence
1-2	Warning, additional conditioning at practice/game
3-4	Additional conditioning at practice/game, suspension from one game in uniform beside coach
5	Additional conditioning at practice/game, suspension from (predetermined number) games in uniform beside coach
6	Removal from squad

BEDDINGFIELD HIGH SCHOOL CHEERLEADING RULES AND POLICIES

AGREEMENT FORM

My signature attests that my parent(s) and I have read and understand these rules.

We also agree to and understand that Consequences are granted at the Coach's Discretion, ranging from sitting out to dismissal from the squad, and that previous actions will be taken into account.

Cheerleader: _____

Parent(s): _____

Date: _____

BEDDINGFIELD HIGH SCHOOL CHEERLEADING FINANCIAL AND TIME OBLIGATIONS

Below are the financial and time obligations. Please consider these and make sure you can meet all of these requirements BEFORE you try out.

Financial Obligations:

→ ***Competition Camp (Elite Athletics)*** - \$180.00 Due on August 3rd.

MANDATORY for Competition Squad

Check or Cash will be acceptable

- Shoes- \$82.00
- Warm ups- \$143
- Briefs- \$23.96
- Leggings- \$36.76

The items will be ordered from Varsity; Each cheerleader will be responsible for going online and ordering these products from our online store. These items will be shipped directly to your house.

Please make sure you have a Credit/Debit Card to order these items.
They will all have to be purchased at the same time.

Time Obligations:

❖ ***Competition Camp:***

- **Camp is MANDATORY for Competition Squad ONLY.**

Times will be announced at a later date.

❖ ***Practices***

- Will be announced by Calendar – Usually 2-3 times per week.
- Saturdays as Competitions approaches

❖ ***Games***

- Games will be announced on monthly calendars.

❖ ***Competitions***

- Pre-States
- States
- Conference
- County

❖ ***Fundraisers***

- As we plan fundraisers, all cheerleaders will be required to attend and help support the event.

JV & VARSITY CHEERLEADING OPEN CLINICS

June 26-29th
July 10-13th
July 24-27th
3:00-5:00 pm



BEDDINGFIELD BRUINS

Must have a
current
Physical,
Concussion
form and WCS
Participation
form



Order custom practice gear at
bhscheer2017.itemorder.com

JV & VARSITY CHEERLEADING OPEN CLINICS



June 26–29th
July 10–13th
July 24–27th
3:00–5:00 pm

**BEDDINGFIELD
BRUINS**

**White T-Shirt,
blue, black,
yellow or grey
shorts &
tennis shoes**



*Must have a current
physical, concussion form
and WCS participation
form*