Mission Statement: The purpose of the Wenatchee High School Cheer Squad is to increase the school spirit at Wenatchee High School, encourage and support the athletic program and the athletes within that program, develop leadership skills, foster an environment of teamwork within the squad, entertain and motivate sports spectators, improve individual physical well-being, and have fun. A member of the cheer/stunt squad must demonstrate responsibility and enthusiasm, possess high morals and a genuine concern for other students, and desire to work cooperatively within a team.

Article I. Role of Cheerleaders
Cheerleaders are expected to perform at a number of functions at Wenatchee High School. The various roles can be described as: 1) an A.S.B. leadership role; 2) a performing group; 3) a crowd participation leader; and 4) a competitor.

A.S.B. Leadership: Cheerleaders are seen as school leaders and are thus required to act in a manner befitting such a position.

Performing Group: Cheerleaders will be expected to fulfill a performing function at assemblies and athletic contests. They will be expected to function as a team in presenting a variety of routines to entertain and help motivate spectators and athletes at appropriate times during the year.

Crowd Participation Leader: Cheerleaders will plan and execute a set series of activities designed to include spectators in the support of our various teams. These activities will include dance routines, short chants, cheers, and stunts. A close working relationship with the band is crucial.

Competitor: Cheerleaders will compete each year in at least one cheerleading competition. This will be performed by the Winter Cheerleading Squad.

Article II. Description of Cheerleading Squad
The Cheerleading squad will consist of one group of girls and boys for each season. The size of the Fall Varsity squad will be 8-10 girls with a number of boys to be determined. The size of the Winter Varsity squad will be 12-16 girls with a number of boys to be determined. The Junior Varsity squad will consist of 5-12 girls each season. The tryouts for the Fall squad will take place in the Spring. The Winter squad tryouts will take place in November. Girls and boys will cheer for all sports at the high school. This will include all varsity football and basketball games, as well as a rotating responsibility for home volleyball games, wrestling matches, swim meets, soccer games, cross country meets, bowling meets, and district and state competitions, depending upon the season. Members of the Cheerleading squad will not be able to participate in a sport during the season they are part of the squad. All cheerleaders would be able to and are encouraged to participate in a sport anytime they are not a member of the squad. It will be a requirement that all members of the squad participate in stunting.
In wrestling and volleyball, there will be at least four (4) cheerleaders scheduled for each contest. A schedule for these activities will be developed at the beginning of each season by the squad and the coach.

All Fall cheerleaders must attend a summer cheer camp. The date of the camp is to be decided on a year-to-year basis. Camp attendance is a requirement for a position on the Fall varsity squad. Only family emergencies and extreme illnesses will be excused. Winter cheerleaders will participate in a mandatory Saturday stunt clinic in the month of November.

All cheerleaders are required to paint signs each week in support of the athletes and/or school events. Each squad member must complete his/her sign by the Monday before the sporting event. Not painting a sign will result in not cheering that week.

Article III. Tryout Procedures
Cheerleaders are selected by a combination of three categories. The first category is the Application and Faculty Input. The second category is the Review Board Judging, and the third category is a Performance Evaluation. Based on the scoring and personal evaluation during the tryout period, the final selection will be made by averaging these scores together.

A. Eligibility
1. Varsity and junior varsity cheerleaders will be selected from grades 9-12. Seniors may only be on the Varsity squad.
2. Each candidate must have a cumulative GPA of at least 2.5.
3. Each candidate must purchase an A.S.B. card.
4. Each candidate must be passing all his/her classes.
5. Each candidate must obtain a physical examination.
6. Girls must be able to perform either a front or a back handspring in order to be eligible for the Varsity Cheerleading squad either season.
7. Girls on the Winter Varsity Cheerleading squad may not run for Apple Blossom.

B. Application and Faculty Input
1. Every candidate must fill out a permission form outlining the policies and turn it in to the cheerleading coach.
2. Every candidate must fill out a questionnaire designed to assess his/her willingness to work, dedication to team, and commitment to excellence.
3. Every candidate must present a confidential evaluation form designed to assess his/her dependability, leadership skills/potential, enthusiasm, spirit, personality, and poise to each of his/her teachers. At least five (5) of these forms must be returned in order to receive a score in this area.
4. Each candidate’s Grade Point Average will be assessed and given a score.
5. Each candidate must complete a project of his/her choice designed to explore the candidate’s desire and readiness to be on the squad. The project will be assessed on effort, creativity, and the message it contains.
6. Each candidate will present a confidential evaluation form to a former coach designed to assess dependability, athleticism, teamwork, and leadership.
7. Each candidate must paint a general spirit sign to be evaluated for effort, neatness, and creativity.
8. The head coach will fill out an evaluation form for each candidate
assessing the candidate’s willingness to work, improvement, skill level, and leadership.

C. Review Board Judging
1. Every candidate will be interviewed and orally answer question presented by a Review Board comprised of the cheerleader coach and at least one other member of the school faculty.
2. Senior Varsity Cheerleaders will be responsible for evaluating candidates during the practice sessions prior to tryouts. They will present their opinions and recommendations to the cheerleading coach based on their observations of the candidate’s abilities and attitude.

D. Performance Evaluation
1. Candidates (girls) will perform a cheer, a chant, a dance, a jump sequence, a stunt in a group, and an original chant in front of a panel of judges selected by the cheerleader coach. Each girl must try out for a specific stunt position, i.e. back, side, or flier.
2. Candidates (boys) will demonstrate a knowledge of stunting skills, including spotting techniques, proper dismounts, and a partner stunt of their choice.
3. All candidates will offer support to those who are performing.
4. The Performance Evaluation is closed to all spectators.
5. Gymnastic skills will be evaluated during the week of tryouts.

E. Tryouts (Girls)
1. A series of practices will be held after school for one week in order for each candidate to learn the following: basic cheer moves and techniques, a cheer, a chant, a dance, a basic group stunt, a jump sequence, and the words to a chant. Candidates must also demonstrate basic tumbling skills.
2. Interviews will be held after school prior to the tryout.
3. The results will be posted within three hours of the tryouts.

F. Tryouts (Boys)
1. A series of practices will be held after school for one week in order for each candidate to learn the following: spotting techniques, basic arm motions, proper dismounts, and a variety of partner stunts.
2. Interviews will be held after school prior to the tryout.
3. The results will be posted within three hours of the tryouts.

Article IV. Regulations and Guidelines
A. Academics
1. All members of the cheer squad will maintain a cumulative Grade Point Average of at least 2.5. Failure to comply with the academic standards set forth by the Athletic Office will result in suspension of eligibility. Cheerleaders who go on academic probation will be required to attend Evening Study at least one night per week or to arrange private study sessions.
2. Squad members must attend all classes in order to participate at a practice or athletic event.
B. **Conduct**

Members of the squad must always demonstrate exemplary conduct on and off campus and adhere to the standards of good citizenship. A squad member’s actions represent the squad, student body, school, and community.

1. All squad members must sign the athletic code which governs athlete behavior.
2. Cheerleading is an enormous and very public commitment. Behavior at all times must be exemplary as cheerleaders serve as role models and are visible symbols of Wenatchee High School.
3. Teamwork is crucial to a cohesive team. Cheerleaders found to be undermining the team will be dealt with severely. This includes behavior such as spreading gossip and sending hurtful or inflammatory messages. Cheerleaders found engaging in such behavior will be benched from performances and/or practices.
4. If a squad member has a My Space page or any other personal web site, the coach must be allowed to see the contents of these pages.

C. **Relationship With Coach**

The cheerleading/stunt coach is responsible for all cheerleading activities. All planning (i.e. practice schedules, fundraisers, summer camp, uniforms, etc.) will be coordinated through him/her. **The coach has the final say in any decision.** Cheerleaders are responsible for keeping the coach abreast of anything that could impact the effectiveness of the squad. The coach will be responsible for keeping the administration and faculty informed of cheer/stunt activities and concerns. **There is to be no stunting without a coach present.**

D. **Appearance**

1. Uniforms should be presentable at all times: ironed, cleaned, and ready for use.
2. The complete and correct uniform must be worn at school the day of the game, as well as at the game.
3. Uniforms should only be worn as uniforms when representing Wenatchee High School and may not be loaned to nonmembers.
4. Neatness in appearance will be expected. All hair must be up in a pony tail and neatly secured. Jewelry or glitter of any kind is not allowed.
5. Any damage to the uniform is the responsibility of the cheerleader.
6. Uniforms may not be loaned to any nonmember. This includes fleeces, jackets, shoes, and camp clothing.
7. Cheer shoes may only be worn during cheer activities such as games and practices.
8. Each cheerleader must be uniform in appearance and wear a team-designated outfit on game days. Failure to wear the appropriate clothing will result in not cheering either that evening or the next scheduled game.

E. **Game Behavior**

Failure to comply with the behavior guidelines listed below may result in being pulled from the game. Repeated behavior will be addressed by the coach and the Wenatchee School District Discipline Action Chart.
1. Personal grooming in front of the crowd is not allowed. **You may not touch your hair!** Make sure it is set before you go in front of the crowd.

2. Do not chew gum.

3. Do not eat while performing in front of the crowd. Water bottles only are acceptable.

4. All members must be present in their formation during all games and organized cheers. You must be in position **one minute** before the end of half-time. You will sit out the 3rd quarter if not in place.

5. Do not quarrel in front of the crowd.

6. Do not swear or make negative comments to officials, players, coaches, or the crowd.

7. Avoid “coziness” with boyfriends or girlfriends during games.

8. Know all dances, chants, and cheers.

9. Know and understand the rules of the game.

10. If a player is injured on the field or court, give player recognition. No cheers should be done during an injury time-out.

11. Pay close attention to the action of the game and other squad members.

12. Demonstrate good sportsmanship at all times.

13. Stand at attention when not leading cheers.

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**F. Game Attendance**

1. **Football:** All Varsity Cheerleaders will attend every varsity game, including post season play-offs.

2. **Basketball:** Boy’s and girl’s games will be scheduled on a rotating basis. In the event of post season play-offs, all cheerleaders will cheer all home and away games. Upon arriving in the gym for home games, Varsity cheerleaders will assist the JV cheerleaders in cheering the 4th quarter.

3. **Wrestling:** All Varsity Cheerleaders will attend all home matches, tournaments, and post season matches on a rotating basis as scheduled. A minimum of four (4) cheerleaders will be at each event.

4. **Volleyball:** All Varsity Cheerleaders will attend all home games and post season matches on a rotating basis as scheduled. A minimum of four (4) cheerleaders will be at each event.

5. Assigned cheerleaders must be at all meets, matches, and games at least 45 minutes before they begin and must stay until the event concludes.

6. All other sporting events will be scheduled on a rotating basis to be attended by the entire team.

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**G. Jobs**

1. Prior to trying out, each member will be warned about the circumstances concerning jobs.

2. Summer jobs must not interfere with camp or practices. Missing a practice or game due to a job will count as an unexcused absence.

3. Jobs are acceptable **only if** they do not interfere with cheerleading responsibilities.

4. During the school year, the squad will be expected to be available until 6:00 p.m. after school each designated practice day in the Fall. Practice days switch to the evenings in the Winter. Additional practices may be scheduled as needed, but will be done at least two weeks in advance to be mandatory.
H. Team Discipline

In order to keep a cohesive team and to be the best possible squad, a discipline plan is necessary. Possible infractions include unexcused absences from practices, games or fundraisers; defiance; verbal abuse; tardies; truancy; and abuse of controlled substances. The attendance and tardy policy is stated below. All other infractions are addressed in the Wenatchee School District Discipline Action Chart. Each squad will also determine its own code of conduct regarding behaviors and punishments which must be approved by all squad members and the coach. Any squad member who is asked to leave the squad or who quits without fulfilling his/her full obligation will be fully responsible for any camp fees. The following behaviors are nonnegotiable:

1. Tardies
   a. A tardy is defined as being up to ten (10) minutes late to a practice, a game, a fundraiser, or any other scheduled activity. Being on time includes being dressed and ready to go for the activity. Squad members should arrive at practice in the proper attire.
   b. The squad will design a penalty process for tardies.
   c. If a late arrival to practice is inevitable due to school, family, or medical issues, the coach must be informed as soon as possible. This notification must come from a parent or the individual squad member.

2. Absences
   a. The only excused absences from practice, a game, a fundraiser, or any other scheduled activity will be for illness, injury, family emergency, or, in some cases, a school activity. All tests must be made up outside of practice time. An absence due to detention must be made up with the coach and will result in sitting out for 1/2 of a football or basketball game that week. The coach must be notified as soon as possible for a school related activity. Only the cheerleader or his/her parent may notify the coach. Messages delivered by another squad member will automatically count as unexcused absences. Emergencies will be addressed on a case by-case basis.
   b. An unexcused absence will result in suspension from the week’s activities, no matter what week it is. This may include Homecoming, etc.
   c. Three unexcused absences will result in expulsion from the squad.
   d. In the unlikely event that a member of the squad is suspended from an athletic event, that person must still attend the event dressed in warm-ups, but will sit with the coach and perform miscellaneous activities to be determined by the coach. This game will not count as an unexcused absence.
   e. An unexcused absence during the summer months will result in the squad member missing the first home football game. An unexcused absence in November will result in missing the basketball game versus Eastmont,
f. If a squad member is absent from school, he or she may not participate in any event that evening.
g. A message must be left at the school specifically for the coach. The attendance office does not automatically notify the coach of a cheerleader’s absence.
h. Missing the practice immediately preceding a football or basketball game will result in sitting out that game no matter what the reason for absence.

3. Dismissal From the Team
In the event that a team member is dismissed from the team or leaves the team before his or her obligation ends, the following will result:
a. The team member will repay the team for any camp fees paid in his or her place.
b. The team member will immediately return any uniform pieces belonging to the team.
c. The team member will not wear any team items to any school related function and is asked to refrain from wearing items in public which denote him or her as a WHS cheerleader.
d. The team member becomes immediately ineligible for any awards or recognition. This includes season awards and yearbook pictures.
e. If a cheerleader quits the team, he/she is ineligible to try out for the following year. Once you have made the team, you have a commitment to that team.

I. Travel
1. If a rooter bus has been scheduled and filled, at least five cheerleaders are required to ride the rooter bus to and from away events. Varsity cheerleaders are required to sell rooter bus tickets at lunch throughout the week. Failure to assist in selling tickets will result in sitting out that week’s game.
2. If a rooter bus has not been scheduled, parents may be asked to assist with transportation or vans will be driven by the coach and/or other faculty members.
3. Food expenses for regular season games are the responsibility of the squad members.
4. Cheerleaders may not transport themselves to any away events.

J. Fundraising
All members of the squad are required to participate in raising funds to pay for items such as camp fees, competition entry fees, rooter poms, and promotional items. All items to be kept by the squad members must be paid for; ASB funds cannot be used to pay for items to be kept by the team. Each squad member must help with the fundraising in order to be eligible to receive funding for camp fees. Fundraisers include, but are not limited to, a mini cheer camp, Tolo, car washes, and raffles.

Fundraising is a crucial part of cheerleading and allows us to help fund camp and other activities in order to improve and maintain a high level of excellence. As such, funds raised by the team may be used to assist the team the following year. Cheerleaders are asked to recognize that they were assisted by teams in the past.
K. **Squad Officers**
Several officer positions will be available to all members of the squad. If a squad member wishes to hold one of these positions, then he/she must submit a typewritten letter to the coach explaining why he/she would be a good candidate for the position. The position of Captain will be decided upon by the coach. There is no application for this position. Any squad member is eligible for any position other than Captain, regardless of experience. An officer’s duties remain constant year-round. A mandatory officer’s meeting will be held every two weeks.

1. **Captain(s):** The Cheerleading Captain(s) will be responsible for coordinating practice times, distributing messages, assisting the coach in various activities, assigning signs and other weekly duties, setting the tone for practices, and running meetings. Captain(s) may also be asked to perform the duties of other offices if those positions remain unfilled. The Coach will choose one – four members to share this position based upon leadership skills and interaction with the squad. A JV Captain will also be selected through this process at a later date.

2. **Co-Captain:** The Co-Captain will be responsible for assisting the J.V. Cheerleaders and coordinating activities with the Captain. The Co-Captain must attend a majority of the Junior Varsity games. The Co-Captain will also act as a squad cheerleader and will coordinate Elwood appearances. (Varsity only)

3. **Fundraising Coordinator:** The Fundraising Coordinator will work closely with the A.S.B. treasurer to ensure the cheer budget is balanced. He/She will also be responsible for meeting with the Parent Booster club, filling out fundraiser petition forms, scheduling fundraisers, and helping to fill out purchase orders.

4. **Assembly Coordinator:** The Assembly Coordinator will work closely with the A.S.B. Assembly Coordinator to ensure all pep assembly planning is taken care of. These duties will include delegating responsibilities, deciding upon activities and competitions, and contacting participants. Please note that the person who fills this position does not necessarily plan all of the pep assemblies.

5. **Secretary:** The Secretary will be responsible for recording the minutes of the officer’s meetings and publishing a quarterly newsletter regarding the cheer squad’s activities. He/She must also keep track of birthdays and other major events on the squad calendar. The Secretary will also take attendance at practice and track of tardies and absences.

6. **Historian:** The Historian will be responsible for keeping a record of all major events throughout the year in the form of a scrapbook. The scrapbook will be presented to the squad at the end of the year.

L. **Expenses**
Several items will need to be purchased by squad members. An approximate estimate of expenses is $800 for new girls, $300 for returning Varsity cheerleaders, and $400 for JV cheerleaders moving to Varsity. All money is due to the A.S.B. office by the end of the 2006-2007 school year for Fall cheerleaders. If the money is not paid by this time, the cheerleader will not be eligible to cheer until the money is paid. The cheerleader will miss the first two weeks of cheering automatically. All money is due by the last day before Winter Break for Winter cheerleaders. If the money is not paid by this time, the cheerleader will not cheer until the funds are paid. The cheerleader will miss two weeks automatically. A $100 deposit will be made one (1) week after cheer...
tryouts, and a payment plan must be set up within two weeks of tryouts. Some of items to be purchased individually are as follows:

1. **Girls:** New items to be purchased every year are as follows: poms, briefs, socks, camp clothes, shoes, and pictures (Parsons and camp). Items which will be reused are bags, uniforms, warm-ups, fleeces, and competition hair pieces. Fall cheerleaders will also pay $100 towards summer camp, and Winter cheerleaders will pay a $75 day camp and competition fee.

2. **Boys:** Warm-ups, fleece sweatshirt, uniform, polo shirt, shoes, white socks, pictures (Parsons and camp), and camp clothing. The same camp fees above apply.

**M. Varsity Letter (Varsity only)**

Each member of the Varsity Cheerleading Squad is eligible to receive a varsity letter. To earn a letter, each cheerleader may only miss up to three (3) scheduled events and activities per season. This includes, but is not limited to, games, fundraisers, team dinners, and community service events. Practices are not included in this area. In addition, team members must display a positive attitude and demonstrate enthusiasm at all sporting events. All policies in the Wenatchee School District Discipline Action Chart will be followed in addition to the code of conduct developed by the squad.

**Article V. Post-Season Cheer Policy (Varsity only)**

In the event that a sport continues into post-season, a cheerleader will be required to continue cheering for that sport. Meal allowances will be distributed for overnight stays, and transportation and any lodging will be paid for by the post season travel fund. Any post season games count as regular season games and will be considered when awarding Varsity letters.

**A. Football**

All cheerleaders will attend all post-season football games, both home and away.

**B. Volleyball**

As many cheerleaders as possible are eligible to travel to post-season play with the volleyball team.

**C. Boys/Girls Basketball**

All cheerleaders will attend all post-season boys and girls basketball games, both home and away. In the event that both teams are in the playoffs, the team will be divided by lottery.

**D. Wrestling**

The number of cheerleaders attending post-season wrestling matches will be determined by the number of wrestlers. No more than eight cheerleaders can attend the State Wrestling tournament, and preference will be given first to those who demonstrate an enthusiasm for wrestling and maintain a positive attitude and work ethic throughout the season. Attendance will also be considered. The attendance policy is as follows:

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<thead>
<tr>
<th>Number of Wrestlers</th>
<th>Number of Cheerleaders</th>
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<tr>
<td>1-3</td>
<td>4</td>
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<td>4-6</td>
<td>6</td>
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<td>7 or more</td>
<td>8</td>
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</tbody>
</table>
I have read the above constitution and rules, and I agree to abide with its enforcement. I fully understand the responsibilities, requirements, and rules stated above. I agree to abide by all the rules, responsibilities, and conditions herein and understand the penalties if I do not.

__________________________________________  __________________________
(Student Signature)                        (Date)

__________________________________________
(Printed Name)

As a parent, I am aware of the above restrictions and responsibilities entailed in being a member of the Wenatchee High School Cheer/Stunt Squad. I agree to assist my child in this endeavor and to offer my support to the squad when needed. I also agree that my child will be fully bound by this contract and abide by the rules therein. I further understand that my child has taken on a role in which he/she bears great responsibility to the school and his/her team. I pledge to help my child fully meet all of these responsibilities.

__________________________________________  __________________________
(Parent Signature)                        (Date)

__________________________________________
(Printed Name)