2024-2025 Roosevelt High School Cheer

Tryout Policies, Standards, and Commitment Form

**Cheer Packet Instructions:**

Read with parents thoroughly and obtain signatures when/where appropriate. Candidates and Parent(s)/Guardian(s) are responsible for the entire content of this document. Once completed, make sure you have everything signed and submitted. **Points will be given for a completely signed/filled out document. Points will be given for each action item listed**. A signature below means all these terms have been agreed upon.

Part 1: Candidate Checklist

* Cheerleader candidates must have at least a 2.0 cumulative GPA, and be passing every class. They must maintain this minimum while a member of the team.
* Cheer candidates must be attending Roosevelt High School for the entire 2024-2025 school year, or living in the RHS district and attending private/alternative school that does not have a cheer team. If transferring, students must be registered before tryouts.
* Cheer candidates must not owe ANY fines at their current school. Cheer bills from the 2023-2024 school year are to be paid in full by the end of the 2023-2024 school year.
* **Sign up through Final Forms with current physical** (More info here: https://roosevelths.seattleschools.org/student-life/athletics/athletic-registration/)
* **Essay Questions:** Read and respond to all prompts given in this packet. Your answers may be written or typed. (provided on part 6)
* **Teacher Recommendations:** Candidates should send recommendation forms to all current teachers to fill out.

**Current GPA: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**About Roosevelt Cheer:** Roosevelt Cheer is a year-round sport whose goal is to engage fans and enhance the game day and school spirit experience. Our values include a team-first mentality, willingness to try, accountability, and acting as an ambassador to Roosevelt. Cheerleaders will gain physical and mental strength, grit, and confidence while members of this team.

**About Coach Jordan:** Coach Jordan has been coaching at Roosevelt for 9 years. She grew up doing competitive dance and cheer, and then went onto be on the Cheer/Dance at University of Washington, where she was a 4 year member and 3 year captain. While at UW, she was selected to travel to China, Mexico, Canada, and multiple bowl games/tournament games to represent the University. Once she graduated, she received her Masters Degree in Public Administration at UW and coached their dance team for 3 years where she took them to UDA Nationals for the first time in program history. Aside from coaching, she choreographs, teaches, and consults for cheer/dance teams around the country.

Part 2: Practices

Cheerleaders must be in attendance at school to be eligible to participate in practice or performances. If you are at school, you are expected to be at practice that day unless pre-arranged. Please schedule appointments during times that will not conflict with cheerleading. Try to schedule any summer vacations within our break times. Cheerleading is a team sport, and it’s difficult to progress without everyone present. If a cheerleader misses practice, they need to learn all the material they missed.

**Spring Practices:** I agree to attend RHS Cheer practices for the remainder of the school year, April-June (2-3 times/week, Mon/Weds/Thurs after school until ~6 pm)

**Summer Practices:** I agree to attend RHS Cheer practices leading up to camp and football season late July through September. (2-4 times/week, generally Mon/Weds/Thurs, 8am-11am). Cheerleaders have a break after school ends until July 24th.

**Fall Practices:** I agree to attend RHS Cheer team practices for the fall season. (3 times a week after school—Mon/Weds/Thurs, after school until 6 pm).

**Winter Practices**: I agree to attend all RHS Cheer team practices for the winter season (3 times a week through the end of playoff season– Mon/Weds/Thurs, after school until 6 pm).

**Assembly Practices:** I agree to attend all RHS Cheer team practices for the spring season (1-2 times a week (Mon/Weds, after school until 6 pm), through spring assembly).

**Breaks:** We will not have any mandatory practices over spring/winter/mid-winter breaks. There are potential play-off games during breaks, but the full team will not attend. As mentioned above, we do have practices in the summer, but there is a break until late July.

Part 3: Events

**First team meeting/practice, March 27, 2:45-5 pm.**

**Uniform fitting and parent meeting, March 28, 4-6 pm** Once fitted and ordered, all cheer families are responsible and liable for the costs incurred. If a cheerleader needs to re-order a uniform piece, it will become the family’s responsibility. All gear items aside from uniforms will belong to cheerleader. Uniforms will be Roosevelt property. If a uniform piece is altered without approval, it must be replaced at the cheerleader’s expense and said cheerleader must sit out of games/events until the new uniform arrives. Parent meeting will be 5-6 pm.

**RHS Neighborhood Parade, June (TBD, Saturday), ~11-2.** This event will be held with the Roosevelt marching band. Cheerleaders will perform around the Roosevelt neighborhood with band.

**Stunt and skill intensive, July 24 (9-3 pm, tentatively)**. This is our first practice back. We will be focusing heavily on stunting, skills, etc.

**UCA Camp at Great Wolf Lodge, Aug 6-8 (overnight).** Camp will be focused on skill building, crowd leading, and more. Camp is mandatory for all cheerleaders unless completely unavoidable. This camp will help us to set our stunt groups for football season, assemblies, and competitions.

**Home Camp at Roosevelt HS (not overnight), Aug 19-24.** These will be extended practice days where we learn cheers, our welcome back assembly routine, practice gameday skills, and learn our competition routines. The home camp will likely end with the football scrimmage or picture day on the morning of Aug 24th. If you miss this home camp for any reason, you may not be placed in assembly/comp routines or the first game.  
  
**Football games**: Usually held on Friday evenings in the fall. Cheerleaders are expected to attend each game through playoffs.

**Assemblies:** We perform at the following assemblies: Moving up Assembly (June), Welcome Back Assembly (September), Homecoming Assembly (October), Winter Assembly (December), Spring Assembly (April).

**Basketball games:** (home games only). Cheerleaders will be expected to attend a variety of varsity girls/boys games. These games usually occur on Tuesdays, Wednesdays or Fridays.

**Other sporting events:** Cheerleaders are often expected to attend at least 1-2 games/matches of other sports (volleyball,swimming,golf,soccer,wrestling, etc.) These games will be communicated in advance.

**Competitions:** Cheerleaders will be expected to attend all competitions. These competitions fall on roughly 5 Saturdays from November-early February and are all day events.

*By signing below, I agree to and will attend all practices/events and I understand the practice/event requirements. I also agree and understand that during ALL seasons, cheering is a privilege. In preparation for both Football and Basketball season we will be conducting a material check, to see if individual cheerleaders are ready for Game Day. The coach reserves the right at ANY time to have a team member sit out of a game if they are not ready for Game Day or Performance.*

Cheerleader-Candidate Signature:



Parent/Guardian Signature:



Part 4: Funding/Fundraisers

Fundraisers are an important way to not only fund your camp fees and uniform costs, but also an opportunity to represent RHS as ambassadors in the community, in public, and in our school.

**Expenses:** Cheer requires a significant financial commitment. Each cheerleader will pay roughly $1500, and fundraisers will need to be organized throughout the year. **Need based scholarships are available to cover some/all costs.**

Cheerleaders/Parents are responsible to pay for the following:

• Camp clothes

• Camp costs and transportation costs

• Uniform/Uniform pieces

• Warm ups

• Shoes

• Poms

• Bows

• Coaching expenses

• Competition fees

In total, these costs fall around $1500 per cheerleader; this amount can be paid all at once at the beginning of the season, or throughout the season if payment plan is agreed upon by coach and fiscal staff. Remember that cheer spans the full year, and thus is more expensive than one-season sports.

*By signing this, I agree to participate in fundraisers as needed and communicate with Jordan if financial deadlines cannot be met. Finances should not keep anyone from trying out for the team, but communication is necessary if deposits cannot be made as scheduled.*Cheerleader-Candidate Signature

Parent/Guardian Signature: 

Part 5: Expectations and Accountability System

**General Expectations**

* **Extra-Curricular Activities**: Extra-curricular activities cannot conflict with RHS Cheer. Knowing how our schedule changes due to games, cheer needs to remain a priority (behind family and school). This is a team that is committed for an entire year, and our season extends to several sports seasons. Other activities like jobs, recreational sports, etc., need to work around the RHS Cheer schedule. All practices and events will be planned in advance to allow you time to schedule.
* **Fall/Winter sports**: Cheerleaders may not participate in RHS fall and/or winter sports. Spring sports are permissible with minimal conflict. Please inform coaches of any spring sport conflicts.
* **Leadership/Respect**: Being a part of a team requires respect for school, administration, coaches, family, and friends. With only 1 coach, there will be times when cheerleaders will be sent in small groups to an event without a coach. Cheerleaders should not stunt or tumble without a coach present.
  + Phones must not be used at any practice or game, even during breaks.
  + Attitudes must be positive and upbeat.
  + Arrive on time and SHOW UP mentally to each practice and game.
  + Cheerleaders will not show up to games/practices under the influence of drugs and/or alcohol
* **General practice/uniform standards**: Hair must be pulled off shoulders and away from face for all practices and games, unless mentioned otherwise. Artificial nails must follow WIAA rules and be appropriate for practice, events, and games.
* **School/Testing**: While school is our first priority, unofficial school events (IE: study groups, time needed to study) will not be considered excused absences. Since practice schedules are given far in advance, cheerleaders should practice time management and study schedules should be set.
* **Equipment/Uniforms**: As mentioned before, cheer equipment is your full financial responsibility. You may NOT allow others to wear or use any RHS cheer uniform/equipment. Cheerleaders will be required to have in their possession each uniform part, including appropriate socks and shoes at each event. Moreover, if cheerleaders are supposed to wear their uniform to school to show school spirit, every part of the uniform needs to be worn (including shoes and bow).
* **Jewelry**: Cheerleaders may not have on any jewelry at any practice/game/etc.
* **Practices and physical activity**: Cheerleaders will be expected to stunt, tumble, jump, stretch, and condition. This includes lifting weights (and people), going upside down, running, working on splits, and more. All stunting and tumbling will be taught at practices, but the athlete must be willing to try all of these things (with safety procedures and coaches supervision). Conditioning will be done at most practices, and all athletes must be able to participate. Conditioning helps us succeed at stunting/tumbling and ensure we are being as safe as possible.

**Accountability System:** Listed below are examples of situations and potential consequences for an RHS cheerleader.

| **Conduct** | **Potential consequence** |
| --- | --- |
| Wearing jewelry at games, practice, event | Conditioning for full team |
| Chewing gum while cheering | Conditioning for full team |
| Incorrect uniform for a game or event (including missing bow, poms, etc.) | Benched from event |
| Insufficient apparel for practice (no shoes, poms, hair tie, etc.) | Conditioning for full team |
| Wearing uniform in improper places/letting non-cheerleader wear uniform | Benched from next event (more potential consequences depending on circumstances) |
| Texting/talking on phone once activity has started without coaches approval | Conditioning for full team |
| Inappropriate material posted on any internet site/social media | Benched from next event (more potential consequences depending on circumstances) |
| Socializing during the game | In order: Warning, formation moved, benched for remainder of game |
| Tardiness, or leaving early from  game/practice or event | 10 burpees or equivalent (more consequences for frequent tardiness) |
| Absence from practice | Possibly benched for part/all of an event (depending on timing) |
| Absence from game | Conditioning, potential benching from upcoming events, potential removal from stunt group |
| Unsatisfactory fulfillment of duties (ie: singing fight song, rallying, knowing material, etc.) | Warning, full team conditioning, potential benching |
| Disrespect to teammate, captain, or coach | Depends on situation, potential benching or suspension from team |

Please note that this list is not exhaustive, and it is up to the coaches and athletic director’s discretion if there are any other disciplinary issues. If the athlete endangers their own or another athlete’s well-being by being under the influence, being intentionally reckless during stunting, etc., it will result in immediate removal from the team.

**Definitions/Clarifications**

**Sitting Practice:** If a cheerleader is too injured to practice, they are still required to attend practice and observe. If a cheerleader is not in a performance, they are still required to attend practice and observe. Exception: if a cheerleader is contagious, vomiting, or has a fever.

**Tardy:** If a cheerleader is late to a practice or event by 2-45 minutes, otherwise considered an absence

**Consequences:** Consequences are not to be considered disciplinary actions. All practices are critical for the success of the RHS cheer team in using necessary progressions, strength conditioning, and proper technique. Missing practice presents a possible safety risk to self and teammates and/or requires extra time to reteach material. When a cheerleader has an absence for any reason, there is a potential consequence due to the amount of material learned at each practice and the nature of our season. In the event the cheerleader is benched for a game or event, they are required to be dressed in full uniform, sit with the coach or team, and cell phones are to be kept in bags. If a cheerleader misses a practice, they are responsible to learn what they missed.

*By signing this, I agree to all the terms/conditions of our accountability system. I understand that I will need to participate and work hard at every practice in order to help our team progress.*

# Part 6: Parent Responsibilities

Parents play a huge role in ensuring the success of the athletes. By signing below, parents understand the following expectations for having a child on the Roosevelt Cheer team:

* Pay deposits in a timely manner
* Communicate about any absences/trips well in advance to ensure plans are made with the child and coach
* Plan family trips/events outside of practice times when possible
* Encouraging cheerleader to participate in fundraisers
* Ensure athlete has a ride to and from practice when practice begins/ends
* Help keep cheerleaders healthy and safe outside of practice

There will be options to volunteer to get more involved with the team in the following ways:

* Volunteering to carpool on competition day to/from the competition
* Becoming a member of the booster club
* Chaperoning at our State competition in Vancouver
* Planning fundraisers
* Providing snacks/meals on long practice and game days

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Part 7: Coach Expectations

Along with cheerleader expectations, there are also expectations that Coach Jordan will be held to including:

* Have a team-first mentality
* Show up on-time to all practices and events prepared
* Ensure tools are provided for athletes to excel at practices and events, including providing proper progressions and drills
* Help teach lessons that can be carried with athletes beyond cheer
* Meet with cheerleaders regularly during Monday workouts
* Provide practice plans and schedules to ensure efficiency
* Work with RHS admin to ensure cheer is supported
* Stay up to date on current cheer trends and rules

Part 8: Essay Questions

Please answer these questions on a separate sheet of paper. Answers may be written neatly or typed. Keep your answers no longer than 5 sentences. Make sure your name is on the sheet of paper.

**Questions for new candidates ONLY** (returning members, see below)

1. Why do you want to be a part of RHS cheer?

2. What do you think is the hardest part about being a cheerleader? Why?

3. Why is cheerleading important for RHS school spirit?

4. Do you plan to have any extra-curricular activities next year other than cheer? How will you make it work with cheer, and how will you stay committed?

5. What are your strengths and weaknesses? How do you plan on working on your weaknesses?

6. Do you have any cheer/dance/gymnastics experience? If so, how much?

7. Any other info you’d like us to know about you? You can use this question to explain your GPA, or just provide us with more information about you. (optional)

**Questions for returning candidates ONLY**

1. What were your biggest strengths last season? What is something you plan on improving from last season?

2. What makes you unique? What did you add to this team last season?

3. What was your favorite part of last season? What part was the biggest challenge for you?

4. Why do you cheer?

5. How do you think our team can improve this season?

6. Any other info you’d like us to know about you? You can use this question to explain your GPA, or just provide us with more information about you. (optional)

**Please return the signed contract along with essay questions by email (**[**jsfrench@seattleschools.org**](mailto:jsfrench@seattleschools.org)**) or in person by March 19th–the second day of tryouts. Teacher recommendations should be received by March 19th as well.**

**Go Riders!**