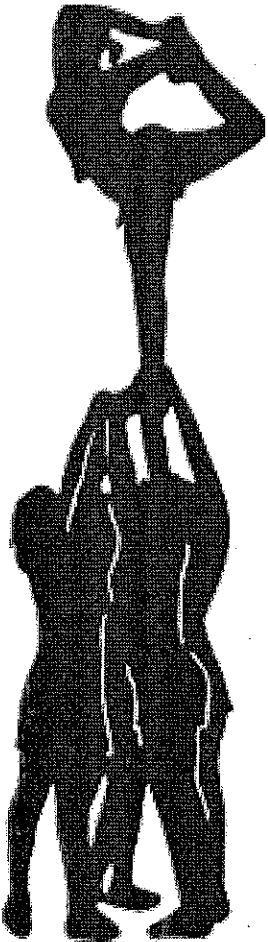




2022-2023
RIVER RIDGE
High School
Cheer Contract



Athlete by nature,
Cheerleader by choice

RIVER RIDGE HIGH SCHOOL CHEERLEADING 2022-2023

HAWKS CHEER PROGRAMS MISSION AND GOALS ARE TO:

- Promote and uphold school spirit and represent the school to the highest degree with unity and pride.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Respect each other, as well as schools whom we compete, perform and go to camp.
- Support and Perform at Pep and Recognition Assemblies during your season.
- Compete at local, regional, state & national cheer competitions.
- Perform community service under the umbrella of River Ridge High School cheerleaders.

HAWKS CHEER PROGRAM CODE OF ETHICS:

- Ensure equal opportunity to all students without regard to gender, sexual orientation, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Abide by all school, district, league and national federation rules.
- Show courtesy and respect to all visiting teams, competitors, hosts and officials.

HAWKS CHEER PROGRAM STANDARDS AND REGULATIONS:

Cheerleaders understand that teamwork and the maintenance of discipline are key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Contract is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

It is recognized that these standards are necessary to maintain team morale. Consistent enforcement of the cheer contract is also necessary to ensure the safety and general well-being of each individual cheerleader. Participation in cheerleading is voluntary, not mandatory. It is a privilege, not a right, and may be revoked by the coach or school personnel when a cheerleader violates the rules and regulations.

Varsity/JV Cheerleading Program

Our program consists of multiple teams. Their responsibilities are listed below.

Varsity BLUE

Our varsity BLUE team cheers at Varsity football games, home and away. Cheer at both girls and boys Varsity basketball home games. Will perform at halftime shows and assemblies.

Junior Varsity SILVER

Our varsity SILVER is our JV team. Freshman will start on Silver as we feel it is important to grow in our program. They will cheer at home JV football games. They will also cheer at Varsity boys and girls basketball with Varsity blue.

Competition team

Silver and Blue members may have the opportunity to compete on our competition team from Varsity and JV, in Gameday and Traditional divisions. **Competition placement will be based on attendance, grades, attitude, a 2.5 GPA, and team needs.**

Varsity GRAY

Our Varsity GRAY team will cheer at home wrestling meets.

ELIGIBILITY

Academic Requirements

Scenario One: Passing 5 classes GPA 2.0 or above	Good to Go
Scenario Two: Passing 5 classes GPA LOWER 2.0	ineligible for 3 weeks
Scenario Three: 3 or more 5's	ineligible for 5 weeks
Class Points need to add up to 12 points for average 3.0 GPA. 12 points / 4 classes = 3.0 GPA	

Grade	Point Value	Scenario One			Scenario Two			
Class	Grade	Points	Class	Grade	Points	Class	Grade	Points
1 st Per	A	4.0	1 st Per	A	4.0	1 st Per	A	4.0
2 nd Per	B	3.0	2 nd Per	B	3.0	2 nd Per	B	3.0
3 rd Per	C	2.0	3 rd Per	C	2.0	3 rd Per	C	2.0
4 th Per	D	1.0	4 th Per	D	1.0	4 th Per	D	1.0
5 th Per	F	0.0	5 th Per	F	0.0	5 th Per	F	0.0
Total points: 11.7			Total points: 11.7			Total points: 11.7		
GPA = 11.7 / 4			GPA = 11.7 / 4			GPA = 11.7 / 4		
GPA = 2.925 Eligible			GPA = 2.925 Eligible			GPA = 2.925 Eligible		

All members must sign and abide by the athletic code.

For each grading period, members must be passing 5 out of 6 classes and maintain a 2.0 GPA.

Members must maintain good citizenship marks, attendance, and class performance and teacher recommendations during the time on the team and for try-outs.

All members must have a physical and signed contract on file with the athletic department before practices begin.

All practices, and games are mandatory

Competition cheerleaders will maintain a 2.5 GPA.

Cheerleading must take priority over all other extra-curricular activities (including jobs) for the entire time of commitment.

PERFORMANCES AND CHEER LINES

Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp or competitions, etc.
 - Excessive public displays of affection are not appropriate, especially in uniform, at games or in school settings.
 - By being part of the cheer team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of River Ridge High School.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must have a coachable attitude, good work ethic and be compassionate towards others.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating. You must dress down for PE on game days in order to remain eligible.
- Each case of discipline will be judged individually. The coaches with the assistance of the administration, if deemed necessary, have the final decision in any discipline situation. Any exceptional misconduct or harassment could result in being removed for the team.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.
- Missing practices that have valid excuses can still lead to being removed from a routine, position or stunt, due to not physically being available to practice.
- During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game with the phone put away.

DISCIPLINE POLICY

The following violations will be grounds for immediate discipline.

- Underage alcoholic consumption, drug use, use of tobacco products, vape, steroids or any other controlled substances.
- Failure to leave a party, function, location or event where the aforementioned items are evidenced by a team member.
- Any exceptional misconduct or harassment.

ABSENCES

- PLEASE DON'T use cheer as punishment, this affects the whole team. One person being absent affects the entire team. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- PLEASE DON'T schedule appointments during practice time. Absences must be excused by a note from a doctor if you had an appointment or a call or note from your parent if you are sick.
- Missing a scheduled practice the day before a game, assembly performance, or competition will result in the individual not performing at that game, assembly or competition.
- You must notify the coach BEFORE practice if you are going to miss. If you miss 3 times without notifying the coach you will no longer be a part of the team.
- Absences due to work schedules are unexcused. Jobs must work around the cheer team schedule.

PRACTICES ~ GAMES

- All practices and games are mandatory. (For Basketball season we often split, you will be expected to be at all of your assigned games)
- If you miss a game for any reason, you will sit out the first half of the next game.
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Cheerleaders are required to arrive 60 minutes before game time. We have had issues with cheerleaders not showing up game ready. If you arrive at the game and you are not game ready you will sit out the first quarter of the game. We hope that will never happen and it's completely up to the cheerleader to make the choice to arrive ready.
- All team members must know all the cheers and routines for the game. Sitting out is unacceptable.
- No jewelry, including piercings, allowed during practices, performances or games.

UNIFORMS

- Uniforms are not provided by the school. You must keep your uniform clean.
- Fingernails must be sports length.
- Warm-ups, and camp wear are considered part of your uniform and should not be worn by anyone other than you.
- Cheerleaders must wear their team-designated outfit to school on game days. Failure to do so will result in sitting out of the game.

TRANSPORTATION

Cheerleaders must ride in school provided transportation. If not traveling back with the team, you must fill out a Travel Release Form and turn into the ASB. You will fill out one form for the entire season. Unless this paper work was turned in, you will travel on school provided transportation home.

CHEER PROGRAM FINANCES

- Uniforms are required for participation on the Cheer Squad. They are not provided by the school.
- Once purchased, clothes, shoes, and/or camps are non-refundable.
- Additional expenses such as hair ties, camp clothes, and warm ups are the responsibility of the team member.
- Fundraising opportunities are available; however, it is the individual's responsibility to pay all expenses.
- All cheerleaders will be required to purchase the following:
 - Uniform, Camp/Practice wear, Bows, Warm ups,
 - Cheer shoes

We respectfully ask that if you quit the team that you refrain from wearing your cheer items during the remainder of the school year.

Informational Parent Meeting

March 11th 7pm River Ridge Auxiliary Gym

Tryout Dates

Friday March 18th

Monday-Thursday March 21-24th

Official Tryout Tuesday March 25th

PARENT COST LETTER

Cheerleading is an expensive sport. See breakdown of costs below. All costs for cheerleading will be due shortly after making the team. We try to spread it out as much as we can. There is little to no cost later in the year. Some money is due up front.

We will be ordering campwear and uniforms right away in hopes of getting them before camp. We will be using the Varsity payment portal for this. I will let you know once that is up and running.

The following is an estimate of expenses for New members. Actual costs may vary:

Cheer Camp \$475 (Payable to River Ridge)

Bows due \$25 (Payable to River Ridge)

Campwear \$350

Uniform/ Shoes/ Game Day Outfit/Jacket/ Poms due Late March \$500

Sports fee due in Mid August \$100.00

ASB due in Mid August \$30.00

* If payments are not paid in full by the due dates, your child may be removed from the team.

Uniform, Shoes and Game Day fitting

Uniform fitting will take place very soon after tryouts. Uniforms are custom made and once they are approved there are no returns. An online payment portal will be available to pay for this. We hope to have it up and running shortly after the fitting. It is very important to not miss the deadline.

Grade check will be done before any final decisions are made. We will be checking your grades. You must have at least a 2.0 to make the team.

ACKNOWLEDGEMENT

Parent Permission for Cheerleading Tryouts

Candidates Printed Name

I have read and understand the River Ridge High School Cheer Contract pages 2 - 5 that will govern my daughter/son if she/he is chosen to represent River Ridge as a cheerleader.

I further understand that this is an extracurricular activity and that attendance at all practice, games, special functions and camp is a requirement of all chosen cheerleaders. I agree to support these standards and policies.

I am aware of the demerit system and will help support the coaches on these difficult decisions.

I have read the parent cost letter and am aware of the cost and due dates for all money that will be owed.

I hereby give my student permission to try out.

Parent's/Guardian's Signature Date

Address

Parents Phone Number (best one to contact you)

Parents Email Address (Please print clearly)

ACKNOWLEDGEMENT

Cheerleader candidate acknowledgment that contract has been read

I have read and understand the River Ridge High School Cheer Contract pages 2 - 5 that will govern me if I am chosen to represent River Ridge as a cheerleader.

I further understand that this is an extracurricular activity and that attendance at all practice, games, special functions and camp is a requirement of all chosen cheerleaders. I agree to support these standards and policies.

I am aware of the demerit system and will help support the coaches on these difficult decisions.

The following information is for a camp wear outfit:

My Sports Bra Size is

My Tank Top/T-Shirt Size is

My Short Size is

Candidates Signature Date

Address

Candidates Phone Number (best one to contact you)

Candidates Email Address (Please print clearly)

Please return this page to Coach Tia