



# Chilton Cheer Handbook



Updated April 2018

## Purpose

Perform at all Chilton Middle School football/basketball games and rallies.

Cheerleaders should strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help student participants in school activities.

Cheerleaders should focus on directing the cheering of student and adult fans. In this role, cheerleaders are positive, effective student leaders. Their activities should be focused on: creating a cooperative spirit among the cheerleading teams, athletes, student bodies, school administrators and the community; recognizing outstanding plays and examples of good sportsmanship on the part of competing teams; and aiding the school and game officials in the promotion of good sportsmanship by the spectators. Our focus this year will be on cheer and dance.

### **Commitment**

Each cheer member should be aware of the amount of time cheerleading requires.

It is an honor that requires not only commitment, but also hard work and dedication.

The active cheer season will end before December break, however a cheer member continues to represent the squad and school from the day of selection until the last day of school the following academic year.

Cheer members need to be aware that their Chilton cheer commitments will come first. Outside activities, etc. need to be considered before trying out for the cheer squad. Any outside commitment will not be considered as an acceptable reason to miss any cheer event/game. Any material learned at practice is the responsibility of each cheerleader to learn on their own, leveraging fellow squad members and/or technology provided by the coaches.

### **Leadership**

A cheer member is one who is willing to set aside his/her own personal agenda for the whole program's pursuit of excellence. Members will demonstrate good sportsmanship, promote school spirit and display genuine concern for others.

## **REQUIREMENTS**

Squad members may be 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders attending Chilton. Cheerleaders must be covered by an insurance policy.

### **Academics -**

Any cheerleader who receives a grade **below** 70 at the end of a grading period, or who fails to meet the standards in his/her Individual Education Plan (IEP) may not participate in extracurricular activities for the allotted time set by the Head Coach.

Any cheerleader who becomes ineligible will not be allowed to perform or wear his/her uniform for any reason for the term of ineligibility. The Head Coach will determine if the cheerleader is required to attend an event without participation.

## **CONDUCT**

A Chilton cheer member takes on the role of a respectful and disciplined athlete who should be a model for her/his peers at all times - in school, after school, and in the community.

This is a very visual position and your peers are looking at you. Along with this position comes a great deal of responsibility.

Proper appearance is required at all times. Clothing must be appropriate to the occasion. The uniform is for school functions only.

The anti-bully policy will be enforced.

The use of social media is not to be used for any negative comments about the squad, coaching staff or Chilton MS. If cheer members are caught making any negative comments about the team, coaches, classmates, teachers, staff, etc. it may result in suspension or removal from the squad.

Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the cheer advisors, with assistance from the administration if deemed necessary.

Parents are as important to the squad as is the athlete. While representing Chilton Cheer each parent and athlete will be expected to conduct themselves in a professional manner.

Please do not break the spirit of the team if you become dissatisfied with an issue. Please address any issues with the cheer advisors rather than other parents or athletes.

## **AGREEMENT FORM**

By signing the team agreement form, this indicates that both parent and cheerleader understand and agree to the rights and responsibilities in the Cheer handbook. If your child is selected for the team, you must agree to sign our Agreement Form. A copy of the agreement form is attached in this packet.

In addition, both parent and cheerleader need to be aware and agree to the following:

Poor conduct/behavior will result in and be handled as follows:

**1<sup>st</sup>** Offense – Coaching cheerleader and bench time

**2<sup>nd</sup>** Offense - Meeting with parents/cheerleader/administration and bench time

**3<sup>rd</sup>** Offense – Suspension and possible removal from the squad

**Coaches and administration reserve the right to remove a member from the squad at any time should behavior or actions be so severe to warrant extreme and immediate action.** No refunds will be given if your child is removed from the squad.

## **PRACTICE/GAMES**

### **Practice-**

**Summer** - We will be practicing this summer. Because we know that summer vacations may have already been planned, summer practices are not mandatory, however strongly encouraged. Regardless, cheerleaders are expected to learn any material they may have missed at practice or at camp (from another cheerleader and/or by learning from any visual aids as provided by the coaches).

**After School** - Practice will be held on Mondays (and occasionally other non-game days) at Chilton MS once the season begins (August). Practices

will be 2-3 hours in length. If a practice is missed for any reason, it is the cheerleader's responsibility to learn any material they may have missed.

**\*Practices are closed to everyone except cheer advisors, coaches, administration, members of the squad.**

Additional practices will be scheduled as needed (after or before school hours.) Cheerleaders must be available Monday through Thursday.

During games and practices we stay together as a group with our coaches.

No one is allowed to leave a practice or game without notifying their coach.

More information about practice, times and dates etc. will be given after the squad members have been selected.

### **Games-**

Games are scheduled for Monday, Tuesday, Wednesday or Thursday after school.

Games are scheduled on different days and sometimes twice a week.

Game schedules will be shared as soon as they become available.

Game schedules will also be available on the Chilton website under Chilton

Cheerleading as well as the seasonal sports we cheer for

(football/basketball).

### **ATTENDANCE:**

Your squad relies on you and everyone plays an important part on the squad. Cheerleaders are expected to attend ***all*** scheduled games and practices. Please arrange appointments and other activities around the cheerleading schedule.

Attendance is necessary to make a team successful. Absences jeopardize the entire squad and hinder success. Any absence from a practice or game must be reported in advance, directly to the coach.

This may be done by phone or email to:

**Kim Ancker (916) 759-0590**

**[gobobcatscheer@gmail.com](mailto:gobobcatscheer@gmail.com)**

### **ATTIRE**

Practice clothes are to be worn to practices at all times.

Nails should be neat and trimmed short.

No jewelry. No gum.

Hair and bangs pulled back **with bow** for practices and games. Coaches will let cheerleaders know if there is a change in hairstyle for a certain event.

Uniforms are to be worn to school all day on game days (unless otherwise noted).

### **Information**

General information will be posted on the Chilton Middle School website [www.rcsdk8.org](http://www.rcsdk8.org)

(Search schools – Chilton Middle School) under Chilton Cheerleading.

If you do not have access to email or the website please let us know so we can make other arrangements.

It will be the responsibility of the cheerleader to inform their parents/guardian about what is going on. You may contact the cheer advisors for information if needed.

**Kim Ancker (916) 759-0590**

[gobobcatscheer@gmail.com](mailto:gobobcatscheer@gmail.com)

### **COMMUNICATION**

Communication is important to us. We are available by phone or email for general questions. We will also leverage the **TeamSnap** app for communications/updates.

If at any time a cheer member or parent feels he/she needs to discuss a problem or concern, please call to set up an appointment with the cheer advisor(s) so that we can discuss the matter at the appropriate time and place. A 24-hour cool down is always recommended.

For safety reasons, our focus needs to be on the squad during practice and game time.

Please do not confront the coaches before, during or after a practice, game or event to discuss a problem. Thank you for your cooperation.

## **Tryouts**

During the tryout process, the following are all evaluated in front of the judges:

Jumps, Tumbling, Cheer Abilities, Motions, Memory, Overall Impression, and Dance Abilities.

The purpose of the tryout clinic is to teach each candidate the tryout material. A dance and cheer will be taught and performed on the last day. Candidates are expected to maintain and consistently perform the skills that are demonstrated during evaluations and tryouts.

### **Informational Parent Meeting:**

**Wednesday, April 18th @ 6pm – Chilton Library**

### **Cheer Clinic and Tryouts: May 30<sup>th</sup> – June 1<sup>st</sup>**

**May 8<sup>th</sup> & 9<sup>th</sup> Clinics – 3:45-6:00pm – Chilton Multipurpose Room**

**May 10<sup>th</sup> – Tryouts – 3:45-6:00pm – Chilton Multipurpose room**

**\*No parents or visitors are allowed during the clinics or tryouts.**

*What to wear to try-outs:*

*Black shorts*

*Plain white t-shirt*

*Hair and bangs pulled back in ponytail (and bow if you have one)*

*No jewelry*

*Parents and candidates are responsible for completing, signing, and returning all required forms prior to the start of cheer clinic. If you need these forms, please locate them on the Chilton Cheerleading page or you can ask the cheer advisor(s) to email them to you.*



*These forms must be returned by the first day of clinic. Parents need to read all information carefully and sign forms to give permission for their child to participate.*

### **After Tryouts**

Results will be posted after school on **Friday, May 11<sup>th</sup>** .  
Should a candidate not be selected for a spot on the squad, they are welcome to schedule some time with the coaches for individual feedback about their tryout. Our hope is that this feedback will provide insight for your child to work on specific things to increase their chances of earning a spot the following year.

### **DECISIONS ARE FINAL.**

It is each student's responsibility to share the feedback provided to them with their parents as they would like. Inquiries concerning another student's tryout results, including scores, will not be shared.

\* Mandatory parent meeting/uniform fitting for individuals making the squad:

**Thursday, May 17<sup>th</sup> , 6-7:30pm in the CMS gym.**

We will be collecting athletic donations (\$60) at that time as well as providing time for the cheerleaders to try on various uniform pieces to determine needed sizes. We will also discuss our upcoming summer camp (**June 18-22**) which we hope each squad member is able to attend (in Rocklin).

### **Uniforms**

The school has purchased the cheer uniforms for the cheerleaders to wear for the season. At the end of the season, uniforms will need to be returned in the condition they were originally issued. No holes/rips/tears etc. The only items the school will not be purchasing are spunks, socks, shoes, warmups and leggings which the girls will be able to keep.

## Camp

In lieu of an expensive off-site camp, we will be leveraging cheer and dance camps offered by our local high schools. Attending camp(s) is not required, however highly recommended.

1. Whitney HS Dance Camp, **June 18-22, 9am-noon**
2. Oakmont HS Cheer Camp, **TBA**

**\*\*Both camps include a t-shirt and a performance on the last day of camp.**



## **Agreement Form**

By signing the team agreement form, this indicates that both parent and athlete understand and agree to the rights and responsibilities outlined in the Chilton Cheer Handbook.

In addition, both parent and athlete understand and agree to the following:

### **Cheerleader**

I have read the Chilton Cheerleading Handbook and expectations and commit to being a Cheerleader in accordance with these expectations. I understand and agree to the obligation that I have made to myself, my coaches, my school and my squad by joining the Cheer program.

\_\_\_\_\_  
Cheerleader

\_\_\_\_\_  
Date

**Parent(s)**

I, as a cheerleading parent, agree to give my cheerleader 100% support in the commitment to cheer. I have read the Chilton Cheerleading Handbook and agree to the expectations.

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date