

# Bartram Trail High School

## 2018-2018 Competitive Cheerleading

### COACHING INFORMATION

Danielle Parker	Varsity Cheer Coach	<a href="mailto:Danielle.parker@stjohns.k12.fl.us">Danielle.parker@stjohns.k12.fl.us</a>
Katie Tax	Varsity Cheer Coach	
Jennifer Aston	JV Cheer Coach	<a href="mailto:Jennifer.L.Aston@stjohns.k12.fl.us">Jennifer.L.Aston@stjohns.k12.fl.us</a>
Kayleigh Aston	JV Cheer Coach	

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

#### **Membership/Eligibility**

1. Membership shall be determined by the coaches of BTHS Cheer program through a try-out process. The squad will be judged and chosen by the BTHS cheerleading coaches; considerations for squad placement will include but are not limited to teacher recommendations, coaches recommendation, grades, team/stunt group needs, stunt ability, tumbling ability, and tryout clinic (on-the-spot performance) participation and performance.
2. If you are a rising freshman trying out, you must be zoned for BTHS or already been accepted to an academy at BTHS. If you are a current freshman, sophomore or junior you must be enrolled at BTHS before trying out.
3. All members must maintain a cumulative Grade Point Average of 2.5. Failure to comply will result in suspension of eligibility.
4. Team size will be determined at tryouts based on skill level, attitude and number of candidates.
5. Cheerleading must take priority over ALL other extracurricular activities (including jobs and All-Star teams) during the cheerleading season.  
Example: In the event of a conflict between All-star events and school cheer events, school must take priority. Demerits will be given for missed practices and events. You will be removed from the routine if you miss a competition.
6. Being a cheerleader one year in no way guarantees placement on the squad for the following year.

#### **Alternates**

1. All competition positions are considered fluid; therefore, any athlete may be moved to an alternate role at any given time during the season. Alternates will cheer all football and basketball games and have the opportunity to take on the role as a competitive cheerleader at any point throughout the season.
2. Varsity alternates will be eligible for their varsity letter.
3. Alternates will have the same expectations as any other member on the team.

#### **Cheerleader Responsibility**

1. Cheerleading is one the greatest organizations in the school in charge of unity and positive support. Cheerleaders are an athletic team, and just like any other athletic team, members are expected to behave like a team. Practices are not optional and neither is game attendance. Positive attitudes, respect for teammates and coaches, and kindness will be expected at all times.
2. Cheerleaders as leaders of the school are expected in uphold high standards, and will follow and adhere to all of the student handbook rules. Failure to uphold these standards will result in suspension depending on severity and could result in dismissal from team.

3. Cheerleaders are required be a part of the cheer class offered 7<sup>th</sup> period. Only exception will come from the registrar's office because there are scheduling conflicts for core classes.
4. Attendance is crucial in cheerleading. Missing a game or practice for any reason other than medical or family emergencies, severe illness, or school duty/functions will result in demerits. If a cheerleader is unable to participate in practice or games due to an injury a doctor's note is required. She is still required to attend all practices and games.
  - Absences: A justified illness or family emergency should be communicated to the coach in a reasonable manner of time before a missed event.
  - Communication between cheerleader and coach is preferred.
  - Tardies: Cheerleaders are expected to be ready to practice or prepared to cheer at the designated time. This means you are dressed and ready to go. Tardiness to a practice or game could lead to limited cheering time or other disciplinary actions determined by the coaches.
5. If a physician has restricted the cheerleader's participation, she must provide a note of clearance before being allowed to resume cheering at practices, competitions, or games. **THIS IS SCHOOL POLICY.**
6. Social Media- Cheerleaders will be held accountable for their actions both inside and outside of school. It is important to be aware that you are representing not only BTHS cheerleading, but also Bartram Trail High School as a whole when posting on social media. Failure to represent BTHS in a positive manner on social media could lead to limited cheering time or other disciplinary actions determined by the coaches. Girls are required to allow coaches to follow their pages.
7. Appearance- All cheerleaders must maintain a clean and well-groomed appearance.
  - a. No jewelry should be worn.
  - b. Practice wear and Uniforms should be washed and cleaned after every wear.
  - c. Nails should be natural and kept short and neat.
    - i. Nails should be a natural/neutral color for competitions.
  - d. The correct practice wear should be worn to each practice, this includes cheer shoes. This requires responsibility on the athletes to plan ahead. Conditioning with be the consequence for the first 3 infractions, after that other disciplinary actions will be taken.
8. Uniforms- Cheerleaders will be provided with school uniforms. It must be cleaned and turned in immediately following the season. Cheerleaders are responsible for any lost or damaged uniforms.
9. A member may not wear any part of her uniform at any time other than scheduled cheerleading activities, and she may not lend her uniform to someone who is not a Bartram Trail cheerleader.
10. When in any Bartram Trail attire (uniform, jacket, t-shirt, etc.) cheerleaders are expected to act appropriately, as well as when not in uniform. (People know who you are)
11. Any cheerleader that quits a team will not be allowed to try out for another calendar year from the date that she quit. They will be required to quit in writing and date the request as a record of their decision, turning in all uniforms at this time.
12. Cheerleaders must consistently perform at or above the level that was shown during the tryout procedure and all skills that were exhibited at tryouts are expected to be displayed at practices, games, and competitions. For example, if a cheerleader receives points for a standing back tuck at tryouts, she is expected to demonstrate that skill upon demand throughout the season. **ANY CHEERLEADER WHO REFUSES OR IS UNABLE TO DO SO, MAY BE REMOVED FROM COMPETITION WITH THE SQUAD.**

#### Parental Commitment

1. Parents are responsible for purchasing a uniform, accessories, and camp wear, as well as paying for gym fees, camps, competitions, travel and other small misc. items throughout the year.
2. **It is expected that parents support their cheerleader and the program by becoming active members of the Bartram Bears Athletic Booster Club.**
3. Parents will be asked to join at least one BTHS Cheerleading committee.
4. Parents are responsible for providing transportation to ALL events for which the Athletic Department does not provide transportation. **Transportation to practice is not provided by the Athletic Department.**
5. Parents are required to provide appropriate fees and paperwork by the announced deadline.

6. If for any reason a parent requests that a cheerleader be removed from the squad, re-admittance will not be allowed, this most likely will result in the cheerleader NOT being permitted to tryout the following year.
7. Parents should let the coaches coach! Unlike other sports, in cheerleading all squad members participate; however, by the nature of the sport, some cheerleaders will be more visible than others, especially in the competition routine. As a result, parents have the responsibility to support the coach on decisions of tumbling sequences, stunt groups, and formation placements.
8. If parents have any questions or concerns, please follow the appropriate chain of command: Coach – Athletic Director – Principal.

### **Leadership**

1. **We will not choose cheer captains this year.** We feel it is important to have everyone equally involved and working toward the same goals, for this reason we will not be choosing captains or officers this year.
2. Committees- Parents and athletes will be required serve on at least one cheer committee. Committees will include but are not limited to the following: Game Day Meals, Homecoming, Camp, Sisterhood (spirit sisters and team bonding), Nationals, Holiday Gathering and Banquet. Sign-ups for these committees will be at the first parent meeting/fitting on May 29<sup>th</sup> @ BTHS.

### **Cheer Standards**

1. Rule of 4
  - a. Give 100 percent, 100 percent of the time
  - b. Don't be a selective cheerleader (picking when to work hard and when not to)
  - c. Don't put yourself above the team. Always put your team first.
  - d. You must love Cheerleading
2. Be polite and respectful to everyone at all times. You are in the public eye at all times.
3. Show all teachers and coaches the proper respect.
4. Always accept the responsibility for your actions. How you respond to your circumstances defines your character.
5. Believe in discipline, conditioning, commitment, teamwork, high standards, yourself and your teammates.
6. Do not ever let yourself give or be less than your best.
7. Be mentally, physically and emotionally prepared to handle the responsibilities of being a Bartram Trail Cheerleader.
8. Take pride and feel honored to be a Bartram Trail High School Cheerleader.

## Approximate Costs

Item	Description	Due	Cost
UCA Summer Camp	Make checks payable to UCA – 4 Day Camp at UCF	Tuesday, May 29	Approx. \$ 408
Camp/Spirit Wear	This includes four days of camp wear, which will also be used as practice wear throughout the season	Tuesday, May 29	Approx \$250
BTHS Game Ready Apparel	This cost will vary depending upon what was purchased in previous years, but includes bloomers, cheer bag, poms, warm-ups, body-liners, and cheer shoes.	Tuesday, May 29	Approx \$350
Uniform	You will purchase one uniform to be worn at games and competitions. If you purchased a uniform in the past, you will not incur this cost. You can also purchase from previous members.	Tuesday, May 29	Approx \$275
ZONE Yearly Registration Fee	Onetime fee for the 2018-2019 team	First ZONE practice	\$35
Monthly Gym Fees	Summer fees, June and July, One Practice per week	15 <sup>th</sup> of Month Prior, or @ for June	\$30
Monthly Gym Fees	School Year, August – February, Two Practices per week	15 <sup>th</sup> of Month Prior	\$55 JV \$65 V
Competition Choreography	Payment for choreographers and the music to be mixed – will be in Sept or Oct	@ Choreography on July 26 <sup>th</sup>  Ck made to BTHS	Approx. \$280
Competition Fees	Costs will depend on entry fees as well as transportation and hotel expenses. After the squad is chosen, a parent meeting will be held to discuss competitions.	Once Finalized	\$100 - \$500  UCA Nationals (JV and Varsity) could be \$300-\$500, we will fundraise
Additional Items	Bows, Homecoming, Cookies for F-Ball Team, Team Dinners before FB Games, Banquet, Team T-Shirts, backpacks, water bottles, Gatorade		Varies \$150-\$200

**CHEERLEADING IS EXPENSIVE, BUT MEMORIES ARE PRICELESS**



## Important Dates for Summer Practices, Camps, and Choreography

\*Conditioning with Coach Aston (Varsity and JV) Thursday @ BT 8AM-10AM (free) or Pearson Fitness Training (\$\$)

\*Team Practice at Zone

Varsity and JV- Wednesday 3:30-5:30

\*\*UCA Camp–Varsity June 26-29(UCA Masters Camp-Invitation Only@ UCF)

July 19-22 (University of Central Florida) More information to come.

**\*Stunt/Skill Camp – July 26-28 at Zone (specific times will be announced later)**

### Tentative Competition Schedule:

- ▣ Nov 10- Nease High School (JV and V)
- ▣ Nov 17- West Nassau Warrior Warm-up (JV and V)
- ▣ Dec 1- UCA Regionals (Tampa, FL) (JV and V)
- ▣ Dec 8- All- Out Regionals (Jax, FL) (V)
- ▣ Dec 15- Chase the State @ Bartow HS (Tampa, FL) (JV)
- ▣ Jan (Keep All weekends Open)
  - FHSAA Regionals (V)
  - West Nassau (JV and V)
  - FHSAA State (V)
  - JV competition
- ▣ Feb 7-10- UCA Nationals (Orlando) (JV and V)



# Bartram Trail High School Cheerleading Parent and Member Agreement

Do not sign this agreement unless you have read and discussed the *By-Laws* with your child.

**Athlete's Name** \_\_\_\_\_ **(print)**

I, the parent/guardian of the above named BTHS cheerleading candidate, have read the BTHS Cheerleading By-Laws and understand all of the requirements, objectives, and consequences. I especially understand the coach has final say in my daughter making and remaining on the squad. I also understand the competitive nature of the sport; therefore, I realize that my perception of my daughter's skills may be different from the coach's perception of my daughter's skills. As a result, I understand that my cheerleader may not be highlighted in the routine and may be required to serve as an alternate at the two FHSAA sanctioned competitions. I also realize that this is a team effort and that I may be asked to help (within my ability and capacity to do so) throughout the year. I will make every effort to be supportive of the program on behalf of my cheerleader.

**Parent Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

As a potential member of a BTHS cheerleading squad, I have fully read the By-Laws with my parents and understand what is expected of me as a cheerleader. I understand that my role as a cheerleader goes beyond the athleticism and time commitment of the sport and that it includes the expectation that I will be a school leader with outstanding character. I will keep myself knowledgeable and informed of the rules, and I will realize that the consequences of defiant behavior could result in suspension or removal from the squad. I also accept responsibility for continually improving my skills in the areas of stunting and tumbling and understand that not doing so may result in my inability to participate at games or at competitions. If I am a member of the varsity squad, I understand that I may be asked to serve as an alternate at the two FHSAA sanctioned competitions. Finally, I promise to respect my cheerleading coach(es), my teammates, my school, and all persons associated with BTHS at all times.

**Athlete's Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_