

Bartram Trail High School

2020-2021 Competitive Cheerleading

COACHING INFORMATION

Danielle Parker
Katie Tax
Jennifer Aston
Kayleigh Aston

Varsity Cheer Coach
Varsity Cheer Coach
JV Cheer Coach
JV Cheer Coach

Danielle.parker@stjohns.k12.fl.us

Jennifer.L.Aston@stjohns.k12.fl.us

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. Consequences 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 to 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 to be a part of the cheer class offered 7th 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 consequences determined by the coach. 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 amount 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 will 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 will 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 will 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.

- ## Leadership

- ## Cheer Standards

- | Consequence | |
|---|--|
| Jewelry (Will be checked during stretching) | 25 sprawls |
| Nails (can't be seen past fingers on palm side- no acrylics) | No Practice |
| Wrong Practice Clothes | 25 sprawls |
| Fixing Hair during practice | Everyone will hold a plank |
| Tardy | 1-5 mins = 10 pushups
6-10 mins = conditioning after practice
11-15 mins @ BT = roll up mats
@ Zone = 20 tucks with poms
20+ mins = sit out time at next game and extra stunt group practice |
| Flyer Hitting Ground (Stunt group (minus flyer) and spotters) | @ BT = 10 laps around gym
@Zone = 5 panel sprints |
| Excessive Talking | Plank holds |
| Laying on Ground or Sitting during practice | 25 sprawls for everyone |

Approximate Costs

Item	Description	Due	Cost
UCA Summer Camp	Make checks payable to UCA – 4 Day Camp at UK Bus and hotel	Monday, June 1 Monday, June 15	Approx. \$ 435 Approx. \$350
Nike Apparel and Backpack	This includes three days of camp wear, which will also be used as practice wear throughout the season, warm-up and backpack	Wednesday, May 13	Approx. \$450
BTHS Game Ready Apparel	This cost will vary depending upon what was purchased in previous years, but includes Game Day Apparel, bloomers, cheer bag, poms, rain jacket, sweatshirts, body-liners, and cheer shoes.	Wednesday, May 13	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.	Wednesday, May 13	Approx. \$275
ZONE Yearly Registration Fee	Onetime fee for the 2020-2021 team	First ZONE practice	\$35
Monthly Gym Fees	Summer fees, June and July * JV ONLY	Due June 1	\$40 each month
Monthly Gym Fees	School Year, August – January, Two Practices per week (First payment due July 15 th –for Aug)	15 th of Month Prior	Varsity -\$50 JV- \$65
Competition Choreography	Payment for choreography, skills day with choreographers and the music to be mixed (June 20-23)	Covered via Sponsorship or Due July 27	Approx. \$300
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
Additional Items	Bows, Homecoming, Cookies for F-Ball Team, Team Dinners before FB Games, Banquet, Team T-Shirts, backpacks, water bottles, Gatorade		Varies \$200-250

CHEERLEADING IS EXPENSIVE, BUT MEMORIES ARE PRICELESS

Important Dates for Summer Practices, Camps, and Choreography

Summer Practices, Camps, and Choreography

***** These are Mandatory if you are in town.**

***Varsity Team Practice: May 11, 14, 19, 21, 26 and 28th @ BTHS 4pm-6pm**

June 2, 4, 9, 11, 16, and 18 (Calendar with exact times will be handed out after tryouts)

July 7, 9, 14, 16, 28, 30

***JV Practice: May 11, 14, 19, 21, 26 and 28th @ BTHS 4pm-6pm**

June 3, 10, 17, 24 and July 8, 15, 29 @ Zone

June and July: Tuesdays and Thursday @ BTHS (no practice week of 4th of July)

****Stunt/Skill Camp – June 20-22 (Traditional) June 23rd Game Day**

@BTHS June 20-21 and @ Zone 22 and 23(specific times will be announced later)

****UCA Camp at the University of Kentucky–Varsity and Junior Varsity July 17-23**

Regular Season Practices are Mandatory

Junior Varsity- Monday 4:30-6:30 and Wednesday 4:30-6:30 @ Zone; Tuesday 4-5:30 @ BTHS; Thursday Football Games (practice when no games)

Varsity- Monday 7th Period- 4:30PM @ BTHS, Tuesday 7:00AM-8:45AM @ BTHS, Wednesday 3:30-5:00 and Thursday 4:45-6:15 @ Zone

***This start August 5th ***We will make every effort to establish a practice time and stick to it; however, if the gym must be used for an athletic contest, our day or location may change.**

Tentative Competition Schedule:

- ☐ Nov 7- Creekside HS
- ☐ Nov 14- UCA Regional # 1
- ☐ Nov 21- West Nassau Warrior Warm-up
- ☐ Dec 5- UCA Regionals # 2(Tampa, FL)
- ☐ Dec 19- Chase the State (Tampa, FL)
- ☐ Jan (Keep All weekends Open)
 - FHSAA Regionals (V ONLY)
 - West Nassau
 - FHSAA State (V ONLY)
- ☐ Feb 3-7: UCA Nationals (Orlando)

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 or National 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 _____