

Fuquay-Varina High School Cheerleading Teacher Recommendation Form



Student: _____

Teacher: _____ Subject: _____

Dear Teachers,

Thank you for taking the time to fill out the form below. This form is assigned a point value and is used in the selection of our teams, therefore it is a great deal of importance to us. Please rate the candidate honestly and return to the candidate in a sealed envelope by **June 3rd**. These evaluations are kept confidential. Thank you so much for your help. If you have any questions or additional responses please feel free to contact me.

~~Tara Carroll tcarroll@wcpss.net

Please rate the following: 0- not at all 5- Absolutely

1. Does this student cooperate well with other students and teachers?

0 1 2 3 4 5

2. Is the candidate responsible with such things as homework, grades, etc.?

0 1 2 3 4 5

3. Does the candidate have good attendance?

0 1 2 3 4 5

4. Does the candidate have leadership ability?

0 1 2 3 4 5

5. Does the candidate display proper classroom behavior?

0 1 2 3 4 5

6. Does the candidate show respect to authority?

0 1 2 3 4 5

7. Does the candidate show a positive school attitude?

0 1 2 3 4 5

8. Does the candidate show appropriate enthusiasm?

0 1 2 3 4 5

9. Would this candidate be a good role model for FVHS cheer squad?

0 1 2 3 4 5

10. Additional Comments: _____



Fuquay-Varina
High School
Cheerleading



2009-2010

RULES AND PROCEDURES

Philosophy and Purpose

The purpose of the cheerleaders is to support the curricular and extra-curricular activities of FVHS by promoting school spirit. Being a cheerleader is an honor and a distinctive privilege. Cheerleaders are first and foremost representatives of their school. Cheerleaders should exemplify behavior suitable to their position and in accordance with the rules as stated in the FVHS Student Code of Conduct.

Members of this group have a responsibility to build teamwork and help the school achieve its goals. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus.

Eligibility/Tryouts

Students, regardless of sex or race are eligible if they meet the grade and attendance requirements by the NCHSAA and Wake County. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process.

The athletic director and 2-3 other judges will be chosen to judge the tryouts.

The clinic and panel tryout will be closed to everyone except the coaches, judges, and those involved in teaching tryout material. All those interested in becoming a cheerleader must attend each day of the clinic. Failure to attend without an acceptable reason will make the student ineligible to tryout.

Medical waiver forms must be completed before tryouts! These can be found online <http://www.wcpss.net/forms/hs-athletic-form.pdf>. There is also a link on our school website (Athletics—forms).

You must also have a physical before summer practices and summer camp! You will not be allowed to participate if you do not have a physical. If your middle school physical is up to date, you may go and request a copy.

Tryout Expectations:

Candidates will be taught material needed for tryouts during the clinic.

Jumps: Cheerleaders will be asked to perform a double toe touch and jump of choice. Judges will be looking for pointed toes, flexibility, height, and overall technique.

Tumbling: Cheerleaders will be asked to perform one standing pass and one running pass. Please show the highest skill that you have.

*You are not required to have standing or running tumbling to make the JV team

*You will be required to do both to be eligible for varsity.

*Having tumbling does not necessarily mean you will make either team.

Motions-Cheerleaders will be judged on motion tightness, placement, form and technique during cheers and dance.

Dance- Cheerleaders will be judged on motions, moves, rhythm and ability to keep time during the dance.

Projection- Cheerleaders will need strong vocal projection, confidence, and ENERGY! Show your cheers and dance with facials and excitement!

Overall- Cheerleaders will also be judged on overall impression. This includes, but is not limited to: High energy throughout the duration of your tryout, knowledge of material, confidence, and complete effort shown.

Teacher Recommendations-These will be judged prior to the tryout day. Every candidate is required to turn in two from teachers they have had during the 08-09 school year. The recommendations will be given a point value and tallied with the other tryout components. Rising ninth graders are required to turn these in as well. Please bring your recommendations by the school and ask the secretary to put them in my box OR have the teachers mail them to me through courier.

There will be 15 girls selected for Varsity and 14 selected for JV.

The maximum amount of cheerleaders may or may not be selected

Tryout Dates:

8/3 8 – 3 *wear orange shirts with black/gray shorts*

8-8:45 registration

9-12 learn tryout material

12-1 LUNCH

1-3-practice

8/4 9-12 Jumps may be judged this day

8/5 Sign up for time: (Official tryout date) *dress in spirit wear*

Teams will be posted ONLINE by 4

School website-athletics-cheerleading-rosters

Each day: Hair needs to be in a ponytail, NO JEWELRY!

Summer Camp:

Dates: July 20-21, 9 – 4 with one hour lunch. The price is \$109 and the cost of lunch is included. Please make checks to FVHSABC and fill out the waiver for EDGE

<http://edgecheerdance.com/edgecheerdance.com/forms/MedicalWaiverForm.pdf>

*****I need forms and money no later than June 10th.**

Costs

- Summer camp- Not mandatory
- Choreography - around \$100.
- Sweats/Warm-ups- Depending on the style we select \$55-60
- Shirts- around \$15 each
- Shoes-around \$60
- Briefs/Black bodysuits/gloves/socks may be other additional costs.
- Competition Costs- around \$20 each for local competition.

Competitions

We are allowed to attend 5 each year. They are held on Saturdays. The ones we are for sure going to are in November (NCHSAA by Cheer Ltd), December (Tri-8), January 30 (Wake County).

Academic Eligibility

Candidates will meet all requirements listed within the medical waiver forms. We will check grades frequently online. If you have a grade of a 75 or below it is possible that you will be required to go to after-school help sessions. Your academic success is very important. We will follow rules regarding the Do Not Admit list—if you are placed on the list, you will be benched until effort is shown to improve your grade.

Commitment

Cheerleading responsibilities and dedication begin on the day the results are posted and cheerleaders are expected to be committed the duration of BOTH seasons.

Any cheerleader who voluntarily quits the squad before the end of the season without approval of the principal, athletic director, or coach will not be allowed to tryout for the next school year.

Any cheerleader who participates in other extra-curricular activities must be committed to the FVHS cheerleading squad first. Conflicts and absences due to another sport, dance, all-star cheerleading, etc will not be excused.

Practices

- Squads will have 2-3 practices each week. **All practices are mandatory.** Other schedules should revolve around practices and games. Additional practices will be held and required during competition times.
- We will stretch and condition each practice. This time needs to be taken seriously and full effort needs to be put forth. The only way you can gain strength, endurance, and flexibility is to work for it.

- If you are late (unexcused) to practice, please be ready to run or condition—in addition to what we normally do.
- Excused Late: Tutoring (bring a note), appointments(not in excess of 3), and after school meetings.
- If you are going to miss or be late to practice due to sickness, appt, meeting, etc you must let the coaches know by 12:00 that day. If you do not let us know, it counts as an UNEXCUSED absence/tardy.
- Please come to practice dressed and ready. If you are not, that will count as being late.
- If you are absent from practice you will be required to sit out half of the game that week. If you are absent 2 times you will sit out the entire game. If there is no game—it will carry over to the next game.
- 6 TOTAL absences* from practices will result in dismissal from the squad.
*with exceptions
- You will be given the practice schedule at the beginning of each month. This allows you to plan ahead and schedule around practices and games.
- All practices are closed to parents and others not directly associated with the cheerleading program.

Games

During football season, games are on Thursday (JV) and Friday (Varsity).

During basketball season, the game days vary but are usually Tuesday and Friday.

- Cheerleaders must attend all football games and all home basketball games. Varsity cheerleaders must be prepared to attend playoff games, they are not optional. Each game is mandatory! Please do not make plans that conflict with games. **Missing more than three games during the year will result in dismissal from the squad.** There will be consequences for missing games regardless whether excused or not.
- Friends and boyfriends will not be allowed to sit/stand with cheerleaders during the games. Public displays of affection will not be tolerated while in uniform. You are a role model for this school.
- Cheerleaders will ride to and from away football games in official school transportation.

Selection of Captains

Being named captain or co-captain of a squad is a special privilege as well as a great responsibility. These individuals should be an example for the rest of the squad.

Varsity captain must have a year of Varsity cheerleading experience. Duties include: taking attendance for each practice and game, calling chants, organizing cheers and stunts, along with other duties assigned by the coach.

- The squad will nominate teammates for captain.
- The nominees will submit an essay about stating why she wants to be captain.
- The team will vote.
- The coach will make the final decision.
- The captain may be removed from their leadership role if they are unable to uphold the guidelines and regulations set forth in this constitution. If this happens, the coach will appoint a new captain.

Rules and Demerits

All cheerleaders must:

- Abide by all rules stated in the FVHS Student Handbook.
- Be self-motivated, responsible, and willing to participate in activities and competitions with a good attitude.
- Be aware that they are representing the school at all times
- Follow all district, school, and class rules.
- Sign and agree to the FVHS Constitution and Procedures.

Smoking, drinking, and drugs will not be tolerated. Cheerleaders caught breaking this rule will be disciplined accordingly. Cheerleaders are expected to be a positive role model for the school and community.

A system of demerits has been compiled to ensure that every cheerleader is held responsible for his/her actions. The rules are listed within the demerit system. The point value of the demerits will only be used when problems persist. Otherwise punishment will be given at the time the incident occurs. For example: If you are late, you may have to run. If you are caught with gum you may have 20 pushups. Punishment will be at the coach's discretion.

Rules and Demerit System



A. Practice	Demerits
1. Cheerleader must wear appropriate workout clothing when practice begins.	1 pt.
2. Hair must be up, secured, and out of face.	1 pt.
3. No jewelry may be worn including body piercing.	1 pts.
4. No chewing gum.	1 pts.
5. No cursing or arguing with anyone.	2 pts.
6. Cheerleader must be to practice on time.	2 pts.

It is required to let the coach know BEFORE 12 pm if you are going to miss or be late to practice.

B. Games

1. Cheerleader must be in correct, complete uniform or spirit attire must be worn to school on game days.	2 pts.
2. Cheerleader must be in correct, complete uniform at the designated meeting time.	2 pts.
3. Hair must be up and secured at all games.	2 pts.
4. No jewelry may be worn including body piercing.	2 pts.
5. No chewing gum.	2 pts.
6. No cursing or arguing with anyone.	4 pts.
7. No colored nail polish (clear or French manicure only) or long nails.	2 pts.
8. Cheerleader will maintain proper sideline behavior at all times. **Cheerleader will show respect during the National Anthem.	2 pts.
9. Cheerleaders will stay after for mat duty/ game sign on their designated days.	2 pts.
10. Cheerleader will not engage in public displays of affections.	2 pts.
11. Cheerleaders will be back on the field/court ready to cheer at the sound of the buzzer.	2 pts.
12. No leaving games early.	2 pts.

C. General

1. No non-natural hair color (green, blue, purple, orange, cherry-red, etc.)	Benched until returned to natural color
2. No visible tattoos or body piercing. ** No jewelry is allowed, if you get body piercing during the season, you will have to remove it each practice, or you will not participate.	Benched until no longer visible
3. Cheerleader will not leave food, trash or mess in the practice or performance area.	1 pts.
4. Cheerleader will not participate in inappropriate displays of affection during school, at school activities, or while in uniform.	2 pts.
5. Cheerleader will follow (not necessarily agree with) the captain's instructions at all times during activities.	3 pts.
6. Cheerleader will respect coaches at all times.	5 pts.
7. Cheerleader will respect all teachers/staff members at all times.	7 pts.
8. Cheerleader will not receive a referral (for any reason excluding tardies), ISS or ASD (for any reason (including tardies), or out of school suspension for any reason.	Benched 1 game for first referral Benched and 7 demerits for second.

The specific rules are listed within this table. Rules about practice and game attendance are under the heading within this packet. Demerits will start being counted when problems persist-- with exception of the last rule.

- If a cheerleader earns 10 demerits, she will be removed from the squad.*
- The coaches reserve the right to add reasons and demerits to the list as they see necessary.*
- Any coach, Athletic Director, or Principal review of student's actions may result in dismissal from the squad.*

Permission and Agreement Form

If you make the team, realize that you are making a commitment to FVHS, your coaches, teammates, and yourself for the entire season. You will be expected to put cheerleading as your top priority and be the best representative you can be. You will also be expected to follow the rules set forth and understand if you do not, there will be consequences. We hope you are excited about the possibility of becoming a part of this program

I, _____ have read and understand the *FVHS Cheerleader Rules and Procedures*. I agree to abide by the policies if I am chosen as a member of the squad. I understand that failure to adhere to these rules and policies could result in dismissal from the squad.

Cheerleader Signature

Date

I, _____, the parent or legal guardian of _____ have read and understand the *FVHS Cheerleader Rules and Procedures*. I am allowing my child to tryout and I understand what will be required if he/she makes the team. I understand that failure of myself or my child to adhere to these policies could result in dismissal from the squad.

Parent/Guardian Signature

Date

Candidate Information Sheet



Name: _____

Grade: _____

Phone Number: _____

Email Address: _____

Parent Name: _____

Parent Contact Number: _____

Parent email: _____

What team are you trying out for?

___ JV(no tumbling is required)

___ Varsity(must have standing and running tumbling)

___ Either (if my score is not high enough for varsity, I would like to be considered for JV)

Questions and/or Comments: