

Knightdale High School of Collaborative Design



Cheerleading Information Packet 2015-2016

Dates to Remember:

- | | |
|---|--|
| June 4th | - Physical night (6:30pm) |
| July 29th-30th | - Fall Sports Ticket 2 Play (8:00am-12:00pm) |
| August 3rd-5th | -Tryouts (8/3, 8/4-8/5- 3:30pm- 6:30) <u>Please be there by 3:00 on Day 1.</u> |
| August 6th | -Cheerleading Parent Meeting (Time: TBA) |
| August 8th | - PICTURE DAY AND STADIUM CLEAN-UP DAY (Time: TBA) |
| August 10th | - PARENT MEETING FOR ALL SPORTS (AUDITORIUM 6pm) |
| August 10th-15th | - <u>MANDATORY</u> WORK WEEK! |
| (10 th → 3:30-6:30, 11 th , 12 th & 13 th → 9am-12pm, lunch, 1pm-3pm 14 th → Day of rest, 15 th → 9am-12pm, lunch, 1pm-3pm) | |
| August 17th & 19th | - PRACTICE (We have our first game this week. (9am-12pm) |
| August 21st | - First varsity game of the season @ Sanderson High School (7:00pm) |

I am so excited that you are interested in representing our school as a Knightdale High School Cheerleader. Enclosed you will find a variety of information including permission slips, fees, important dates, and questions and answers. I, Coach Kearns am the head coach, and am looking forward to a great year for both JV and Varsity. KNIGHTDALE4L!

Contact Email: Dkearns@wcpss.net
Athletic Website: www.KnightdaleHSAthletics.com
School Website: www.knightdalehs.wcpss.net

CHEER PACKET & TRYOUT FORMS CHECKLIST

PLEASE RETURN THESE FORMS TO:

Head Coach: Coach Kearns

On the first day of tryouts **Monday, AUGUST 3RD, 2015.**

REMEMBER THAT STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE IN TRYOUTS IF THESE FORMS ARE NOT TURNED IN.

- ✓ The sport medical (physical) form completed, signed, and dated by your physician and parent/guardian (can be done on physical night.)
- ✓ The “Information Sheet” completed, signed and dated by both parties.
- ✓ The “Statement of Permission and Agreement” signed and dated by both parties.
- ✓ The “Cheerleading Contract” completed, signed, and dated by both parties.
- ✓ The “Cheerleading Rules” completed, signed, and dated by both parties.
- ✓ A copy of your last report card (no originals)
- ✓ Parent attends mandatory cheerleading parent meeting on Thursday, August 6th 2015 (If students makes the team)



Knightdale High School of Collaborative Design
100 Bryan Chalk Ln, Knightdale, NC 27545
(919) 217-5350



2015-2016 KHS CHEERLEADING CONTRACT FALL AND WINTER SEASONS

MISSION

- Promote and uphold school spirit, unity and pride.
- Represent the school to the highest degree.
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Promote friendship with each other and with schools with whom we compete, perform and go to camp with.
- Promote the development of lifelong values and skills in cheerleading and in life.

KHS CHEER PROGRAM RULES AND REGULATIONS

Cheerleaders understand that teamwork and the maintenance of discipline is the 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 Program rules and Regulations is vital to achieve these goals. All members realize that the manner, in which they conduct themselves in our out of uniform, directly reflects on the entire team, squad and school.

It is recognized that these rules and regulations are necessary to maintain morale, discipline and effective learning. Consistent enforcement of these rules and regulations 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 maybe revoked by the school personnel when a cheerleader violates the rules and regulations. KHS/NCHSAA by-laws as outlined in the student handbook and NFHS SPIRIT rules apply first and foremost.

ELIGIBILITY

All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment and responsibility required and expected. Please read the KHS Student Handbook/ Code of Conduct for athletic eligibility as they take precedence.

- **Junior Varsity Cheer Team** (fall and/or winter) may consist of students entering the 9th, 10th, and 11th grade.
- **Varsity Cheer Team** (fall and/or winter) may consist of students entering the 9th, 10th, 11th & 12th grade.

CONDUCT

- By being part of an athletic 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 recognized as a representative of KHS.
- THERE IS A NO DRAMA POLICY BETWEEN MEMEMBERS. Verbal altercations = benched (depending on severity). Physical altercations= Permanent dismissal for the remainder of the year.
- 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 never considered appropriate, especially in uniform, at games or in school.
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- Members must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.

- 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.

ABSENCES

Cheerleading is unlike other sports. We do not substitute members. You being present is very important.

- Illness or other extreme emergencies are the only valid reason for missing practices or games.
 - Illness with doctor's note, extreme emergencies, preplanned school functions or family events will be excused.
- 2 absences will result in **removal** from squad.
- Absences due to work schedules are unexcused.
- Attendance at a game or practice without proper shoes, clothes or uniform will be considered an absence.

PRACTICES

- Safety is our first priority. No excessive horse-playing. Never stunt or tumble without the coach present.

GAMES

- All games are mandatory for which you are assigned.
 - **JV Football** – All home and away JV football games.
 - **JV Basketball** - All home boys and girls JV basketball games.
 - **Varsity Football** – All home and away Varsity football games.
 - **Varsity Basketball** - All home boys and girls basketball games.

UNIFORMS

- You are responsible for your uniform(s).
- Uniforms are provided by the school and must be cared for properly. DO NOT DRYCLEAN! Machine wash in cold water, hang to dry.

GENERAL

- All safety rules of the North Carolina High School Athletic Association and the National Federation of State High School Association are enforced and followed at our practices, games and competitions.
- Cheerleaders are responsible for a certain amount of their own safety and protection during practices, games and competitions. Wraps, braces or tapes are to be worn when needed.

AWARDS

Football Season Cheerleading and Basketball Season Cheerleading are considered ONE sport. A letter may be earned for the season as a whole.

- Letters, and pins (provided by the Athletic Dept.) Requirements -
 - **Varsity** = completed a full season (football and basketball) and MUST be on competition mat or acting as an alternate.
- Season Awards – three awards are presented by the coaches. May consist of; MVP, Leadership, Outstanding Cheerleading, Coach's Award, Best Attitude, Most Spirited, Most Improved, [etc.](#)

SUMMER

It is imperative that cheerleaders of all seasons attend and participate in summer activities and events including camp. Updates will be posted on the athletic website if there are summer practices or events.

FINANCES – CHEERLEADING PROGRAM FINANCES

Fundraisers performed by the cheerleaders support the Cheerleading Fund. This fund is used to pay for uniforms, snacks, drinks, competition and entry fees, awards and miscellaneous expenses.

- Cheerleading Shoes, Crops, Briefs, Bags, Hair bows, poms, team sweats, and t-shirts are all at the expense of the cheerleader.
- Fundraising opportunities are available to alleviate these expenses.

Estimated Costs

I realize that Cheerleading is an expensive sport; however I try to cut the cost down as much as possible. Although I can't give you an exact amount I can give you an estimate that should be fairly close. I am still looking at different brands and companies to find high quality, but low prices. ☺

Estimated Varsity and Jr. Varsity Expenses

T- shirts	\$45 (Two)
Shoes;	\$65 (This is an average price. Looking at different brands.)
Accessories;	\$70 (carrying bag, briefs, hair bow, black sleeve. Looking at different brands.)
Warm-ups;	\$80 (to be worn for pre- games, winter school spirit days, cold games, etc).
Rain Pancho;	\$8
Poms;	\$12

All items will be purchased at the parents meeting – in hopes to have them by our first game. Once again, this is just an estimate. I am working on some discounts... relax! ☺

If you are a returner, new items (sleeves, briefs, etc) will not have to be purchased again.

Again, all paperwork must be in by August 3, 2015

Return signed portion to Coach Kearns at tryouts.

DISCIPLINE POLICY – KHS/NCHSAA By-laws (student handbook) and NFHS SPIRIT rules apply first and foremost.

My Child, _____ has my permission to be a cheerleader at KHS. I understand and agree that she must observe and abide by the Cheerleading Contract and the Rules and Regulations set forth. I understand and agree that she is to be present for all practices and games.

Parent's/Guardian's Signature: _____

Student's Signature: _____

Date: _____



KNIGHTDALE High School Cheerleading Tryout Packet

2015-2016 Varsity and Junior Varsity Cheerleading Season

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: tryout information with a list of important dates, an information sheet, the 2015-2016 Rules for Cheerleading, and the Statement of Permission and Agreement. You will also need to complete and turn in a Physical Form. Please read and understand all the enclosed information before tryouts.

Cheerleading Tryout Dates:

- Try-out clinics will be held on August 3rd and August 4th from 3:30 – 6:30 pm. Tryout material will be taught during this time, as well as your timed mile. (Be there early, and have both running and cheerleading shoes.)
- Official tryouts will take place on August 5th from 3:30-6:30 pm. (Be there early)

Eligibility:

To be eligible in the fall/winter of 2015-2016 for cheerleading, a student must have:

- Been promoted
- Passed 7 of 8 classes of the 2014-2015 school year
- Achieved at least 2.0 grade point average for the 2014-2015 school year
- Been present 85% of second semester of the 2014-2015 school year

The following **MUST BE** turned in **BEFORE** you can participate in clinics or tryouts:

- Physical
- Completed Information Sheet
- Statement of Permission and Agreement
- Cheerleading/ Demerit Contract
- The Cheerleading Rules
- A copy of your year-end report card; please do not bring the original.

Note: The deadline for turning in this paperwork is August 3rd. Participation in try-out clinics will be prohibited if any of the forms are missing or incomplete.

Selection of the cheerleaders will be based on the following:

- A cheer, chant, and dance that will be taught to you during the clinic.
- Jumps (A toe touch, a pike, and a front hurdler are required- descriptions and pictures of these jumps can be found on the UCA or NCA website.
- Tumbling: a minimum of a RO BHS and a standing BHS is highly encouraged if trying out for varsity (will be a requirement for the 2016-2017 season) I will ask to see tumbling from everyone... you want to impress the judges with your most elite skills.
- Potential Flyers will be asked to pull 3 BODY POSITIONS on the ground
- Athleticism and physical fitness (a mile will be ran on the first day of tryouts)
- Scholastic achievement and eligibility
- Conduct
- Coach interviews- discussing attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and ability.

WHAT DO YOU WEAR TO TRYOUTS?

- During clinic days please wear comfortable, length appropriate shorts and a t-shirt or tank top (NO SPAGETTI STRAPS). Dress as if you would dress for cheerleading practice. Shorts should be three inches long. Sports bras must be worn. No basketball shorts or pajamas. No denim shorts, jewelry, or artificial nails. Your hair should be off your face & shoulders.
- On official try-out day, you will need to wear dark colored shorts (black or navy blue) and a solid white t-shirt or tank top. Your hair should be off your face & shoulders, and no jewelry or artificial nails.
- Please do not wear any previous cheerleading or dance attire from another school or gym during tryout week.

Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name:	Student ID #:
Current Grade Level for 2015-2016 school year:	School you attended 2014-15:
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/ Medications (Please describe in detail):

Were you involved in any behavior infractions (ISS or OSS) during the 2014-2015 school year? If yes, please explain on a separate sheet of paper.

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Knightdale High School, your coaches, your teammates, and yourself for the complete season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of KHS, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Knightdale High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the Knightdale High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest Knightdale/ Wake County has ever seen.

Student Agreement

I, _____, have read and understand the 2015-2016 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature

Date Signed

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2015-2016 RULES FOR CHEERLEADING and the 2015-2016 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

Parent/Guardian Signature

Date Signed

Purpose

The objective of the Knightdale High School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for KHS and should promote sportsmanship within our school and among other schools. They will also put high importance on strength and athletic skills, in terms of stunting, tumbling, and jumping in order to successfully compete at a high level. The highest priority is to improve skills from the previous year, while supporting KHS.

Squad Members and Practices

- Members will be chosen at a formal tryout session.
- The JV squad will consist of freshmen, sophomores, and juniors who will cheer at JV football, home basketball games and will participate in some pep rally events.
- The Varsity squad will consist of freshmen, sophomores, juniors, and seniors who will cheer at all Varsity football games, home basketball games, competitions, and pep rally events.
- If a member of a squad is removed from a position, a replacement will be determined by the coach, Athletic Director, and Principal.

Practices and Games

- Squads will have practices each week. All practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
 - ➔ Subject to Change- Varsity: 2 hours on Monday, Tuesday, and Wednesday. 1 hour on Thursday.
 - ➔ Subject to Change- JV: 2 hours on Monday, Tuesday, and Wednesday.
- During football season, games are held on Thursdays for JV and Fridays for Varsity. Cheerleaders will be expected to be present at all games, including playoff games.
- During basketball season, games are held during the week day. Occasionally, games may be held on other days of the week (especially during playoffs and inclement weather when games must be pushed to the next night).

Attendance Requirements

- ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments (unless notified prior), etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call your specified coach to inform him/her of any excused absences. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for Knightdale High School Athletes, students must be present half the school day (full 2 class periods) to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS. In addition, the athlete will be benched for ISS or dismissed from the squad for OSS.

Grades

- A minimum of 2.0 GPA must be maintained throughout the cheering season.
- Because cheerleaders are students first and athletes second, bi- weekly progress reports will be turned in so the coach can monitor academic progress.
- If at any time you are failing a class, you will be required to attend tutoring, and failure to attend tutoring will result in benching.
- From the time the F is written on the progress report, you have two weeks to pull the F up before a more severe consequence is given.

Tutoring

- Cheerleaders are encouraged to attend tutoring on all off days.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the coach, bring a note to practice from the teacher, and must arrive no later than 4:30.

Uniforms

- Uniforms are issued by the school and are property of the KHS Athletic Department. If for any reason a cheerleader quits or is dismissed, she is expected to return all uniforms/equipment within five days of the termination.

- Washing instructions will be provided when uniforms are distributed. At the end of basketball season, uniforms are to be turned in- cleaned.
- NO ALTERING should be done to any uniforms.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, softball, etc) while in uniform.

Fund Raising

- Every cheerleader will be expected to support all fundraising events which support the team.
- In order to get money for our program, we must be willing to work for it.
- Current Ideas: Power Hour (explained in parent meeting), Mini Cheer Camp by KHS Cheerleaders, Team Yard Sale, Zaxby's Night

Transportation

- If a parent is going to pick up their cheerleader at an away game, the coach must speak to the parent at the game. If the coach is unaware of a change in transportation, a cheerleader may get left behind because the coach assumes the parent will be there and will not account for her on the bus ride back. The coach cannot go searching through the parking lot for parents. They must come and see the coach before you leave with them. If the parents do not speak to the coach, you are expected to ride the activity bus back to KHS.
- Your parent is the only one you are allowed to leave a game with, not boyfriends or friends.

Expected Behavior

- All Knightdale High School guidelines must be followed at all times.
- A demerit system will be implemented from day one.
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing KHS, cheerleaders must not:
 - ⊗ Drink alcoholic beverages
 - ⊗ Use controlled substances
 - ⊗ Use tobacco products
 - ⊗ Show unsportsmanlike conduct
 - ⊗ Use profanity
- Show displays of affection
- Be academically dishonest
- Cheerleaders must wear the designated attire to school on the day of a game.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders can not wear or loan KHS cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.

****Being in correct uniform means wearing the appropriate uniform—sports bra, briefs, hair ribbon, socks, shoes, having hair pulled back / up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.***

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command:

- **Squad Coach**
- **Athletic Director**
- **Principal**



KNIGHTDALE HIGH CHEERLEADING RULES- SIGNATURE PAGE

Parent Signature Form in Support of This Contract:

As parent/guardian of _____, I have read the standards of conduct for KHS Cheerleading. I pledge to cooperate with the advisor and administration in seeing that my child complies with the standards. I have initialed each item. I further understand the serious nature of violation of these standards and the resulting consequences.

Parent/Guardian Signature

Date

I have read the standard of conduct for KHS Cheerleading and I promise to abide by all the rules and regulations of this team. I have initialed each item. I further understand the serious nature of violation of these standards and the resulting consequences

Student signature

Date