

CORNER CANYON HIGH SCHOOL

CHEER & STUNT TEAM TRYOUT PACKET 2019-2020



DUE: *MONDAY, MARCH 11TH BY 3:30PM*

Place a recent photo of yourself here (Any Size)

Name: _____

Grade: _____

THINGS TO KNOW ABOUT TRYOUTS

CLINIC: Monday, March 11th --Thursday March 14th
3:30pm – 6:00pm

TRYOUTS: Friday, March 15th
3:30 pm (Meet at 3:00 pm)

Completed tryout packets are due no later than 3:30pm Monday, March 11th

Each day of the clinic the instructors will lead you in warm-ups and conditioning, work on angles and jumps, and teach you a cheer and the dance! Skills clinics each day will include stunting and tumbling workshops. All skills worked on in the tryout clinic will be showcased in your individual tryout.

Please wear comfortable and modest clothing to the clinic (shorts with “spankies” and fitted t-shirts are preferred) and lightweight tennis shoes.

Friends and family members will not be allowed in the building during the clinic or tryouts. NO EXCEPTIONS!

The actual tryout with judges will begin at 3:30 pm on Friday, March 15th in the West Auxiliary Gym. Please meet in the East Gym AT LEAST 30 minutes prior to your start time where you can warm up and quickly review the tryout material. You will also be allowed to warm up your tumbling and stunts before you come into tryouts. Please wear navy or black shorts/spankies, a white fitted shirt/tank top, and lightweight tennis shoes. Hair needs to be up in a high ponytail (bow preferred) and out of your eyes. NO BANGS or flyaways...hair should be slicked to your head!! No jewelry or gum allowed, and we request that you wear red lipstick.

You must stay throughout the entire tryout session due to the possible need for CALLBACKS.

Thanks for trying out and BEST OF LUCK TO YOU!

Whitney Lunt

Bria Bowthorpe

Stephanie Sampson

CHEER APPLICATION

Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ Zip Code: _____ Birth Date: _____

Parent/Guardian names and Phone numbers (please list two): _____

Parent Email: _____ Student Email: _____

2nd Term GPA: _____ Cumulative GPA: _____ Grade ('18- '19): 9 10 11 12

Please list any health problems/physical limitations or previous injuries (ex. Diabetes, Scoliosis, Hypoglycemia, Asthma, etc.): _____

CHECKLIST: Please initial each item when complete. Make sure all items are in the correct order.

- _____ Recent photograph on front page of packet (you will not get this back)
- _____ Application with checklist
- _____ Parent checklist signed acknowledging costs/dates
- _____ Insurance waiver filled out and signed
- _____ Cheer Rules and Policies signed (including social media connections)
- _____ Extra-Curricular Activities Disclosure Signed
- _____ Parental/Cheerleader agreement signed
- _____ CCHS Anti-Hazing Agreement Signed
- _____ Completed All-Star cross-competing contract (all applicants)
- _____ Completed Silver contract (all applicants)
- _____ Report Card or Transcript Signed by an Administrator or Counselor
- _____ 2018-2019 School Year Attendance Printout
- _____ A typed paragraph outlining your reasons for trying out for CCHS Cheer and listing your cheer strengths

Please neatly STAPLE all the forms together IN THE ABOVE ORDER

PARENT CHECKLIST: FINANCIAL COMMITMENT

All prices listed are an **estimate** and may change when actual items are ordered. Costs for participation in cheerleading will not exceed district limits. All payments must be made before the start of the school year. **Five** payments are spaced in four-week increments for initial payments, and competition and Nationals fees will be calculated in the fall. No payments will be made in July because the CCHS financial office will be closed. **Parents, please initial each item showing your approval and support.**

I agree to the following:

_____ Uniform costs will be \$500 and must be paid for **prior to distribution** (This includes-Uniforms: \$400 and Warm-ups: \$100)

_____ Camp Costs will total \$425 (We will fundraise for any additional costs). Silver will be traveling to Colorado Masters and Navy will be traveling to Utah Masters We will stay on site at the Convention Center, and all meals are included.

_____ Game Day/Camp/Practice Wear will be close to \$350 (3 camp/practice outfits, jackets, sweaters, and shirts to wear to school on game days throughout the year).

_____ Poms/Cheer Shoes will be \$125

_____ Cheer bags will be \$50

_____ First payment of **\$300** must be paid by **March 27th**

_____ Second payment of **\$300** must be paid by **April 24th**

_____ Third payment of **\$300** must be paid by **May 22nd**

_____ Fourth payment of **\$300** must be paid by **June 26th**

_____ Fifth payment of **\$300** (includes cheer activity fee) must be paid by **August 7th**

_____ I understand that competition will have its own costs, including a trip to the National High School Cheerleading Championships. Competition fees are estimated at \$500 (choreography, competition entry, music, etc.), with the trip to Nationals costing between \$1200-\$1400 (est.). I agree to cover the remaining competition costs not covered by fundraisers.

_____ I understand that this payment schedule will assure that my student will receive camp clothes, attend camp, and receive his/her full uniform and that NOTHING will be distributed that is not paid for.

_____ I understand that I am responsible for all fees regardless of my child's eligibility. Once something has been ordered/reserved/paid for I am financially obligated to purchase said item(s).

_____ I understand that small miscellaneous expenses come up from time to time. If these are not covered by fundraisers, I will be responsible for the cost of these items as well.

_____ I understand that even one cheerleader missing a practice or performance requires the team to spend extra time in rearranging routines, and will schedule all family vacations and appointments around cheer schedules. I also understand that my son/daughter may be pulled from games & performances because of attendance.

_____ I understand that if my son/daughter makes the cheer squad he or she will not be allowed to attend or participate in tryouts for either dance company or drill. I agree to abide by this rule and make sure that my son/daughter does as well.

I give permission for my son/daughter to try out for the Corner Canyon High School Cheerleading Squad and in so doing recognize the obligation of time and expenses involved. I also understand that the selection is final and there will be no changes to the squad once the list is posted. I am willing to SUPPORT this decision even if my son/daughter does not make the 2019-2020 Squad.

Parent signature: _____

Date: _____

INSURANCE INFORMATION AND RELEASE

Participant's Full Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____

I, the undersigned parent or legal guardian of the above-named participant, do hereby give my permission for his/her participation in Cheer tryouts for the 2019-2020 year, as well as participation in the Cheer program for the 2019-2020 year if he/she is selected. I also certify that his/her physical condition is such that he/she may fully participate in the Cheer program without harmful effect.

In granting said permission, I hereby release and agree to hold harmless Corner Canyon High School, Canyons School District, coaches, and sponsors from any liability arising out of an injury or damage the above-named youth might sustain while engaged in Cheer tryouts, Cheer practices, and Cheer performances during the year.

I understand that Cheer is a dangerous sport. Even as coaches and advisors work to keep each individual safe, accidents do happen. In the event of injury, **I hereby give my permission for a physician, athletic trainer, coach, or school employee to retain emergency medical services including surgical treatment and procedures for my son/daughter. I also grant permission for the supervisor(s) to administer medication as indicated by a physician.**

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Printed Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ **Work Phone:** _____ **Cell Phone:** _____

Insurance Company Name: _____ Ins. Co. Phone #: _____

Policy #: _____ Group/Plan #: _____

Allergies: _____

Family Physician: _____ Phone: _____

If you do not have medical insurance coverage please read and sign the following: For and in consideration of emergency services and goods rendered by or through the attending physician (s), the undersigned hereby guarantees payment in full immediately upon receipt of the final billing.

Signature of responsible party: _____ Date: _____

Relationship to student: _____

If parent/guardian cannot be reached at the above numbers, please list two alternate emergency contacts.

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____



CORNER CANYON CHEER RULES AND POLICIES



Since participation in cheer is a privilege for each student, it is important that the cheerleaders and parents be aware of the necessary rules and regulations that go along with this Corner Canyon High School extracurricular activity. Please sign after reading the rules and expectations thoroughly. Understand that signing this document means that you agree to all CCHS Cheer rules and policies.

1. Purpose of Cheerleading

- To promote and uphold school spirit.
- To develop a sense of good sportsmanship among the students and adults within the entire school community.
- To try to unify and involve the crowd during any athletic event.
- To develop responsibility, worth ethic, and professionalism and become effective ambassadors of Corner Canyon High School.
- To work and train like athletes, build skill levels, compete, and improve as individual cheerleaders.

2. Tryout Requirements

- Cheerleaders must have at least a 3.0 GPA from 2nd term **or** a cumulative GPA of 3.0 and no F's in order to try out. (Transcript must be signed by registrar.) **YOU MUST CURRENTLY BE MEETING THESE ACADEMIC STANDARDS IN ORDER TO BE ELIGIBLE TO TRYOUT FOR THE 2019-2020 TEAM.**
- Cheerleaders must have all required documents signed by a parent/guardian in order to participate.
- Cheerleaders must be in good health at tryout time and must work to maintain good health in order to participate.
- Cheerleaders must also complete a physical before the end of summer with their doctor if they make the squad.
- Cheerleading must take priority over **ALL** other extra-curricular activities. **Jobs are allowed only if you can work with your employer to accommodate all rehearsals, performances, and games.**

3. Selection of Cheerleaders: Cheerleaders will be judged on the following:

- Performance evaluation (judged by a panel of qualified persons from outside of CCHS): **100%**
 - Cheer and Dance %40
 - Stunting %25
 - Jumps/Tumbling/Flexibility %35: One side of splits, completely flat, will be required to make any squad this year. Two sides of splits will be required by the end of summer. Tumbling is also required for tryouts. Girls trying out for each squad must be able to do the tumbling and flexibility listed not only at tryouts but also throughout the entire cheer year to be eligible to cheer at games and perform in halftime routines. Obviously more tumbling than the minimum requirements is great. If cheerleaders cannot do required tumbling for games and performances, or if they do not keep the required flexibility, the coaches may use their discretion in allowing the cheerleader to participate.
 - JV: Standing handspring, jumps to handspring, and round-off tuck (on ALL applicable surfaces: Mat, track, turf, gym floor). These skills will be passed off during the week of tryouts by coaches to determine eligibility.
 - Varsity: Standing tuck, jumps to handspring (jumps to tuck preferred), and round-off handspring tuck (on ALL applicable surfaces: Mat, track, turf, gym floor). These skills will be passed off during the week of tryouts by coaches to determine eligibility.

- The coaching staff will have the final decision on all candidates. Results of tryouts will be posted on the main doors of the arena and on the Corner Canyon Cheer website (cornercanyoncheer.weebly.com) page by 9:00 pm on March 15th.
- Squad placement (JV & Varsity/Silver & Navy) will be announced by the end of the summer before school and sports seasons begin.

4. *Cheer Squads:* The Corner Canyon High School cheer squad will be made up of two smaller game-day squads. There will also be two competition teams (discussed later in contract). The Corner Canyon Cheer squad will be made up of a maximum of 36 athletes:

- Varsity: 9-12 grades (see tumbling requirements above)
 - 16-20 members
 - Will attend all varsity football games, all home and some away varsity boy's basketball games, some varsity girl's basketball games, some wrestling matches, volleyball games, and other required events
- JV: 9-12 grades (see tumbling requirements above)
 - 12-16 members
 - Will attend all home Soph/JV and varsity football games, all home and some away JV boys and varsity girls' basketball games (and some HOME varsity games), some wrestling matches, volleyball games, and other required events
- Cheerleaders from the JV squad may be called up to fill the Varsity roster. Cheerleaders from the varsity squad may be moved down to JV due to loss of required Varsity skills.

5. *Finances*

- Cheerleaders are responsible for financing all cheer uniforms, clothing, camp expenses, and competition/nationals expenses. Total costs will not exceed the maximum amount set by the district.
- Competition season will bring additional costs/expenses (competition camp, travel, choreography etc.)
- Any item not paid for will not be given, or will result in cheerleader sitting out until payment is made.
- Fundraisers will be held during the year to help purchase bonus items or cover existing costs; including costs for competition. Some fundraisers are optional and give cheerleaders the opportunity to earn extra money for their individual cheer accounts. **We also have a few REQUIRED fundraisers to raise money for the team account.** For example, each cheerleader is required to recruit girls for Jr. Cheer. Girls who choose not to participate in required fundraisers will be responsible for covering those costs individually. Girls may also choose not to pay for or receive the items that these fundraisers will cover. **REQUIRED fundraisers will always have a buy-out option for those who choose not to participate.**

6. *Strikes:* **We follow a three-strike policy** (one strike will be given per offense. When a cheerleader has met the three-strike limit (per semester), she is dismissed from the squad). A strike will be given out for the following:

- Being disrespectful to coaches, captains, or any other teammate (eye rolling, disregard for safety, ignoring instructions, etc.)
- Having an unexcused absence from **ANY** cheer activity (To have an excused absence, the parent of the cheerleader must fill out an absence request on the cheer website **one month** in advance. **Any later will be an unexcused absence.**)
- Exceeding the two excused absences limit (cheerleaders will be allowed only **two excused absences before receiving a strike**)
- ANY absences (excused or not) on a game/performance day (this includes all school classes as well as any cheer rehearsals). ***The only exception is a school excused absence.**
- Failure to meet skill/fitness checks (held every two weeks)

7. Probation

***Short-term probation will occur for the following reasons and may occur without notice:**

- ANY absences (excused or not) on a game/performance day (this includes all school classes as well as any cheer rehearsals).
*The only exception is a school excused absence.
- Falling below a 3.0 GPA (or any F's or NG's) at the end of a term. (Probation may be lifted at midterm if there is significant improvement.)
- Excessive absences/tardies
- Having a disrespectful attitude toward coaches or teammates.
- Lack of worth ethic and improvement
- Failure to contribute to the overall success of the team
- Failure to learn and perfect cheers or routines.
- Failure to meet skill/fitness checks (held every two weeks)
- Loss of tumbling or other required skills
- Failure to comply with any written or spoken rules.
- If any of the above-mentioned violations occur, one strike will be given per offense. When a cheerleader has met the three-strike limit (per semester) she is dismissed from the squad.
- While on probation (short or long term), the cheerleader is not allowed to participate in any cheer performances or wear their cheer uniform. He/she will be required to attend all cheer events, sit with the advisor, and also attend and fully participate in all cheer rehearsals/practices.
- **While on probation, the cheerleader is also NOT allowed to travel to Nationals with the cheer team. Depending on circumstances, a pro-rated refund may be considered.**

8. Dismissal: A cheerleader will be immediately dismissed from the squad for the following reasons:

- Use of alcohol, tobacco, or drugs.
- Serious school Discipline
- Not showing up to any cheer event/practice without informing the head coach
- Failing to make grades for any two consecutive terms.
- Failure to adhere to the rules and guidelines of this document or others set forth by the coaches (depending on the severity which is left to the coach's discretion).
- Posting or sending inappropriate pictures or videos through social media or text message
- Repeated violation of the criteria listed for short-term probation.
- Earning a total of three strikes (or more) per semester.

***In the case of dismissal from cheer, a pro-rated refund will be considered.**

- **Coaches can remove any athlete from the team at any time due to serious contract violations or failure to uphold duties and responsibilities as a member of the CCHS cheer squad.**

9. Grade/Attendance Requirements

- Cheerleaders are representatives of Corner Canyon High School and as such are required to maintain high academic standards.
- Grade and attendance checks will be conducted every other Friday.

- All cheerleaders must maintain a 3.0 GPA, with no F's or NG's on their report cards.
- Cheerleaders will be given a **MAXIMUM** of 8 excused absences from cheer events before they will be removed from the squad (1 unexcused absence deducts 3 excused absences). The 9th absence = removal from the team.
 - 3 excused absences = 1 strike
 - 1 unexcused absence= 1 strike
 - 3 strikes = removal from the squad
 - Coming more than 15 minutes late to or leaving more than 15 minutes early from any cheer activity will result in ½ of a cheer absence being used up/taken away and points off of your cheer grade.
 - Any absence during the month of August or over Christmas Break is an automatic unexcused absence. We are right in the middle of football & halftime prep in August, and in the middle of competition season in December and cannot afford to have team members missing. Christmas break is NOT a cheer break, and all practices over Christmas break are MANDATORY.
 - Any item listed as MANDATORY on the calendar will follow the same item automatic strike policy for unexcused absences as listed above.
 - Emergencies/special circumstances will be evaluated by the coaching staff

10. *Involvement Requirements*

- In order to participate in any after school activity, cheerleaders must be at school by 8:00 A.M. and be there all day on any game days.
- If a school absence occurs on a game day, cheerleaders will not be able to participate in that day's game. They are still expected to attend all after school events if their health permits.
- All cheerleaders must dress in the required outfit for all game/performance days. Failure to dress correctly for school will result in that cheerleader sitting out from that day's game. Outfits will be assigned on the cheer website.
- To have an **excused absence**, the parent of the cheerleader must fill out an absence request on the cheer website **one month** in advance.
 - Even with an excused absence, the cheerleader will be required to sit out the appropriate number of games/performances for any dress rehearsals or mandatory practices missed (1 game for each missed dress rehearsal or mandatory practice)
- Emergencies will be evaluated by the coaching staff
- **Jobs, vacations, dental, doctor, hair, and other appointments are not excuses for missing games/practices. All appointments should be scheduled around cheer events**
- Unnatural hair color is not allowed.
- All members of the CCHS cheerleading squad must purchase a set of ankle weights that will stay in the cheer closet all year. These will be used for jump and flexibility training. Cheerleaders should arrive at their first practice with these items.
- All members of the CCHS cheerleading squad must participate in a team tumbling class.
- Like other sports, cheerleading is a large time commitment and families must be ready to make that commitment along with their cheerleaders. Being a cheerleader involves more than just making the team and cheering at games. Cheerleaders are expected to be at all required practices, fundraising events, sign-making and other school activities, and all games and competitions. This sometimes involves giving up other opportunities. Cheerleaders are part of a team and all members need to be present for the group to work smoothly.

- Cheerleaders will not be allowed to leave games or competitions early for any reason (jobs, appointments, school dances, etc.). Cheer should be their first priority, and other events should be scheduled around all cheer events.
- Cheerleaders will not be able to sit out of cheer practices, games, or events for illness or injury unless they have a signed doctors note prohibiting them from participating and outlining their specific illness or injury and the time frame for which they are excused. Cheerleaders will not be allowed to sit out longer than the time period that the doctor requires, nor return to activity before they have been cleared.
- All cheerleaders must have appropriate health insurance coverage as required by the district for any sport. **Injured cheerleaders are still required to attend all practices and games while injured, unless their injury prevents accessibility.**
- All cheerleaders will be required to participate in skill/fitness checks every two weeks to make sure that they are maintaining/improving their skills. Failure of any skill or fitness check will result in short-term probation and a strike. Cheerleaders will be removed from probation once they have met the requirements of their skill/fitness checks. Failure of 3 consecutive skill checks will result in a more permanent and long-term probation until required skills can be met. The duration of this probation will be at the coaches' discretion. Skill checks will include splits and standing and running tumbling (whatever tumbling you throw at tryouts will be your individual skill check requirement). Fitness checks include timed running and push ups. Cheerleaders will have 3 attempts at each skill check to pass off each skill. If they cannot meet the skill requirements in those three attempts, it will be considered failure of that skill check.
- All cheerleaders will be required to make individual tumbling goals with the coaches which they will be held to throughout the year. Goals and consequences will be decided on an individual basis, and goal sheets will be signed by the coaches and the athletes.
- **EACH CCHS CHEERLEADER WILL BE EXPECTED TO IMPROVE ON HIS/HER TUMBLING THROUGHOUT THE SCHOOL YEAR.** Those cheerleaders not showing improvement may be asked to sit out of games, competitions, and other cheer events.
- Cheerleaders are athletes and will be required to condition like athletes. This conditioning may include running, lifting, plyometrics, and any other physical activity that coaches deem appropriate.
- All senior cheerleaders will be required to participate in All State team tryouts and the All State team if they are selected.

11. Practices

- Be **Respectful** of each other and coaches
- **Practices and games set on the monthly calendar are required and important!** All practice schedules will be made out in advance. It is your responsibility to check the website for schedules. Coaches can add or change events on the calendar AT ANY TIME due to changing or updated circumstances. Coaches will do their best to maintain the integrity of the calendar, but there are bound to be changes and unforeseen circumstances. All athletes are expected to be at all events regardless of calendar and date/time changes.
- All cheerleaders **must** attend all of the practices scheduled by the coaches. **It is very difficult for a squad to practice if even one person is missing!**
- Any **unexcused absence from any practice** will result in sitting out at the upcoming cheer event, and a strike.
- Any excused absence from a dress rehearsal or mandatory practice will result in sitting out at the upcoming cheer event.
- Be on time. If a cheerleader is tardy it will result in five points off her grade and conditioning.
- Practices may be added or cancelled at the coaches' discretion.
- Missing more than 4 practices during the summer practice season will result in sitting out one football game for each additional

absence. The entire month of AUGUST is mandatory for all CCHS cheerleaders.

- **There is only positive feedback allowed at practice. NO putting others down; build each other up.**
- No Gum! NO CELL PHONES!
- PRACTICE attire: **Bring Your Cheer Shoes!** No other footwear will be acceptable. Wear appropriate clothing (practice clothing will be assigned) **No jewelry or long fingernails, NO exceptions!**

12. Games

- Any **unexcused absence from a game, organized activity, or event** will result in.
 - First offense*: sit out all of the next game and a strike
 - Second offense*: sit out the next two games and a strike
 - Third offense*: removal from the squad
- **Penalties for being late to games OR to practices** will be the appropriate number of points off the cheerleader's grade and conditioning.
- **Any cheerleader who misses a game for any reason will be required to sit out of the following game or cheer event.**
- Do not leave before, during, or after a game or practice without coaches' approval.
- Hair must be worn away from the face. No jewelry. Game hair will be assigned for each event to promote squad unity.
- **Cheerleaders should be in place ready to cheer with 1:00 minute on the clock**—*—be responsible and watch the clock!!* Stay in block and pay attention during the game.
- Cheerleaders who arrive at games without poms, warm-ups, correct attire, or cheer shoes will sit out for that game and lose points on their cheer grade. Girls who are being distracting while sitting out will lose more points on their cheer grade for their inappropriate behavior.
- Cheerleaders who do not dress correctly (that means everything assigned for you to wear that day) for school on game days will sit out for that game and lose points on their cheer grade.
- Cheerleaders will be required to jump, kick, stunt, and tumble at EVERY game. Some injuries may require girls to sit out rather than perform these skills. Cheerleaders who choose not to participate in these requirements will lose points off of their cheer grade. If you can't stunt and tumble, YOU CAN'T CHEER!
- Cheerleaders will be expected to throw AT LEAST their team tumbling requirements at all games and in all halftimes. Cheerleaders who cannot do these skills may be asked to sit out of games or halftime performances.
- Cheerleaders who are off task or not behaving in block will be asked to sit out for the remainder of the game and lose points on their cheer grade.
- Cheerleaders will conduct themselves in a polite and respectable manner at all games, as they are ambassadors of Corner Canyon High School. This means no booing, obscene gestures, rude comments, **swearing**, etc. All cheerleaders are expected to be examples of good Sportsmanship at all times.

13. Competition

- Every cheerleader on the Corner Canyon Cheer squad will be part of a competition team as either a performer or an alternate.
- There will be Silver and a Navy Competition team. The skills required to make both competition teams are listed below. Skills must be performed not only at tryouts but also throughout the entire cheer year. Failure to maintain skills can result in removal from competitions/performances.

Silver (Varsity):

- Tumbling: Standing tuck, standing handspring to tuck (or more), round-off handspring layout, fulls preferred.
- Jumps: Double jump to tuck
- In addition to skills tryouts, there will also be sharpness, discipline, flexibility, and stunting tryouts.
 - We will start assembling competition teams and stunt groups immediately after tryouts.
 - Final decisions on competition teams will be made by the end of the summer practice season.
 - Anyone who is cut from the Silver competition team at fall tryouts will either become an alternate or move to the Navy team at the coaches' discretion.
- All Silver competition team members will attend a separate competition camp called a choreography clean-up before the competition season (We are estimating around \$100 per girl), and will have additional competition and nationals/travel costs.
- The Silver team will travel to the Colorado Masters camp from June 17-20.
- The Silver team will travel to the National High School Cheerleading Championships in Orlando, Florida.
- All silver team members must sign a contract that outlines the rules and regulations of competing on a high-level championship team.
- Returning silver team members must have a better standing and running pass than the previous season. We need to see improvement!!
- Because silver is such a big commitment and requires every single team member to make it work, missing silver practices and events will have heavier consequences than missing other cheer activities.

Navy (JV):

- Tumbling: Standing handspring (standing tucks preferred), round off tuck (handspring tuck by end of summer)
- Jumps: Double toe handspring (handspring tuck by end of summer)—jumps to tucks preferred.
- In addition to skills tryouts, there will also be a sharpness, discipline, flexibility, & stunting tryout.
 - We will start assembling competition teams and stunt groups immediately after tryouts.
 - Final decisions on competition teams will be made by the end of the summer practice season.
 - Cheerleaders who do not show improvement by fall tryouts will be placed on probation and may face dismissal from the cheer squad.
- All Navy competition team members will attend a separate competition camp called a choreography clean-up before the competition season (We are estimating around \$100 per girl), and will have additional competition and nationals/travel costs.
- The Navy team will travel to the Utah Masters Camp from July 11-13.
- The Navy team MAY travel to the National High School Cheerleading Championships in Orlando, Florida depending on skill/ability level.

Miscellaneous

- 2-4 Alternates will be selected for both the Silver & Navy competition teams.
 - We believe that alternates are just as important as any other competition team member. Therefore, all alternates will be required to attend all practices & competitions.
- Competition teams will have their own additional costs and time commitments.

- Changes can still be made after the end of summer to competition teams due to injuries or lack of skill performance. You are NEVER guaranteed a specific spot on either team. You must earn it!
- While at all competitions all cheerleaders are expected to remain in uniform, keep their hair up and bows in, and keep their makeup on. Failure to do so will result in points off your grade and possible probation if it becomes a problem.
- Cheerleaders will not be allowed to have backpacks, cell phones, blankets, or other items with them during awards at competition. Failure to comply with these rules will result in points off your cheer grade and possible probation for repeated offenses.
- Cheerleaders should also remember that at all competitions they are representatives of Corner Canyon High School and they need to behave appropriately and represent the program in a positive way.
- While at Nationals or at other competitions, cheerleaders will be required to remain with the team and coaches for the ENTIRETY of the trip or event. Special circumstances may be considered at coaches' discretion. Failure to remain with coaches and the team will result in probation on the return home. Length of this probation is at the coaches' discretion.
- While at the National Championships in Orlando the purpose and goal is to compete, NOT TO PLAY. Time will not be spent in Disney World or doing other recreational activities until AFTER practice and competition is over.

TENTATIVE competition schedule for the 2019-2020 season

- JAMZ Twin Peaks Championship: November **16 OR 23**
- USA Cottonwood Regional: December 7
- UCA SLC Regional (Nationals Qualifier): December 14
- USA Roy Regional: January 4
- Utah Open: January 11
- Region: January 18
- State Championships: January 25
- Wildcat Invitational: February 1
- National High School Cheerleading Championships (Orlando): February 5-10

14. Transportation

- Cheerleaders must utilize the transportation provided by the school to all organized away activities. If a parent or legal guardian will be traveling to the away activity and would like to take their cheerleader home with them, the coach must have a district travel form filled out and signed prior to leaving for the activity. This should be given to the coach at the beginning of the school day or at practice the day before.
- Know what time the bus leaves for all away activities! DO NOT MAKE THE BUS WAIT ON YOU, BECAUSE IT WON'T!
- Cheerleaders will NEVER be allowed to ride home from away activities with anyone other than their own parents.
- Cheerleaders must speak to a coach with their parent present BEFORE they will be allowed to leave any event with their parents. Pictures do not count; you must appear IN PERSON with your parent.
- All cheerleaders will sit in the front seats of the bus when traveling with a coach or coaches separating the players and cheerleaders. No cheerleaders are to be communicating or sitting with players in the back of the bus. Punishment for breaking this rule will be that the cheerleader is not allowed to travel and attend the next away activity.
- Cheerleaders are responsible for finding their own transportation to all practices and other cheer activities where no bus is

provided. Cheerleaders must understand that while traveling in these situations that they **will in no way hold the Canyons School District or its institutions/employees responsible** for any harm or injury resulting from this travel to and from cheer events. If cheerleaders are riding with another individual, it is their responsibility to verify insurance. **Canyons School District will not be responsible to verify insurance in these situations.**

15. Fundraising

- There are multiple team fundraisers that will be completed throughout the year. This money will be used to help pay for attire, music, choreographers, competition fees, and other miscellaneous expenses. Cheerleaders will also have the opportunity to fundraise for some of their own costs. It is a cheerleader's responsibility to take advantage of these opportunities. Examples of fundraisers are listed below:
 - "CC" Book ad sales (\$100 REQUIRED)
 - Jr. Cheer clinic for the Draper Days Parade (REQUIRED)
Winter Jr. Cheer (REQUIRED)
 - Other miscellaneous fundraisers that we decide on as a team and a committee.

16. Rules and Regulations

There are miscellaneous rules other than the ones already mentioned above.

- **No cell phones at games, practices, or other CCHS Cheer events.** They should be turned off and in your bag.
- Always give 150%: "Hard work beats talent when talent doesn't work hard."
- Represent yourself, your family, your team, your coaches, your school, and your community in a positive way.
- If a problem occurs the cheerleader and her parents **MUST FIRST** speak with the coaches before the problem will be addressed or taken to the administration (if coaching staff is not aware of a problem the problem cannot be solved). If required, a parent meeting with the coach and cheerleader will be called and further action will be taken.
- **NO ACRYLIC NAILS!** You will be benched and not allowed to compete or cheer at games during any time that you have acrylic nails, or natural nails that are longer than your fingertips.
- **NO hickies!** You are a representative of not only CCHS Cheer but also Corner Canyon High School. You need to be an example and a leader. You will be benched for all cheer events if at any time you have hickies and lose the appropriate number of points on your cheer grade.
- No gossiping about other squad members.
- No drinking or using any other illegal substances, **NO exceptions or excuses. You will be dismissed from the squad immediately.**
- Respect the coaches' and captain's decisions.
- Be a team player. "Together Everyone Achieves More."
- All cheerleaders will be required to be social media friends with ALL coaches! Required social media connections include: Facebook, Instagram, Snapchat, and Twitter. Any cheerleader who chooses not to participate in this policy will be benched until appropriate social media connections are made.
- **HAVE A GOOD ATTITUDE!** If at any time the coaching staff feels you are constantly and persistently negative, you will be asked to have a one on one meeting with the coaches. If the problem is still not resolved, you will be benched until your attitude improves. Attitude changes everything and the only way for us to move forward as a team is if everyone is on the same page.
- Coaches reserve the right to create separate contracts for cheerleaders on an as needed basis and in special circumstances. If

these contracts are created, cheerleaders and their parents will be expected to follow these contracts and will be held to the rules and regulations therein just as they will be held to this one.

17. Cheer Class

- 20% Attendance, 40% Participation, and 40% Assignments
- Cheerleaders will also have a summer reading assignment and other miscellaneous homework and projects throughout the year.
- You can only make up 20 points with extra credit. All extra credit consists of cheerleaders attending additional cheer events, or supporting the teams or school in some way.

You will lose points on your cheer grade every time you don't uphold the rules.

- Gum at practice OR while cheering in uniform 5 Points
- Wearing jewelry while in uniform OR at practice 5 Points
- Late to practice, competition, a game, or after half-time during a game 5 Points
- Hair not completely UP for a practice, competition, or a game 5 Points
- No shoes at practice OR at a game 5 Points
- Wrong/No practice or game clothing/missing poms 5 Points
- Wrong hair/lipstick 5 points
- Not helping with mats, set-up, or clean up 5 points
- Not stretching with the team 5 points
- Not stunting/tumbling at games 5 points
- Cell Phones out during games, competition, or practice 5 Points
- Leaving practice early without prior approval or unexcused 5 Points
- Not dressed as a squad for game days or activities 5 Points (and you will be benched for that day's game)
- WAY LATE tardies or absences 10 points
- UNEXCUSED ABSENCES 20 points

18. Captains

- Squad-specific captains will be selected by a combination of cheerleader vote and coach's evaluations.
- Competition captains will be selected by the coaching staff.
- Coaches will be looking for work ethic, leadership, teamwork, and other qualities expected of student-squad leaders. Each squad will have head cheerleaders, but the Varsity head cheerleaders will be the overall captains of the entire cheer squad.
- Captains' duties will include leading warm-ups at all practices, calling cheers, choreographing routines, being the student representatives with the administration and school, and other various responsibilities.
- Having coaches help to select head cheerleaders keeps the process from becoming a popularity contest among the girls and allows us to choose head cheerleaders who will fulfill their duties in the best way possible.
- Roles, numbers, and types of captains will be adjusted from year-to-year according to the needs of the team.
- Any captain who is not doing their job, setting a good example, or otherwise fulfilling their responsibilities as a captain may be asked to step down. Any replacements will be selected at the coaches discretion.

Contact Information:

HEAD COACH:

Whitney Lunt

Email: whitney.lunt@canyonsdistrict.org

Phone # will be provided later to those who make the squad

ASSISTANT COACH:

Bria Bowthorpe

Email: briabow@gmail.com

TECH COACH:

Stephanie Sampson

Email: cheercornercanyon@gmail.com

I agree to all of the above rules and policies of CCHS Cheerleading. I will abide by and support all of the above rules and coaches' decisions pertaining to them.

Student: _____

Date: _____

Parent/Guardian: _____

Date: _____

SOCIAL MEDIA CONNECTIONS: Please fill in the blanks

Twitter Username: _____

Instagram Username (Must also provide low-key account information: _____

Facebook Username: _____

Snapchat Username: _____

****Failure to provide access to all social media accounts to ALL coaches will result in immediate probation**

CCHS CHEER ACTIVITIES DISCLOSURE

As cheerleading advisors, we know that we have extremely talented students in our program. Many are qualified to participate in more than one Corner Canyon High School sponsored activity (i.e.: choir, drama, volleyball, etc.) and other outside activities (i.e.: dance classes, club sports, etc.). As a result, we find it necessary to explain our expectations for those cheerleaders involved in additional extra-curricular or outside activities.

As advisors, we will work hard at scheduling events as far in advance as possible and will work with other advisors and coaches to avoid as much conflict as possible. However, please realize that in choosing to be involved in multiple activities, there will be times when you will have to choose between them. In these situations, it is expected that you put Corner Canyon High School Cheerleading first. Cheerleading is not only a sport team; it is also a leadership position for the school. Therefore, it should be your top activity priority. It is also important to realize that your grade and probation status, and even your membership on the cheer squad can be affected if you choose other activities continually over cheerleading. Cheerleading is a team effort and it is difficult to help your team when you are not there.

I understand the information explained above, and agree to make Corner Canyon High School Cheerleading my first priority. I understand and realize that there will be consequences in choosing other activities over CCHS Cheer, and that a continual problem may result in my dismissal from the cheer squad.

Student: _____

Date: _____

Parent/Guardian: _____

Date: _____

PARENTAL/CHEERLEADER AGREEMENT

I _____ promise to work hard, be respectful to my teammates and coaches, and be a positive influence on my team. I promise to do my best and to follow the rules of the squad.

I _____ as parent or guardian of _____ promise to meet all parent obligations and team parent obligations that are associated with being a member of CCHS Cheer Squad. I understand that the coaches have my daughter's and her team's best interests at heart. While I might not always agree with the coaches' decisions, I will choose to support the decisions of the coaches fully. I understand that my attitude and actions will influence the attitude and actions of my daughter and the other members of the cheer squad and will therefore strive to provide a unifying presence to the cheer program and to be a positive role model of respectful and courteous conduct. I will make arrangements to meet with the coaches at an appropriate place and time if I have questions or concerns.

Student: _____

Date: _____

Parent/Guardian: _____

Date: _____

CORNER CANYON HIGH SCHOOL

Anti- Hazing Agreement

Student Name: _____

Grade: _____

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school activity or organization. Hazing includes but is not limited to:

1. Any activity involving an unreasonable risk of harm including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities.
2. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
3. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
4. Any activity that subjects a student to an extreme and reasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student.
5. Any activity involving any violation of federal, state, or local law or any violation of district, school, and athletic department policies and regulations.

Discipline: Athletes, coaches, advisors, or students are responsible to report any of the above violations to any member of the CCHS Administration or the Athletic Director. Improper behavior as described above may lead to the loss of a student's participation privileges and/or legal action and/or school disciplinary action beyond athletic consequences.

Student: _____ Date: _____

Parent/Guardian: _____ Date: _____