



CHILTON CHEER HANDBOOK



Purpose

The purpose of the Chilton cheerleading team is to boost school spirit, promote good sportsmanship, develop positive crowd involvement at sporting events and rallies, and help student participants in school activities.

In this role, cheerleaders are positive, effective student leaders. Their activities should be focused on creating a cooperative spirit among the cheer team, athletes, student body, school administrators and community, recognizing outstanding plays and examples of good sportsmanship by athletes, and aiding the school and game officials in the promotion of good sportsmanship by spectators. Our focus this year will be on sideline cheers and dance.

Eligibility

1. Cheerleaders must be 6th, 7th, and 8th graders attending Chilton Middle School during the 2020-2021 school year.
2. Cheerleaders must be covered by an insurance policy.
3. Cheerleaders must be in good academic standing. Cheerleaders must receive less than 1/3 of behavior grades as "rarely". Any cheerleader who does not meet this expectation may not participate in extracurricular activities for the allotted time set by the head coach. Any cheerleader who becomes ineligible will not be allowed to perform or wear his/her uniform for any reason for the term of ineligibility. The head coach will determine if the cheerleader is required to attend an event without participation.
4. Cheerleaders must have completed all forms, permission slips, and other required paperwork.

Commitment

Each cheerleader should be aware of the amount of time cheerleading requires. It is an honor that requires not only commitment, but also hard work and dedication.

The cheerleading season will begin with tryouts in May and end in December. However, there are various events both before and after the sports' seasons. A cheerleader will serve from the day of selection until the last day of school of the academic year.

Cheerleaders need to be aware that their Chilton cheer commitments must come first. Outside activities need to be considered before trying out for the cheerleading team. Any outside commitment will not be considered an acceptable reason to miss any cheer event or game.

Cheerleaders are expected to participate in the following events:

1. Practices
2. All home football and basketball games
3. School rallies
4. Fundraisers
5. Other events, as scheduled

Practices and Games

Practices

1. Due to COVID-19 restrictions, cheerleaders will not be practicing over the summer. Cheerleaders will be asked to learn cheers and material virtually. Additionally, cheerleaders will be attending a private cheer “camp” in early August. This camp will be held at Chilton and will take place on a Saturday & Sunday. More information to follow.
2. Practices will be held on Mondays at Chilton once the season begins in August. Practices will run from 4:00pm-6:00pm. If a practice is missed for any reason, it is the cheerleader’s responsibility to learn any material they may have missed. Please note that an absence may result in the inability to perform in the next game or event.
3. Practices are closed to everyone except coaches, administration, and cheerleaders.
4. Additional practices will be scheduled as needed (after or before school hours). Cheerleaders must be available Monday through Thursday.
5. During practices, cheerleaders stay together as a group with coaches. If a cheerleader must leave a practice, they must notify the coaches.
6. More information about practice, times, dates, etc. will be given after the team members have been selected.

Games

1. Games are scheduled for Monday, Tuesday, Wednesday or Thursday after school.
2. Games are scheduled on different days and sometimes twice a week.
3. During games, cheerleaders stay together as a group with coaches. If a cheerleader must leave a game, they must notify the coaches.
4. Game schedules will be shared as soon as they become available.

Attendance

Your team relies on you and you are a very important part of your team. Attendance is necessary to make a team successful. Absences and tardiness jeopardize the entire team and hinder success.

Cheerleaders are expected to attend all scheduled games and practices on time and stay for the duration of the event. Please arrange appointments and other activities around the cheerleading schedule.

Any absence, tardy, or early departure from a practice or game must be reported as soon as possible in advance of the absence to Coach Dana Sauer at dsauer@rcsdk8.org. In the case of excessive absences, tardies, or early departures, a meeting will be arranged with the coaches, cheerleader, and parent/guardian to review the cheerleader’s status on the team.

Conduct

A Chilton cheerleader is one who is willing to set aside his/her own personal agenda for the whole program’s pursuit of excellence. Cheerleaders will demonstrate good sportsmanship, promote school spirit, and display genuine care and concern for others.

A Chilton cheerleader takes on the role of a respectful and disciplined athlete who is a model for her/his peers at all times - in school, after school, and in the community. Cheerleaders are

visible role models. Along with this position comes a great deal of responsibility. In order to achieve this, Chilton cheerleaders will:

1. Sign and abide by the rules set forth in this handbook.
2. Commit to attendance at practices and events.
3. Maintain a proper appearance at all times, both in and out of uniform.
*The uniform is for school functions only, as directed by the coaches.
4. Demonstrate respect and kindness for others.
5. Abide by an anti-bullying policy.
6. Use social media for positive, appropriate purposes only.
7. Follow RCSD and Chilton rules and expectations.

Poor conduct/behavior will be handled as follows:

1st offense - Warning

2nd offense - Meeting with coach, cheerleader, and parent/guardian

3rd offense - Suspension and possible removal from the team

Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the cheer coaches, with assistance from the administration if necessary. Particularly egregious behavior may be addressed in an accelerated manner and may skip one or more steps above. No refunds will be given if your child is removed from the team.

Parents are as important to the team as is the athlete. While representing Chilton cheer each parent and athlete will be expected to conduct themselves in a professional manner. Please practice good sportsmanship. Please do not break the spirit of the team if you become dissatisfied with an issue. Please address any issues with the cheer coaches rather than other parents or athletes.

Attire

Uniforms

The school has purchased the uniforms for the cheerleaders to wear for the season. At the end of the season, uniforms will need to be returned in the condition they were issued, which includes no holes/rips/tears/etc. Personal items include briefs, warm up jackets, bows, and shoes, which the school does not purchase and the cheerleaders will be able to keep at the end of the season.

Games

Full uniforms are to be worn to games. This may include skirts (with navy briefs), shells, liners, cheer shoes, white no-show socks, and game bows. Warm up jackets and/or pants may be worn before and after the game. Changes to the uniform will be communicated in advance by the coach.

Nails should be neat and trimmed short.

No jewelry. No gum.

Hair and bangs pulled back with game bow.

Uniforms are to be worn to school all day on game days otherwise otherwise noted.

Practice

Practice clothes are to be worn to practices at all times. This includes fitted black or navy shorts, a squad practice shirt as to be determined by the coach, and cheer shoes.

Nails should be neat and trimmed short.
No jewelry. No gum.
Hair and bangs pulled back with practice bow.

Tryouts

In order to abide by social distancing guidelines, Chilton cheerleading tryouts will take place virtually for the 2020-2021 season.

There will be a video available on May 6. In this video, potential cheerleaders will learn one cheer and one dance. Potential cheerleaders will upload a video of themselves. Videos will include the following:

1. introduction - first and last name, current grade, cheerleading experience, and something fun about yourself
2. cheer
3. dance
4. best jump or jump sequence
5. best tumbling skill or tumbling sequence (optional)

Applicants will be evaluated on the following:
cheer ability & coordination, motions, memory, jumps, tumbling (optional), showmanship, and overall impression

Recommended attire for tryout video:

Black shorts

Plain white t-shirt or tank top

Gym shoes

Hair and bangs pulled back in ponytail (and bow if you have one)

Additionally, potential cheerleaders will be asked to complete an application.

The tryout window is from May 6, 2020-May 20, 2020. Late submissions will NOT be considered.

Results will be emailed by May 26.

2020-2021 Chilton Cheerleading Team

There will be a mandatory parent meeting/uniform fitting for individuals earning a spot on the team. The date is TBD, but will be during the week of May 26-May 29. Due to COVID-19 restrictions, it will be virtual.

We are collecting a \$60 donation per cheerleader (checks made out to Chilton MS).

Information

General information will be posted on the Chilton Middle School website at www.rcsdk8.org
Search schools – Chilton Middle School and find Chilton Cheerleading.

If you do not have access to email or the website, please let coaches know so other arrangements can be made.

It is the responsibility of the cheerleader to inform their parents/guardian of any information that is communicated. You may contact the cheer coaches for information if needed.

Dana Sauer

dsauer@rcsdk8.org

Communication

Communication is important to us. Coaches are available by phone or email for general questions. We will also use the Band app for communications/updates.

If at any time a cheer member or parent feels the need to discuss a problem or concern, please call to set up an appointment with the cheer coaches so that we can discuss the matter at the appropriate time and place. A 24-hour cool down is always recommended. For safety reasons, our focus needs to be on the squad during practice and game time. Please do not confront the coaches before, during or after a practice, game or event to discuss a problem. Thank you for your cooperation.

Agreement

By signing the squad agreement form, this indicates that both parent and cheerleader understand and agree to the rights and responsibilities in the cheer handbook. Cheerleaders selected for the team and their parents/guardians must agree to sign the agreement form.. A copy of the agreement form is attached.



Agreement Form

By signing the team agreement form, this indicates that both parent and athlete understand and agree to the rights and responsibilities outlined in the Chilton Cheer Handbook.

In addition, both parent and athlete understand and agree to the following:

Cheerleader

I have read the Chilton Cheer Handbook and expectations and commit to being a cheerleader in accordance with these expectations. I understand and agree to the obligation that I have made to myself, my coaches, my school, and my team by joining the cheer program.

Cheerleader

Date

Parent(s)/Guardian(s)

I, as a cheerleading parent, agree to give my cheerleader 100% support in the commitment to cheer. I have read the Chilton Cheerleading Handbook and agree to the expectations.

Parent/Guardian

Date

Parent/Guardian

Date