

Parent Letter

Dear Parents,

Your student is interested in becoming a member of the Cheerleading Team for the school year. If he/she is elected to be a cheerleader, there are specific responsibilities and obligations which your son/daughter must assume in order to qualify for and to remain an active member of the team.

After reading the attached constitution and fully understanding the rules and regulations which govern this program, and after your child has a complete understanding of his/her responsibilities, please sign, and have your child sign, as well as return, to Natalie Parker before or on the first day of the Tryout Clinic.

The approximate cost for each student ranges from \$300-\$900, which includes uniforms, summer camp, camp wear/practice clothes and supplies. It is significantly cheaper if they already have a uniform. Any remaining funds will be raised through fundraising projects throughout the year.

Attendance is expected for each athlete. If practices are missed, disciplinary action will follow and coaches reserve the right to remove any member of the team for attendance issues. Additionally, I will be cracking down on grades this year as this was a big issue last year for several athletes. Athletes who are consistently ineligible or below the appropriate academic standing level will be removed from the team.

Being a member of the Cheerleading Team has many rewards and is a valuable experience they will remember for a lifetime. Additionally, your son/daughter will give pride and spirit to our school, students, and community through their participation!

If you have any questions concerning the constitution or cheerleader roles and responsibilities, please do not hesitate to contact me directly. Thank you for your support!

Coach Mariah Stoner

tispartancheer@outlook.com

TJ Cheer Tryout Application 24-25

ATHLETE PERSONAL INFORMATION

NAME: _____ PHONE: _____

ADDRESS: _____ ZIP: _____

EMAIL: _____

OVERALL GPA: _____ GRADE LEVEL (during 24-25 year): _____ DATE OF BIRTH: _____

PARENT/LEGAL GUARDIAN: _____ PHONE: _____

PARENT/LEGAL GUARDIAN EMAIL: _____

MEDICAL INFORMATION

DOCTOR: _____ DOCTOR PHONE: _____

1. Are you allergic to any medications? YES NO

If so, please list: _____

2. Are you currently taking any medications? YES NO

If so, please list: _____

3. Are you currently being treated for any injuries? YES NO

If so, please list: _____

***Please note you MUST have CURRENT physical turned into the school before the first day of the tryout clinic. It is your responsibility to make sure this gets complete or your child will NOT be able to try out, power school policy. Physicals must be turned into the school directly, coaches will NOT accept physicals this year. You can email them to carla_allen@dpsk12.net.**

OTHER INFORMATION

4. Are you currently a member of any club, organization or team requiring extra practice time? YES NO If

so, please list: _____

5. List any honors you have received in school: _____

6. What are the dates that you will be out of town during the summer? _____

7. Please list any other obligations that may interfere with cheer this season. _____

8. Please list your tank top, t-shirt, shorts, and pants sizes. _____

9. Anything else the coach should know? _____

TJ Cheer 24-25 Cost Break Down

*these estimates are based on the cost of the 23-24 season and are subject to change

- Practice gear: \$60-\$80
- Bows: \$45
- Cheer shoes: \$85
- Warmups: \$169
- Bag (optional): \$76
- Uniform: \$276 + shipping
 - Varsity breakdown
 - Poms - \$24
 - Shell - \$128
 - Skirt - \$90
 - Liner - \$20
 - Spanks - \$14
- 2- day Camp: \$170
 - Dates TBD but will be this AUGUST
 - ATTENDANCE REQUIRED
- Total cost

- Returner: \$275-\$295 ESTIMATE
- \$880-\$900
- ADDITIONALLY, last year the team participated in a weekly class at Empire Athletics which cost an additional \$65/month for each athlete. This class was immensely helpful and was required for each team member. Empire Athletics is changing their business model and will now be coming on-site to high schools. Monthly pricing is subject to change based on this change.

Payment due dates – **Checks payable to Thomas Jefferson Cheer**

First Payment – June 15th \$100 due

Second Payment – July 1st \$250 due

Third Payment – July 15th (remaining cost due)

FUNDRAISING

- All cheerleaders will be asked to participate in all fundraising
- This will only better our team and the opportunities in the future
- This will be a BIG part of our team. Especially if we plan to go to camp and competitions.
- Fundraising will be an ALL year effort!
- Fundraising will start as soon as you make the team
- Certain fundraisers will allow for funds to go directly towards an athlete's individual costs. Others will be to raise funds for the team account. More information on fundraising will be available after tryouts.

Fundraising examples:

- Butter Braids
- Snap! Raise
- Car wash
- Kids Clinic
- Charleston Wrap
- Fan Cloth

***please note: cheerleading is an expensive sport but at TJ we try our best to keep costs as low as possible while still getting quality products. Please consider the cost of the season before agreeing to try out. Fundraising is a big help for many athletes. Several members of the team last year were able to get refunded for much of their bill due to their fundraising efforts.**

TJ CHEER 24-25 HANDBOOK

Welcome to the 2024-2025 Cheer team. This team has an established reputation... one to be proud of. We take on new challenges and are excited to grow together. This program requires hard work and commitment. Our main goal is to grow and work together to become a better team each year.

The following handbook describes the duties and expectations of being a TJ Cheerleader. Please read it thoroughly! Ask questions and understand all aspects behind the development of Cheer.

Each member **MUST** commit themselves to hard work, dedication, and team unity. I recognize the purpose of the program as being one of promoting moral, physical, mental, social, and emotional well-being of students. In return, I expect members to be responsible for committing themselves to the programs and our coaching philosophy.

To reach our goals, each team member **MUST** meet high standards in academics, athletics and behavior. Our season is long and plentiful. Our number one goal is to unite, to be better athletes, and to be successful young adults.

WELCOME!

What do we do? Why are we here?

This team is here to increase overall spirit at events that support TJHS. Such events would include athletic activities, games, and assemblies.

Our spirit comes in many fashions. We cheer on players, the student body and we motivate others to cheer on our teams. We motivate and encourage athletes, while recognizing their accomplishments. And we strive to be the best we can at our own sport along the way.

The Specifics:

Summer

- Practice 2-3 times a week starting in late July/August
- Participate in team building activities
- 2-3-day camp (dates TBD)
- Fundraising

Fall & Winter

- Practice 3-4 times a week (Monday, Tuesday, Wednesday w/ a tentative fourth day as needed)
- Attend 1-2 games a week
- Participate in kids camp
- Competitions
- Fundraising

Spring

- Practice 2-3 times a week (Monday, Tuesday, Wednesday)
- Tryouts for next year
- Fundraising

Coaching expectations for each athlete:

1. Must be a good SPORTSMAN and always show good CHARACTER.
2. Must be totally and constantly COMMITTED.
3. Must be SKILLED in your sport.
5. Must be PUNCTUAL. BE ON TIME..... BE PRODUCTIVE AT PRACTICE.
6. Must show RESPECT for each other and the coaches. There is a no tolerance policy for disrespect.
7. Must be a good COMMUNICATOR with coaches and peers.
8. Must be ORGANIZED and love calendars.
9. Must be a TEAM MEMBER in all aspects of the team.

Communication.....Talk to me:

- ❖ COMMUNICATION is the essence/DRIVING FORCE behind a successfully managed team.
- ❖ BE RESPONSIBLE for all lines of communication. For yourself, the team, and the coaches.
(DON'T ASSUME)
- ❖ BE RELIABLE. Complete and follow through with your responsibilities for yourself and your team.
- ❖ Contact the coach in case of emergency. (ANY EMERGENCY)
- ❖ Notify the coach immediately if an INJURY occurs.
- ❖ Notify a CAPTAIN of all of the above in the coach's absence.
- ❖ The coaching staff uses the OPEN DOOR POLICY of management. (come to us about anything)
- ❖ Utilize the team group chat, to be a CLEARER COMMUNICATOR.
- ❖ MY DOOR IS ALWAYS OPEN
- ❖ LACK OF PLANNING ON YOUR PART DOES NOT MEAN AN EMERGENCY ON MY PART

PRACTICE AND RULES

Practices:

- ALL practices will be closed! This means NO ONE EXCEPT CURRENT TEAM MEMBERS are allowed at practice, team events, etc. We had issues with this last year...PLEASE plan to respect this rule.

- ALL practices are **mandatory**.

- A cheerleader is NEVER to miss a practice. I understand if you are sick (running a fever) or an emergency comes up, but you are to inform the coach as soon as this takes place. TJ cheerleading is to be your 1st priority (behind school).

- You will NOT be excused for birthday parties, dates with your significant other, or any other reason.

- You will not be excused for family functions unless the coach is told two weeks ahead of time.

- Practices should be where you give 110%.

- If you miss 3 practices that are unexcused by the coach, then you will be asked to leave the team.

- Cheerleaders are to be on time to everything, which means 15 minutes early.. We have to put mats out and stretch as a team, we do not want this to take up the little time we have together.

- If being late becomes a habit, you will sit out the next game, in full uniform, next to the coach. If it is still a problem, we will have a meeting: including the coach, cheerleader, and parent. After that, you will be asked to leave the team.

- When you step on the mat, leave everything in the outside world, there. However, we are all people. Please communicate with coach if you are having a bad day. Otherwise, I will be left assuming.

- If you are late to practice, you will be asked to run extra after practice. Understand that you are a representation of each other and are a TEAM. We should hold each other accountable. If one person is late, it effects everyone. That, said be prepared to make the entire team stay late and run after practice.

- Bad attitudes are not welcome! There is a zero tolerance policy for this and action will be taken in the case of mean spirited behavior to your cheer family and/or coaches.

- BULLYING is never okay and will not be taken lightly!! It will be taken straight to the athletic director and parents will be contacted. Communicate if there is an issue and talk it out.

- You all are a cheer family and family does not treat one another in a negative way. Plan to take care of each other in and out of cheer practice.

-You are expected to uphold the same character in school and represent what it means to be a SPARTAN! Be the model student that anyone in your fellow student body would be comfortable going to, to ask for help. In short...BE KIND!

Purpose

- A. Promote and uphold school spirit.
- B. Represent Thomas Jefferson High School to the highest degree.
- C. Set an example of positive behavior at all times, in uniform or out of uniform, in class, at games and at all school functions.
- D. Encourage life skills and create future leaders.

Requirements

- A. Thomas Jefferson High School Cheer will consist of all grade levels.
- B. Team members MUST attend ALL required activities, such as practice, games, competitions, shows, fundraising events, unless the team member is ill or has an excused absence. Failure to attend a mandatory event will result in a benching for the next event. Unless noted, all events are mandatory.
- C. Students must maintain a grade point average and eligibility as set by CHSAA and Thomas Jefferson High School.
- D. All members must have a current physical each year.
- E. Being on the spirit squad one year in no way guarantees placement on the squad for the following year. All members must go through the tryout process.
- F. The coach will choose captains.

Conduct

- A. By accepting the privilege/honor of being a member of the TJ Cheer team, each member accepts the fact that her/his actions are more prominent than those of persons not associated with such activity.
- B. Proper appearance is required at all times, and with clothing appropriate to the occasion.
- C. Members must not use foul language, at practice, in school, at games, camp, competitions, etc.
- D. Excessive public display of affection is never considered appropriate, especially in uniform, at games, or in school.
- E. Smoking or drug usage (including alcohol) is not allowed at any time, either on or off campus.
- F. Warnings will be issued for dealing with minor infractions. A warning may be issued for behavior above and beyond that which is expected of a spirit squad member.
- H. Warnings will be issued for such offenses as tardiness, wearing jewelry, cell phones, i-pods, talking, chewing gum, missing props or uniform items, missing return dates of certain items, failing to listen to instructions, etc.
- I. Members of the team are responsible for knowing all rules.
- K. 3 warnings will result in a benching.
- L. Each case will be judged individually.

M. Every attempt will be made to discipline fairly and equally and make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of the offenses may dictate harsher actions.

N. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coach and administration.

O. Poor conduct/ behavior under any of the above circumstances could result in warnings, plus suspension/removal from the squad.

Uniforms and other Expenses

B. Uniforms are to be kept clean, neat and in good repair at all times.

C. Uniforms will need to be paid for by each team member.

D. Attend summer camp. A fee will be involved

E. If a team member quits or is removed from the squad, **she/he will be held responsible for all costs.**

F. Squad members must pay for competition fees. The team will try to raise these fees through fundraising activities.

G. If a squad member is delinquent in fee payments and has not made arrangements with the coach, the team member may be benched.

Practices

A. Mandatory after school practices will be held.

B. Additional practices may be scheduled as needed. This will be done with as much notice as possible.

C. Missing a scheduled practice before an event will result in the team member not cheering or performing for that event and he/she may receive a benching for the following event as well. A benching will not occur if the member was ill or at another school function that was scheduled ahead of time.

D. If a member does not know the cheers or routine by the practice before the game, they will not be cheering or performing at the event.

E. Members must dress out in practice attire for all practices unless otherwise notified.

F. Members must not leave practice early unless given prior approval: this will carry a warning. Don't schedule work too early!

Tumbling and Stunting

Tumbling and stunting are necessary activities in this sport. As in any sport we will take all precautions to see that athletes do things correctly and stay free from injuries. However, as in any sport injuries sometimes occur. Please understand that your child will be participating in these activities as a part of this sport.

Athletes are to never tumble or stunt when a coach is not in the room.

Competitions and Games

A. Attendance at all assigned games, and scheduled events are MANDATORY! B. Football, homecoming and other things as assigned to support the athletics department happen in

the fall. Basketball and competition season is during the winter. Spring is light practice, team building, and tryouts.

C. All team members are expected to attend the game/competition for the ENTIRE DURATION of the event, regardless of whether you are cheering/performing or not.

D. If assemblies are conducted at the school we may participate in these as well. We will participate in all school unity programs as well.

E. Team members are expected to wear the appropriate uniform and hairstyle to all games/events. Bring water bottles and warm-ups to all games/events.

F. We will participate in CHSSA State in December. We also will compete in DPS Spirit League.

G. We may also compete in one or two other competitions throughout the year.

H. Each member of the team must pay competition fees. We will try to raise the funds for these competitions.

DISCIPLINE

Warning Policy

- An athlete will be notified upon receiving a warning.
- On the 3RD warning, parents will be notified.
- On the 5th warning, the athlete may be removed from the team for the year.

EXCUSED ABSENCES

Illness- the parent/team member must notify the coach by phone PRIOR to practice or designated event.

UNEXCUSED ABSENCES

- An unexcused absence occurs if a member is more than 10 minutes late or they leave more than 10 minutes early, Without PRIOR notice, for any practice or designated event.

First offense = 1 warning

Second offense = 2 warning

Third offense = 3 warnings

MISCELLANEOUS

- Inappropriate dress for practice, events, games, or school = 1 warning
- Inappropriate behaviors during practice and games/ events = 1 warning

GRADES

ALL cheerleaders are expected to maintain a high standard of academics as a member of this team. CHSAA rules state that athletes are expected to pass all classes they are enrolled in for the semester.

TWO F'S AT THE BEGINNING OF THE WEEK MAKES YOU INELIGIBLE UNTIL THE FOLLOWING WEEK. This includes games, appearances and performances.

I have read the handbook and understand the rules, goals, and requirements of being a part of the Thomas Jefferson High School Cheer Team. I also understand that this sport has risks like any other sport. Being a part of this team comes with many responsibilities and by signing this contract, you accept the responsibilities associated with the Thomas Jefferson High School Cheer Team and agree to abide by the handbook.

Athlete signature _____

Parent / guardian signature _____

Date _____

TJ CHEER ATTENDANCE POLICY CONTRACT 2024-2025

- I understand and acknowledge that I am allowed THREE unexcused absences for the cheer season. If I have more than THREE unexcused absences, I understand that it will be grounds for removal from the cheer team.
- I understand that absences may be EXCUSED for the following reasons.
 - Illness, as documented by a doctor's note or PARENT EMAIL
 - death of a family member or attendance at funeral
 - academic-related obligation
 - one mental health day per semester (if an athlete requires more than one mental health day, prior approval from head coach must be given)
 - vacation or special event (i.e. concert, birthday, wedding) will be considered on a case-by-case IF notice is given TWO WEEKS prior to the expected absence
 - *If proper notice is not given, I understand that this will count as an unexcused absence
- I understand that doctor's appointments (unless related to cheer injury), family events, lack of transportation, parental punishment (i.e. being grounded), or any other reason not listed under approved excused absences will count as an unexcused absence. I agree to plan ahead to make sure I have adequate transportation to all practices, games, competitions, and events. If my parents or family members cannot drive me, I agree to reach out ahead of time to team members to ask for a ride.
- I understand that if I have an unexcused absence **within 2 weeks of a competition**, I will not be allowed to compete in that competition.
- I understand that if I am **more than 20 minutes late** to a scheduled practice, game, competition, or event, it will count as an unexcused absence. I understand that if I am consistently late to practices, games, competitions, or events, this will be grounds for disciplinary action as determined necessary by the coach.
- I agree that depending on individual and family circumstances, I will communicate with the coach if I am having issues following the above attendance policy.
- I agree that **I will not speak with the coach about anyone else's attendance** other than my own.
- I understand and agree to all attendance-policy expectations for the remainder of the season.

Athlete Signature

Date

TJ CHEERLEADING ACADEMIC CONTRACT 2024-2025

- As a member of the TJ cheerleading team, I understand that I must adhere to school policy regarding academics and eligibility standards
- I understand that if I have 2 or more "F" grades in any classes throughout the school year, I will be ineligible to participate in any games or events that week until I get my grade up
- I agree to still attend and participate in practices and team bonding, even if I am ineligible to cheer at games or events that week
- I understand that if I am consistently ineligible to cheer due to grades, I may be removed from the team
- I understand that it is unacceptable for members of the cheerleading team to skip class and understand that my coach will be in contact with teachers to ensure that this does not happen
- I understand that if I am ineligible to cheer WITHIN 2 WEEKS of any competition, I will be removed from the routine and an alternate will take my place for that competition
- I understand that even if I get my grade up a few days before a competition when I was previously ineligible, I will still not be able to cheer at that competition
- I understand that if I have two or more "F" grades in ANY class as of September 12 th , 2022, I am ineligible to cheer for the remainder of the season and will be removed from the team per school policy. I understand that I will not be given a refund for any dues paid if I am removed from the team.
- I agree to make school and academics my number one priorities and understand that participation on the cheerleading team is a privilege that may be lost if I do not follow the rules listed in this contract

Athlete Signature

Date