



2012

Stoney Creek Fall Sideline Cheer

TRICKETS

WHERE: SCHS AUX GYM

WHEN:

MONDAY JUNE 4th: 3-4 and 30-5:30

WEDNESDAY JUNE 6th: 3-5

THURSDAY JUNE 7th: 3-5:30

FRIDAY JUNE 8th: 3-5 (8th graders 3-4)

JV & VARSITY TEAM MEETINGS: 5:00-5:30 PM, Friday, June 8th

How Will You Be Judged?

- Score sheets will be used to judge each area evaluated. Coaches' scores will be averaged to come up with a final score for the athlete.
- In order to make the varsity sideline team, athletes must be able to perform a back walkover and a standing back handspring on any surface with good form, and have switch splits mastered. For JV, athletes should have good jump form and be able to perform back handsprings and back walkovers with little to no spot. There are no skill requirements for the freshman team.
- You will be evaluated throughout the week in the following areas:
 - Work ethic and drive
 - Ability to perform skills at the necessary level
 - Ability to improve and adjust to coaches requests and critiques
 - Attitude and effort shown throughout clinics
 - Ability to physically keep up with the physical regimen and needs of the sport
 - Showing athletic potential to improve throughout the season.
 - Stunting ability and strength, motions, voice and expression in performance, jumps, flexibility, and tumbling skills

So, You Want to be a Cougar Cheerleader...

Here are some things you need to know and understand:

- During football season we are a sideline cheer team
- Our focus during football season is to cheer games and promote school spirit in school and at games while improving the physical condition and skill level of the individual athletes and the team.
- Practice is "Work Time!" **Bring a water bottle**, use the bathroom before, etc. You will be expected to be prepared and take initiative to improve yourself. The coach's role is the role of facilitator, educator, choreographer, administrator of the team. You are expected to be the motivator and person responsible for yourself.
- Your commitment to the cheer program and your team must come first before any other extra-curricular activities during the season. We also ask your cooperation in planning family events and appointments. Although we understand that these things are extremely important and sometimes can NOT be scheduled outside of practice times, we as coaches organize our lives and families to be available for practices, games, and camps, and we expect the athletes to make every attempt to do the same.
- Above athletic skill improvement, we stress character development, behavior, and **teamwork** throughout our program. We are only as strong as our weakest link, and no one person is more valuable than any other. We expect all cheerleaders to show respect, courtesy, and support for every athlete on their team, as well as within the entire program and other sports programs as well. Only positive attitudes and positive talk will be tolerated.
- **Vacations during mandatory practices will not be excused absences throughout the season.**

I understand the commitment that needs to be made in order to become a member of the Stoney Creek High School Competitive Cheer Program. I will make every attempt to uphold the commitment I am making not only to the coaches, but to my fellow team members and myself.

Stoney Creek High School

Cheerleading Rules and Expectations

1. Cheerleading practices will be held at the time and place designated by the coach according to the school program for that year. Team members need to be dressed and ready to practice at that time.
2. Arriving late or leaving early from practice will count as an absence in your attendance. Since we have to have a full team to practice effectively, please limit your doctor's and teacher's appointments to those that can absolutely not be scheduled at any other time. These are excused **only when prearranged with your coach.**
3. Absences may result in sitting out games. Workout time missed due to unexcused absences must be made up before athletes are allowed back to perform.
4. If you will be late or absent from a game, practice, or other event, notify your coach **as soon as you are aware of the conflict.**
5. Students must be in uniform for all games and on game days in school. All cheerleaders shall wear the uniform dress and nothing else. No jewelry, glitter, or nail polish will be allowed. Only cheer shoes are allowed with uniforms.
6. Welcome our home fans and visiting teams. Show nothing but the best sportsmanship at all events and contests.
7. Cheerleaders should stop all booing or unsportsmanlike behavior. Do NOT yell at referees.
8. KNOW WHAT IS GOING ON!!!! Be alert and watch the game. Pay attention to your team so that you can effectively cheer the game
9. While sitting in the stands, conduct must be suitable for cheerleaders. As cheerleaders are obviously representing our school to the public AT ALL TIMES, only the best example in conduct will be acceptable.
10. Appearance for games and competitions should be a top priority. Uniforms must be cleaned, pressed, and mended. Shoes, socks, and bodysuits must be clean. Excessive make-up and untidy hair is not acceptable. Hair should be worn in a neat HIGH ponytail or French braid for games and competitions as directed by the coach.
11. Uniforms are the property of Rochester Community Schools and must be well maintained by each cheerleader. If lost or damaged, the cheerleader to whom the uniform was last issued must pay for the cost of replacement or repairs.
12. Cheerleaders must maintain a 2.5 GPA or better to enter and remain in the cheer program. If a cheerleader's grades fall below a 2.5 GPA, she will be given a probationary period in which to prove improvement and effort in her grades. Failure to do so may result in dismissal from the team. If GPA is below 2.5, performance positions may be withheld.
13. Cheerleaders must attend and participate in 90% of the practices as well as 100% of the games to successfully complete the season and earn the appropriate awards/certificates/letter. The only exception is due to injury or illness accompanied by a doctor's note.
14. **ANY CHEERLEADER WHO DOES NOT ACT IN AN APPROPRIATE MANNER TO BE REPRESENTING STONEY CREEK HIGH SCHOOL AND THIS COMMUNITY (ILLEGAL USE OF ALCOHOL OR OTHER ABUSIVE SUBSTANCES, SMOKING, INSUBORDINATION, OR ANY OTHER BEHAVIOR DEEMED INAPPROPRIATE) WILL BE IMMEDIATELY DISMISSED FROM THE PROGRAM.**

Please sign and return one copy of these rules on June 4th. The other is to be kept by you for your information and future reference. Your signatures indicate that you understand and will fully cooperate with the expectations explained above.

*****THIS IS YOUR COPY TO KEEP*****

Financial Obligations

When joining the SCHS Cheer Program, there are certain financial obligations of which you need to be made aware:

Mandatory Expenses:

Full-length bodysuits (navy or white depending on team) \$31 a piece

Boy-cut Briefs (Navy blue) \$11

Pay to participate fees ~ \$185 for the first season

Athletic shoes- must be all white low top shoes with little tread. They do not have to be new for football season, just be able to be cleaned and professional looking.

Team Practice Clothes (Same as camp clothes) ~\$20-\$60 depending on what you need to order.

Gymnastics Fees: \$110 (This fee may become lower due to the summer fundraisers)

- This fee will cover 16 gymnastics classes for the entire season including summer. It works out to less than \$7 per class. This fee is due AUGUST 13th!

Highly Recommended:

Cheer Camps: (If on free or reduced lunch program, please see your team coach about financial assistance)

Freshman Team			JV Team			Varsity Team		
July 19-21	Michigan Spirit @ SVSU	\$280	July 15-18	UCA Team Camp @ U of K	\$325	July 15-18	UCA Team Camp @ U of K	\$325
Aug 9	Victory Stunt Camp	\$25	July 26-27	Compsquad Team Camp @ SC	\$75	July 26-27	Compsquad Team Camp @ SC	\$75
						July 31 st	Champion Stunt Camp (12 athletes only)	\$0

Athletic Boosters Membership

Optional Expenses:

SCHS Parent Spirit Wear

Team Sweatshirts and sweat pants

Cheer Bag

How do I earn the award for the season?

Participate in 90% of practices unless sidelined by an injury and attend 100% of all games.

- There are 9 games: You must cheer and be present for all 9 of the games (more for varsity with play-off games)
- Being more than 10 minutes late or leaving before practice is dismissed is equivalent to an absence. Sickness from school and therefore practice does count in absences. When team members avoid other conflicts with practice time, it has never been an issue.
- Inconsistency in attendance or unexcused absences will result in being benched from cheering games.
- If sidelined for any other reason than injury or illness (grades, absences, behavior, etc.) it counts against you in earning your end of season awards.

GUIDELINES FOR COMMUNICATION

What do you do when you have a question or conflict? Who should you contact? What is expected?

STEP 1: Contact your child's coach as soon as the question or conflict arises

- Inappropriate times to approach coaches:
 - Before, during, or after games or competitions
 - Before, during, or after practices without an appointment
 - Anytime in public
- Appropriate ways to approach coaches:
 - Phone or email coach to discuss issue or ask questions
 - Phone coach to set up a time for an appointment if issue is more than a quick question.

STEP 2: If you do not feel as though your issue was handled correctly at that level, then make an appointment to see the **head coach** for the sport.

STEP 3: If you do not feel as though your issue was handled correctly at that level, then make an appointment to see the **athletic director**.

** Skipping steps in the chain of command will result in confusion, and you will be directed to go back to the beginning. We welcome the opportunity to discuss our program with you. We would also hope that you would come to talk to the coaches about any issues or questions you have rather than talking about coaches and issues. We need to model good conflict resolution skills if we expect our athletes to learn from us.

BEING A SPECTATOR

A large part of feeling successful is the knowledge that you have fans and supporters who are there to support you! That is why parents are such an integral part of our program!

At Games:

- Cheerleaders are expected to pay attention to the game. They are not allowed to leave the game from pre-game until after halftime performance and are expected to be back with 2 minutes left in the half until after the post-game team meeting. They will be dismissed AFTER a post-game team meeting and clean-up of the field at home contests.
- The job of the cheerleader at games is to lead cheers and support the team. They will not socialize during the game with members of the crowd, and also should not with any non-cheerleaders.

At Practices:

- Cheerleaders are a part of a team. They will be expected to be fully at practice 100% of the time which means they are expected to bring water bottles and **turn off cell phones** during practice time. Using cell phones at practice will be reason to be ejected from practice.
- If athletes are injured and not able to perform fully at practice, they need to see the trainer before practice to be evaluated. Our trainer will evaluate the athlete at which time she may give restrictions or recommend a visit to the doctor. If a doctor is visited, a note from a doctor will be needed in order for the athlete to be able to participate in practices or events. A note from the parents or from a chiropractor or any other person other than a certified MD or DO cannot be used to prohibit or allow activity.
- If athletes can not participate in practice due to illness, they should not be at practice. Athletes who are injured, and therefore can not participate fully should have specific orders and a strengthening or stretching plan to help them return to activity that they can do while at practice.

INFORMATION AND TIMELINE FOR CAMP FEES

CAMP CLOTHES:

- \$6 per pair of shorts
- \$8 for tanks

CAMP CLOTHES TBD

DUE ON June 4th :

- \$150 non-refundable camp deposit (You may pay the full camp fee at this time if you wish) (\$25 for stunt camp and \$125 for team camp)
- Total Amount due for camp clothes with your camp clothes order form

DUE ON OR BEFORE JUNE 30th: (Please make sure you have final balance paid even if you go on vacation- you may lose your spot and non-refundable deposit if not paid on time)

- Balance due for team camp fee and Stunt camp Fee

***** ALL CHECKS SHOULD BE MADE PAYABLE TO
STONEY CREEK CHEERLEADING*****

- **PLEASE WRITE YOUR ATHLETE'S NAME IN THE 'MEMO' SECTION OF YOUR CHECK**
 - **SEPARATE CHECKS ARE NOT NECESSARY**
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3. Absences may result in sitting out games and losing performance positions in rounds for competitive cheer. Workout time missed due to unexcused absences must be made up before athletes are allowed back into rounds.
4. If you will be late or absent from a game or other event, notify your coach **as soon as you are aware of the conflict.**
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Parent Signature

Date

Athlete Signature

Date

2012 4TH QUARTER GRADE CHECK

NAME _____ GRADE _____

Dear Teacher,

The athlete named above is trying out for the 2012 fall cheer team at Stoney Creek High School. One of our program guidelines is the ability to maintain a grade point average of 2.5 or better. In addition to grades, we expect cheerleaders to be role models in the classroom and display exemplary citizenship and positive leadership. We ask for your help in evaluating these areas as we do not get to observe all candidates in the classroom. If you have any information you would like to share beyond this form, please feel free to contact us.

Thank you,

Tricia Williams
Head Varsity Coach
twilliams@rochester.k12.mi.us
248.726.6705

Brooke Miller
Junior Varsity Coach
brookie86x@aol.com
248-765-3962

Kristin Dunneback
Asst Varsity Coach
kdunneback@rochester.k12.mi.us

HOUR	Class	Citizenship	Grade	Teacher Signature
1				
2				
3				
4				
5				
6				

****YOU MUST HAVE THIS COMPLETED OR A PRINT OUT OF MY RCS TURNED IN ON JUNE 4th!**

CAMP & CAMP CLOTHES ORDER FORM:
PLEASE PRINT CLEARLY

ATHLETE INFORMATION:

NAME: _____
 EMAIL: _____
 CELL PHONE: _____
 BIRTHDAY: _____

PARENT INFORMATION:

NAME: _____
 EMAIL: _____
 HOME PHONE: _____
 ADDRESS: _____
 CELL PHONE: _____

										Boy cut Briefs	Navy Bodysuit	Cheer Bag (Place Name Below)
XS		N/A		N/A			N/A		N/A		N/A	
S												
M												
L												
XL												
COST	\$6	\$8	\$6	\$8	\$6	\$6	\$10	\$6	\$8	\$11.00	\$31.00	\$30.00

Total Clothes Cost: _____

Camps attending: (circle) TEAM (Deposit of \$125 min)
Amount PD: (fill in) _____ of \$ 280/325

STUNT (Deposit of \$25 min)
 _____ of \$25/75

TOTAL AMOUNT DUE: \$ _____ TOTAL AMOUNT PAID: \$ _____

PAYMENT METHOD: CASH CHECK # _____

RECEIVED BY: _____

DATE: _____

BALANCE DUE: _____