Dear Cheerleader Candidate and Parents,

Thank you for taking an interest in the Wakefield High Cheerleading Program. We are all looking forward to a wonderful and exciting year for everyone involved.

This handbook is designed to help you understand that cheerleading is more than just yelling out cheers and showing up for a game. It is an attitude. It is spirit, pride, hard work, dedication, a sense of who you are, and the beliefs of the school you represent. We hope this handbook will help you see clearly through all the “show” of cheerleading and focus on what really counts: pride in yourself, your classmates, and WHS. You will be expected to maintain an acceptable academic level in school and behave in a manner, which is considered respectful and mature. You will be an ambassador of Wakefield High School and must always represent it honorably. You are not a football or basketball cheerleader. YOU ARE A WAKEFIELD HIGH SCHOOL CHEERLEADER and will cheer and lead in that way.

A good cheerleader maintains a healthy balance in life, combining schoolwork, activities, and a competitive spirit. We are here to help you find that balance and have fun doing it. Make no mistake, it is hard work and a big commitment.

Please read this handbook carefully and keep it for your reference. Be prepared to bring it with you to practice if you are asked to do so. It is also important that your parents review this handbook and understand the guidelines for becoming a Wakefield High Cheerleader. Both the cheerleader candidate and a parent must sign the agreement before the candidate will be allowed to attend practice or tryouts.

Good Luck
General Information

Wakefield Cheerleading program levels of teams:
- Varsity (9-12)
- Junior Varsity (9-12)
- Freshmen (9) (If we have a large number of participants)
- Competition (9-12)
- Students with Special Needs (9-12) (If space is available......winter season only, cheer material must be recorded and practiced at home to help further prepare student. For safety reasons, All Students with special needs will not advance to the fast pace Varsity Level)

All squads will cheer at the football/ basketball games for their respective level. During their respective season.

In addition to cheering at games, A selected squad will compete for advancement through the Conference/Regional/State levels and possibly invitational’s. All students that make the Varsity squad, may or may not compete (TBD by Head Coach) JV and Freshmen teams will compete in JV/Freshmen-specific invitational’s (TBD by Coach/Team).

Optional Summer Conditioning – Throughout the summer the coaching staff will be offering conditioning sessions at Wakefield HS to give the athletes an opportunity to work on their overall strength and cardio fitness. These sessions are not mandatory for tryouts but will be very beneficial to help athletes physically prepare for tryouts and the upcoming season. For best results, athletes are encouraged to attend 2x a week. Summer Conditioning Schedule: As well as Captains Practices

- Tuesday @ 4:30 - 6:30pm
- Thursday @ 4:30 - 6:30pm

Local Tumbling Open Gym: Dynamic Gymnastics 1435 N Quincy St, Arlington VA
Open Gym Tuesday 8pm $10
( it is best to sign up for a class in addition to open gym

**You must turn in your emergency permission form and have a current physical in order to participate!**
**Physicals dated after May 1\textsuperscript{st} of the current participating year! "2016"**
Students with Special Needs

The Wakefield Cheer program takes pride in including students with disabilities in our program. We have two seasons of cheer: Fall and Winter. Students with disabilities have typically found personal success and accomplishment during our indoor winter season.

Fall season: Is our competition season: all three fall season cheer squads are competitive and must tryout to make each team. Practice and Competitions require advanced jumps, tumbling and stunting skills, as well as exceptional muscular strength and cardiovascular endurance. Students must be able to demonstrate those abilities during tryouts with little to no assistance.

There are five prerequisites in order to participate in the competitive fall season.

1. Be cleared by a medical doctor to participate in full-contact (tumbling and stunting) athletic activities
2. Be able to perform all actions/stunts/lifts as required by the routines, which will be demonstrated by the student during tryouts
3. Take the IMPACT baseline computerized assessment test and receive a valid baseline score
4. Be able to be independent for 90 minutes of unsupervised wait time prior to practice (or be brought back for practice)
5. Maintain a 2.0 GPA throughout the season

Winter is a non-competitive season:

There are tryouts to determine which level students are able to participate, but accommodations can be made for students with special needs to help them be successful. Practices and sideline cheering require moderate muscular and cardiovascular endurance, which can be developed as the season progresses.

The prerequisites in order to participate in the indoor winter season include:
1. Be cleared by a medical doctor to participate in non-contact athletic activities
2. Be able to perform specific motions during tryouts, or be willing to learn new motions throughout the season
3. Take the IMPACT baseline computerized assessment (a valid score is not required for winter participation)
4. Be able to be independent for 90 minutes of unsupervised wait time prior to practice (or be brought back for practice)
5. Maintain a 2.0 GPA throughout the season

For both seasons, Due to safety concerns involved in cheerleading, we can only include students to the degree for which they are cleared and if space is available. If the athletic trainer cannot establish a valid baseline score for the IMPACT test, the athlete will not be allowed to stunt or tumble, which would then preclude them from the competitive fall season. Since stunting and tumbling are not required for the winter season, a valid score is not entirely necessary. Those students will not be allowed to stunt or tumble, but they will be allowed to participate in sideline cheering. For the safety of the student, he/she will not be eligible to advance to a fast paced Varsity game. But would be recognized on Senior Night during the Varsity game.
Tryout and Summer Practice Information
Dates August 2nd, 3rd, and 4th 4:30-6:30pm

Forms Required for Tryouts
1. Emergency Care Card
2. VHSL Physical (dated after May 1, 2016 and signed by a doctor)
3. Contract Agreement Form
4. Uniform Contract

Mandatory Attendance– Athletes must attend every day of tryouts to be eligible (exceptions may be made for new students unaware of WHS athletics). If you make any of the squads, camp and all practices (including choreography for the Competition Team) are 100% mandatory (For those selected for competition squad as well as for the alternates). There will be practices most, if not all days in the month of August-November (with the exclusion of Sundays). Work/vacations/Birthdays etc. are NOT acceptable excuses. Do not try out if you can’t be present (no exceptions). If a cheerleader decides to remove themselves from the team before the end of the season for a non-emergency situation (as determined by the coaching staff) the cheerleader will become ineligible to cheer at Wakefield High School for a period of 1 academic year. As a Wakefield Cheerleader you are making a commitment to not only yourself, but to a team and that will require 100% dedication. If you feel that you cannot make the commitment, or are unsure for any reason then you should not tryout.

Tryout Appearance - Athletes are expected to have a neat and polished appearance each day of tryouts (black shorts white t-shirts) The following is strictly required and will result in a deduction of points if not followed:
- No clothing that says/denotes anything about cheerleading (WHS or other)
- White shirt
- Black shorts
- Hair pulled back clean/tight (nothing hanging in the face)
- Bow in hair at all times (inexpensive cheer bows can be ordered online at Omni cheer)
- White socks
- Assigned number must be worn on shirt at all times
- Cheer Shoes (no shoes no practice NO EXCEPTIONS)
- No jewelry (this includes body jewelry)
- No acrylic nails (nails are to be worn natural and not pass finger tips)

*Tentative* In-Season Schedule

**Freshmen**
Monday - Wednesday 4:30 - 6:30pm (may change when teams are selected)

**Junior Varsity**
Monday - Wednesday: 4:30 – 6:30pm

**Varsity**
Monday - Friday: 4:30 – 6:30pm
Saturdays: TBD (comp team will have 2-3 Saturday Morning Practices usually Saturdays before Competition)

** All practice dates and times are subject to change pending team needs and availability **
**Football Games**

Freshman and JV: Thursday 5:45 and 7:30  
Varsity: Fridays 7:30 pm

**Basketball Games**

Freshmen – Tuesday & Friday @ 4:00pm (practices immediately afterwards) Follow game Schedule  
Junior Varsity – Tuesday & Fridays 6:00 (practices before) Follow game Schedule  
Varsity – Fridays @ 7:30pm (practices before) Follow game Schedule

**Important Mandatory Events**

- Community service Dates and Times TBD  
- Team Pictures  
- Fall Sports Parents Meeting/Mixer Potluck (Date…August 08, 2016 6:30 in cafeteria)  
- Fall Sports Banquet  
- Senior Night (underclassmen Varsity Cheerleaders and Parents responsible)  
- Its Academic (Varsity Team)  
- Team Bonding Activities (Dates and Times TBD)

** Dates and times for these events TBA **

**Varsity Competition Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>October</td>
<td>Conference Semi</td>
<td>Wakefield</td>
</tr>
<tr>
<td>October</td>
<td>Conference Finals</td>
<td>Wakefield</td>
</tr>
<tr>
<td>October</td>
<td>Regional Semi</td>
<td>Stonebridge</td>
</tr>
<tr>
<td>November</td>
<td>Regional Finals</td>
<td>Stonebridge</td>
</tr>
<tr>
<td>November</td>
<td>State Championships</td>
<td>VCU</td>
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</tbody>
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**Note – Freshmen and Junior Varsity squads are required to attend all Varsity Conference competitions!**
WHS Cheerleading Contract 2016

All athletes in the cheerleading program are expected to adhere to the following code of conduct. Athletes and parents must be familiar with and agree to these expectations. These guidelines serve as the foundation for maintaining a successful program.

General: Wakefield Cheerleading is a sport. You will be treated as an athlete. You are expected to understand the physical requirements, time commitments, and social responsibilities that come along with the privilege of being a Wakefield Student Athlete. You are a representative of Wakefield Cheerleading and must conduct yourself in an appropriate manner IN and OUT of uniform at all times. Information posted on websites, chat rooms, my space, face book, twitter etc. is public- you will be dismissed immediately for inappropriate actions. All information, words, pictures should be school appropriate. All athletes must abide by the guidelines in the WHS Cheerleading Contract. Students dismissed from the squad will NOT receive awards at the final Banquet.

Chain of Command: The coaching staff recognizes that parents have a vested interest in the operations of the Cheerleading Program. If there is ever a question, issue, or concern the following chain of command must be followed. We would like to encourage an open and honest flow of communication, and expect our athletes to be mature and accountable.

Parents ⇨ Athletes ⇨ Respective Team Coach(es) ⇨ Head Coach ⇨ DSA

The following are strictly prohibited and will result in disciplinary action:

- Disrespect towards any member of the coaching staff.
- Disrespect towards any member of the cheerleading program.
- Use of alcohol, tobacco, or other drugs.
- Being present while others are using alcohol, tobacco, or other drugs.
- Hazing, Fighting, Cheating.
- Profanity or abusive language.
- Inappropriate public displays of affection
- Unexcused absences from school (coaching staff will randomly check attendance)
- Arriving late or leaving early to practices, games, fundraisers, competitions, etc.
- Cell phones are not to be used during practice. If they are seen, they will be collected until practice has concluded. No exceptions

The following are strictly required without exception:

- Academic good standing.(students must be passing 5 of the 7 classes)
- Attendance at all scheduled practices, games, fundraisers, competitions, etc.
  - Absence from practice may result in dismissal from the squad/sitting out during games/conditioning sessions.
  - Cheerleaders may NOT miss practice the day before an event (such as a game, pep rally, competition, community service etc.)
  - Any attendance conflicts or concerns MUST be cleared by the head coach BEFORE any absence.
- Good sportsmanship and support of Wakefield Athletics.
- Respect and support for all of your teammates and the entire coaching staff.
- Respect towards all school faculty.
- Regular attendance in school.
- Following practice attire schedule.
- Wearing only the proper/designated attire to school on game/competition days.
- INFRINGEMENTS TO THESE RULES MAY INCLUDE FRIDAY CONDITIONING SESSIONS/SITTING OUT DURING GAMES/DISMISSAL FROM THE SQUAD (disciplinary action will be at the discretion of the head coach)
• **Proper Uniform Requirements:**
  - Uniforms must be clean at all times. (*wash uniform alone, in cold water and lay flat to dry*)
  - Hair pulled back clean/tight (Team Hairstyle will look the same, determined by each coach, hair should not hang in the face and hair must be a **natural color, No Odd Colors**)
  - Bow
  - All matching pieces must be worn together.
  - Sweatpants, UGG boots, sandals and other non-WHS Cheer clothing may NOT be worn with uniforms.
  - Nails must be trimmed below finger and be free of polish. No fake nails.
  - **No jewelry** (this includes body jewelry or plastic inserts) may be worn while cheering at games, practices or competitions (*if you are unable to remove all jewelry you will not participate*)
  - **Cheer Shoes**
  - Any tattoos must be covered
  - Make up should be performance ready yet subtle (uniforms should not be damaged from makeup)

*IF YOU ARE NOT IN PROPER UNIFORM ON GAME DAY OR FOR PRACTICES YOU WILL BE REQUIRED TO ATTEND A FRIDAY CONDITIONING SESSION THERE WILL BE NO EXCEPTIONS.*

**Male Cheerleaders**

All male cheerleaders must be well groomed at all times and maintain a masculine collegiate look. Absolutely no make up

**School Attendance/ Grade Requirements**: WHS expects students to be in school 5 classes in order to participate in any extra-curricular activity. You must also pass 5 classes and maintain a 2.0 GPA or better, in order to be eligible to participate.

**Game/ Practice Attendance**: Cheerleaders must be on time and in proper practice uniforms. Attendance at all games is mandatory unless excused for illness, or a family emergency and you must have a parent contact your coach. If you plan to be absent you must make a call to your coach prior to your absence. You may NOT tell another cheerleader or captain. **Should a cheerleader miss practice for any reason within the week prior to a scheduled game, the athlete will not cheer in that game.** Cheerleaders who are excused/limited from practicing due to injuries (doctors note must be on file) are still required to attend all practices and games in uniform. Cheerleaders must be present at school in order to attend a game that falls on a school night. Uniforms approved by the coach may be worn to school only on game days. Attendance at dances, concerts, Birthday parties, and all social events will be closely monitored. **If these events fall on a game night, cheerleading must take priority.**

**TARDINESS**: Will be closely monitored during the season. If the athlete is not dressed and ready to practice (*this includes taping*) when the coach calls practice to order, the athlete’s cheering time will be reduced at the coach’s discretion. **For every instance that a cheerleader is tardy, she will be required to sit out for ¼ of the game.** Tardiness will be assessed if the cheerleader is not in position at the beginning of a game or end of the half-time break of an athletic event. Additionally, accumulated tardy minutes of individuals will be made up. For instance, if a cheerleader is 5 minutes late for practice on Monday and Tuesday, he/she will have an additional 10 minutes at the end of practice for town hall conditioning.
Dismissal: If cheer team member quits or is dismissed from the team, you will not be allowed to try-out the following year.

**Fundraising:** Fundraisers may include, but are not limited to:

- Bake Sales
- Pizza Sales
- Parents Night Out
- Cookies in a Jar
- Yard Sales
- Raffles
- Youth Camps
- Ad sales

**Transportation:** Students are required to ride with the team on the bus, to and from an event, unless there is a parent present to take their child home. Athletes may only ride home with their own parents, unless written permission has been given prior to each activity (no exceptions)

- Parents are required to provide transportation to and from any cheer related activity.
- Please arrive 10 minutes prior to our return from games or competitions.

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**Warrior Cheer Staff and DSA**

- **Varsity Coach:** Tamar Willis (whscheercoach@hotmail.com)
- **JV Coach:** Unika Dabney (Assistant) Carla Astudillo
- **Freshman Coach:** Brittney James
- **Administrative Coach:** Delicia Moto
- **Director of Student Activities:** Noel Deskins
- **Assistant Director of Student Activities:** Bob Strauss

**Wakefield Athletics Activities Hotline:** 703-228-6744
WHS Cheerleading Contract Agreement Form

**Student Agreement**

I have read the WHS Cheerleading Contract. My signature below verifies that I understand and agree to the Contract.

_________________________________________  ____________________________  ____________
Student's Printed Name                        Student's Signature               Date

**Parental Agreement**

I have read the WHS Cheerleading Contract. My signature below verifies that I understand and agree to the Contract.

_________________________________________  ____________________________  ____________
Parent’s Printed Name                         Parent’s Signature               Date
WHS Tryout Evaluation Criteria

Jumps: There are 3 mandatory jumps that need to be performed during tryouts.
1. Toe touch: arms straight, toes pointed, height, hips rotated forward in a whipping motion, no bent legs, and landing with feet together.
2. Jump Combination: Three jumps in combination (to be eligible for Varsity or Competition Squad, Double Jump for Freshman or JV)
3. Pike: arms straight, toes pointed, form, height, and landing with feet together.

Gymnastics: Standing and running tumbling will be evaluated on a can-do basis. Form, balance, and landing will be considered.
   * Returning members must demonstrate progress/improvement

Please note that Wakefield Cheerleading does not have a (tumbling requirement) to make the team however the coaching staff generally expects that those cheerleaders who wish to make the varsity team are at a minimum landing a standing back handspring and attempting a standing tuck and those cheerleaders who wish to make the JV team are working/landing a standing back handspring. This however does not mean that individuals without those skills will not make the team.

Voice: This includes the cheerleader’s ability to project loudly and clearly with appropriate inflection.

Attitude and Enthusiasm: Positive energy and attitude are expected when interacting with other athletes and coaches. This will be observed throughout the three days of tryouts.

Form & Technique: Motion and body placement will be evaluated for sharpness, tightness, accuracy of placement, and timing.

Chant & Cheer: This will be evaluated on the basis of knowledge of motions and words and how well it is executed.

Dance: This will be evaluated on the basis of knowledge of motions, coordination, and rhythm.

Stunting: This will be evaluated on technique, strength, and knowledge of position.

Athleticism: This will be evaluated by your mile time. The mile will be run at the beginning of both practice days.

Required Mile Time: 12 Minutes

Appearance: This includes grooming, attire, smile, eye contact, poise, and posture

Interview: There will be an interview during the week of tryouts with each candidate

During the week of tryouts, coaches and instructors will be watching all candidates. We will be making notes on attitude, how well the candidate’s work with each other and how the candidates have improved over the week. (Becoming a Warrior Cheerleader can be based solely on negative attitudes)
Contact Information

Student Name_________________________________________Grade (by tryouts)______

Email Address________________________________________

Cell Phone___________________________________________

Address_______________________________________________

_____________________________________________________

Parent(s)
name_______________________________________________

Email Address________________________________________

_____________________________________________________

Cell Phone_________________________ Home Phone____________