

# Ore City High School

## Cheerleader Handbook

2022-2023



***WE CAN!***

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# Purpose of Cheerleading

Our cheerleading squad serves a valuable purpose to the overall mission in the educational process at Ore City High School. We believe that involvement in cheerleading enhances our students' educational experience by providing them opportunities to serve, support, lead, represent, and compete. The combination of these attributes make cheerleading a worthwhile extra-curricular activity for our students to be involved in.

## Our Standards

It is our belief that being a member of the Ore City High School Cheer Program is a select honor and privilege, not a right. That in order to maintain this privilege, certain standards shall be kept in order to protect this honor. As a member of the program, you will represent the community of Ore City, Ore City High School, and yourself in a manner that will reflect pride for these entities. We will uphold the following standards:

1. Treat others with respect. This includes sponsors, teachers, administration, teammates, and opponents.
2. Be a great student in the classroom. Do your best in the classroom from an academic and behavioral standpoint. UIL eligibility rules apply.
3. Attend all practices, games, camps, competitions, and events.
4. Come prepared. This means wearing appropriate attire and knowing designated routines.
5. Know all material, cheers and dance routines in order to represent the squad in a pep rally, game, or competition.
6. Be coachable.
7. Be positive.
8. Participate in fundraising activities.
9. Cooperate with and assist the sponsors and administration in maintaining safety, order, and discipline on the squad.
10. Refrain from the use of drugs, alcohol, tobacco, inappropriate language, and indecent or crude behavior.
11. Follow all OCHS Student Code of Conduct guidelines.

# Guidelines

1. Reasons for missing a **practice** are few: Sickness, death in the family, or other extenuating circumstances. If an absence is unavoidable, it is your responsibility to contact your sponsors ahead of time and make them aware.:
  - a. Excused Absence- 10 bleacher snakes (a coach has to watch)
  - b. Unexcused Absence- 20 bleacher snakes (a coach has to watch), possible suspension for future events, possible dismissal from squad
2. Reasons for missing a **game, pep rally, camp, competition, or fundraising event** are also few: sickness, death in the family, or other extenuating circumstances. These events are scheduled well ahead of time and should be planned for. Please let your sponsors know at the earliest point if an absence is unavoidable.
  - a. Excused Absence- 10 bleacher snakes
  - b. Unexcused Absence- 20 bleacher snakes, suspension for future events, possible dismissal from squad
3. Ride to and from away games on district transportation with the squad.
4. Members will be responsible for the care and cleaning of all uniforms provided by the school. No part of the uniform may be worn by anyone who is not on the squad.
5. Exhibit proper sideline behavior- pay attention to the game, stand in correct formation, no gum chewing, no cell phones, show respect during National Anthem/School Songs, cheer throughout the game.
6. Never leave a practice or game down or frustrated. Come talk to a sponsor and tell them your concerns before you leave. Don't allow frustrations to build.

# Behavior Management

Sponsors have the authority, and responsibility, to maintain good discipline and conduct of the squad. The following behavior management techniques may be used alone, in combination, or as part of progressive interventions for behavior detrimental to the squad. This list is not meant to be all inclusive, but rather a guide for general behavior management.

1. Verbal correction
2. Physical activity (i.e. running, jumping, pushups, sit ups)
3. Service (i.e. making signs, cleaning stadium after games)
4. Parent conference
5. Withdrawal of privileges (suspension from games, pep rallies)
6. Dismissal from squad

### **INTERNET USAGE:**

Any student member of an extra-curricular organization representing themselves, or their organization, in an unfavorable, questionable or illegal manner through electronic media (i.e. websites, personal home pages, blogs, text messages, chat rooms, or similar websites/ files accessible through a server or internet) or using electronic communication devices in such a way as to bring discredit, dishonor, or disgrace on their organizations or members of any other school organization including themselves (i.e. camera phones, digital photos, electronic descriptions) will be subject to disciplinary actions determined by appropriate school officials and/or organization sponsors/directors/coaches. Dismissal from the organization could occur when use of social media causes a material or substantial disruption to the educational environment or school operations and/or a substantial interference with team cohesion.

## **Cost**

This is an estimation for budgeting purposes. All costs are subject to changes.

<u>Date</u>	<u>Amount Due</u>	<u>What For</u>
4/25/21	\$185	Summer Camp
5/25/21	\$220	Shoes and camp clothes
6/25/21	\$140	Shorts, Leggings, Socks, Bows, Water Jug

## Fundraising

Participation in our fundraising events is important and expected.

1. Fern sale
2. KYKX Big Bass Bonanza
3. OCHS Bass Tournament

## Awards

1. Students who finish two years as a varsity cheerleader in good standing will be awarded a letter jacket.
2. Students will be recognized at the Athletic Banquet.

# Tryout Information

1. Varsity
  - a. Maximum of 20 candidates. Minimum at coach's discretion.
  - b. 1 mascot
2. Junior Varsity
  - a. Maximum 12 candidates. Minimum at coach's discretion.
3. Your student and parent signature page (found at the end of the handbook) must be returned to your campus office by 9 am on March 23rd. No late forms will be accepted.
4. Previous senior cheerleaders will teach new try out material, in the high school gym. Practice times and places are as follows: March 24th 5-7 pm, March 30th 5-7 pm and April 1st 6-7 pm in the HS gym. Practice sessions are closed to the public, parents, outside coaches, and spectators. Material may be recorded.
5. Each candidate must wear solid black shorts, a white t-shirt, white "no show" socks, and tennis shoes. There can be no writing on any part of the tryout clothing. Black spandex may be worn under shorts, but not alone. No tight tops or sports bras should show.
6. No jewelry or glitter should be worn at tryouts.
7. Hair must be pulled away from the face and secured in a ponytail. A bow is optional.
8. Tryouts will be conducted Friday, April 2nd, beginning at 8:30 am in the HS gym. All candidates will remain in the girls' locker room until their candidate number and group is called to perform for the judges. Tryouts are closed to the public and parents. Candidates will not be allowed to arrive late or check out early the day of tryouts. If these occur, they will not be allowed to try out. Candidates will stay in the locker room until every candidate has gone due to unforeseen callbacks. Results will be posted on the front gym door.
9. Each candidate will perform an individual cheer, chant, and dance routine to music in a group. Each candidate will perform three jumps, and one must be a toe touch. Spiriting and tumbling should be done as the candidate enters and exits the judging room.
10. Cheerleaders will be scored by OCHS sponsors and an independent consultant. Selection will be based on individual ability to perform, communicate, motions, cheer, chant, jumps, tumbling, dancing, and crowd leading.
11. Scoring results are confidential. However, upon request, a parent may be shown the judges total score for their child only.
12. If a cheerleader quit the squad in previous years, they will not be allowed to tryout.

# Dates

All dates, times, events, and locations are subject to changes and additions. Does not include practice dates.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
3/23/2021	9:00 am	Signature Page Due	Campus Office
3/24/2021	5-7 pm	Tryout practice	HS Gym
3/30/2021	5-7 pm	Tryout practice	HS Gym
4/1/2021	6-7 pm	Tryout practice	HS Gym
4/2/2021	8:30 am	Tryouts	HS Gym
April	TBD	Fern sale fundraiser	
TBD	TBD	KYKX Big Bass Bonanza	Lake O' the Pines
June	TBD	OCHS Bass Tournament	Lake O' the Pines
July	TBD	Camp	TBD
TBD	TBD	Meet The Rebels Community Pep Rally	Stadium
Fridays	7:30	All Varsity Football Games	Stadium
Fridays	3:00	Pep Rallies for Home Football Games	HS Gym
Thursdays	7:00	JV Home Football Games	Stadium
Tuesdays/ Fridays	6:30	All District Varsity Girls and Boys Home Basketball Games	HS Gym
TBD	TBD	UIL Spirit State Competition	Fort Worth



# Signature Page

**My signature below indicates that:**

1. I have read the OCHS Cheerleader Handbook and agree to comply with all standards and guidelines set forth in the handbook.
2. I understand that I will be financially responsible for lost or damaged property of the district.
3. I will represent myself, my family, my squad, my school, and my community in a manner that brings pride and respect to these entities.

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Cheerleader Printed Name

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Student Signature

Date

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Cell phone

**As a parent/guardian, my signature below indicates that:**

1. I have read the OCHS Cheerleader Handbook and agree to comply with all standards and guidelines set forth in the handbook.
2. I will encourage and support my student as they comply with all standards and guidelines set forth in the handbook.

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Parent/Guardian Printed Name

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Parent/Guardian Signature

Date

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Cell phone

***Please detach and return only this page to the campus office.***