

Ore City High School

Cheerleader Handbook

2024-2025



WE ARE OC!

Philosophy

The philosophy of our program is to build strong leadership characteristics in each cheerleader. The sport of cheerleading produces desired character qualities of leadership, loyalty, commitment, integrity, and creativity. The athletes will be aware of their individual responsibility to each other as a team in unity. When one member struggles, we all struggle. When one member succeeds, we all succeed. Each athlete will learn what it means to make a commitment to their team and sport by remembering our core values:

Character – A strong sense of values and character are essential in every part of life. We will hold ourselves to a high standard in this area, always making sure to show ourselves in a positive light. As our skills and talents grow, our character will also follow the direction forward.

Heart for team – Each person on the team is important and has something to offer. Teammates will be respectful to one another in word and in action, on the mat, in the hallways, and in the community.

Energy and effort – Cheerleaders are expected to bring 100% to every practice and game. Great effort and high energy will mean excellence in execution.

Encouragement – Cheerleaders are asked to not only encourage the teams they are cheering for, but to also encourage fellow teammates and to extend the same encouragement to their fellow students, teachers, and in everyday interactions in their community.

Respect – Cheerleaders will show respect to our team and to others. Most importantly, athletes need to respect themselves and make decisions that are honoring the person they want to be.

All athletes and their families should refrain from making negative comments about our school and the teams we represent. Our job is to create a positive and encouraging environment. Cheerleaders are spirit leaders; therefore, school and team spirit are expected at all times.

Cheerleader Tryout Information

March 28th, 2024

Read the guidelines carefully, then complete the following forms and return them to the sponsor during the mandatory parent meeting on Monday, March 18th, 2024 at 6 p.m. (Please retain a copy of the guidelines for further reference.)

- Application
- Financial Release form
- Medical Release form
- Approximate Cost form
- Dates to Remember Form
- Demerit System

Practice and Tryout Schedule

- Saturday, March 23rd, 9:00 am – 12:00 pm: **Mandatory** clinic to learn tryout material (HS Gym)
- Monday, March 25th , 3:45-5:00 pm: **Optional** open Gym to practice Tryout Material (HS Gym)
- Wednesday, March 27th, 3:50 - 5:00 pm:**Optional** open gym to practice material (HS gym)
- Thursday, March 28th, 10:00am - FINISH: Tryouts. **Candidates must be in the dressing room by 8:30 a.m.**
- **No visitors will be allowed at practices. Parents are not allowed on campus during tryouts.**
- A video of all tryout materials will be posted on SportsYou following the mandatory clinic on March 23rd. Candidates will not be permitted to film the material with their own devices.

Tryout Procedure

- Tryouts will be conducted by a panel of outside judges.
- Judges' scores, as well as teacher evaluations by **3 core teachers**, will make up the scores of each contestant.
- Order of tryouts- Numbers will be drawn during the cheer clinic on March 23rd.
- Candidates will perform the chant and dance in groups of 3 or 4.
- For the ***individual performance***, the candidate will step to the free throw line and perform a 3 jump combination. They will then tumble and/or spirit in, perform the cheer learned at the first of the week, and tumble and/or spirit out.
- The three jump sequence may consist of any combination of three of the following jumps: toe-touch, herkie, hurdler, or pike.
- Tumble and/or Spirit Out
- Judges can call back for repeat of the individual tryout, if needed.

All results will be posted to SportsYou on Friday, March 29th.

Tryout Attire

- All candidates must wear black shorts, white shirt, and tennis shoes.
- Undergarments should not show through the white shirt.
- Hair must be pulled back. A solid black or white bow or ribbon can be worn. No previous cheer bows may be worn.
- No colored socks should show.

Membership

- The Varsity Squad will be composed of students who will be in the 9th – 12th grades during the 2024-2025 school year.
- Membership of each squad will be determined by stated tryout procedures. In order to remain on the squad a student must maintain U.I.L. and Texas Education Agency eligibility requirements.
- Must be enrolled as a full time student at OCHS.
- All Financial obligations to the school must be cleared no later than Wednesday, March 20th, 2024. Extenuating circumstances will be reviewed.
- A tryout application and medical release form signed by the parent and candidate must be submitted at the **Mandatory Parent Meeting** on Monday, March 18th at 6 p.m. **ABSOLUTELY NO EXCEPTIONS**
- If a cheerleader quit the squad in previous years, they will not be able to try out.

Parent Information

Expenses and Financial Obligations

- All members must meet the financial obligations involved. All bills must be paid to the office by a designated date in order for a cheerleader to be eligible to remain on the squad. Each individual cheerleader will purchase leggings, shoes, spandex, socks, camp clothes, bows, and a portion of camp.
- If a student is selected for a cheerleader squad, they must turn a \$200.00 deposit to the high school office no later than Monday, April 15th. This \$200.00 goes toward summer camp deposit/Varsity orders.
- If the money is not turned into the office by 3:45 p.m. that individual will be dropped from the squad and the candidate with the next highest score could take their place on the squad. The new cheerleader will have seven (7) school days to turn in the deposit.
- Each member is responsible for any expenses incurred during the school year.
- All bills **MUST** be paid no later than June 15th, prior to summer camp. If not, you will not be permitted to attend camp and will be dismissed from the squad

Payment Dates and Approximate Costs

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

<u>Date Due</u>	<u>Amount Due</u>	<u>What For</u>
4/15/2024	\$200	Portion of camp and cheer shoes
5/15/2024	\$150	Camp shirts and shorts
6/15/2024	\$150	Leggings, spandex, bows, socks

OCISD provides uniforms, bags, poms, and a portion of camp. Our fundraising provides warm-ups, team building activities, stunt clinics, signs, megaphones, pep rally materials, and various other items used throughout the year.

Fundraising

- All members are required to participate in money making projects. (If you choose not to participate, it could result in demerits and possibly being dismissed from the squad)
- All moneys raised and collected during an organized fundraiser belong to the individual squads and the proceeds will be used to offset expenses such as uniforms, camp, and spirit activities. We will refund none of these funds to any individual member.
- The following are the currently planned fundraisers:
 1. Mini Cheer Camp for Elementary-6th- this will be shared with the Middle School squad and the funds will be split between the two squads. Parents will be required to work one day in the concession stand during the camp. If unable, they must have someone to work their shift.
 2. Camp for MS Cheer- Varsity cheerleaders will host camp for the Middle School squad. They will be expected to teach techniques and material to the middle school cheerleaders during the summer.
 3. KYKX Big Bass Bonanza - The girls are required to participate in collecting trash at the tournament. We have worked this for many years, in exchange for a donation from KYKX.
- The dates of these are to be determined. They will be announced as soon as possible.

General Rules and Expectations

- Cheer year will start on March 29th and all rules, as well as the demerit system, will apply from that point on.
- No food, gum, or drinks allowed during practices. Snacks can be brought for breaks.
- Only water during practice and games.
- Respectful Behaviors at all times. Demerits will be given and a parent will be contacted to discuss the problem.
- Proper practice attire must be worn at every practice. Cheer shoes and socks are a part of the practice attire.
- Camp shirts will be worn to practices. These will be announced weekly.
- Hair must always be neatly pulled away from the face.
- Cheerleaders not in proper practice attire may result in a pre-set amount of conditioning and demerits.
- No jewelry will be worn during practice (rings, watches, earrings, etc.). Do not bring these items to the gym. We are not responsible for misplaced or lost jewelry!
- Fingernails must be kept short with no polish. Do not go to the expense of getting fake nails, because you can be asked to cut them down.
- No visible body piercing or tattoos.
- No visitors during practice.
- No use of cell phones during practice or events.

Transportation and Bus Rules

- All members must travel to out of town games on the bus, except in the case of an emergency or special circumstances. In order to ride home with a parent, an email or message on SportsYou must be sent to the sponsor 24 hours prior to the game.
- If a member is allowed to return home other than on the bus, it will be with their parents or guardians or another adult designated by the parent.
- If a squad member misses the bus, he/she will not be able to perform at the game and will receive appropriate demerits and/or possible dismissal from the squad.
- If an unexpected situation arises when a parent needs to take a student from a game or performance, the parent must come in person and give the sponsor a request in writing and then the student, when excused, must leave immediately for their destination. They may not check out early and remain at said game.
- Students will be advised what time they should arrive back at the school following school trips. Exact arrival time will be announced on SportsYou, when leaving games. There must be a parent or guardian at the school to pick them up upon arrival.
- Transportation from the school to home and from home to school is the responsibility of the student and parent.
- All members are to be in complete uniform with makeup and hair fixed when entering the bus for a trip and when they leave the bus anytime.
 - Cheerleaders are not to exit until advised by the sponsor or chaperone.
 - Bus must be cleaned after use, and all supplies must be returned to the cheer room.

Attendance

- Cheerleaders must realize that attendance is mandatory to all scheduled performances.
- Absences for school related events are excused (band, athletic events, FFA, after school tutorials, etc.).
- Extracurricular activities such as (work, All Stars, dance, gymnastic classes, etc.) are not excused.. Absences due to these reasons will result in termination from the squad.
- All members are to attend all practice sessions unless excused ahead of time by the sponsor. The practice sessions cannot be completed effectively unless everyone is in their place.
- Practice schedules will be announced as far in advance as possible, to allow scheduling of other events around them.
- Absences/Tardiness to a regular scheduled practice will result in a pre-set of conditioning and demerits. All conditioning must be completed for your child to perform in the next performance.
- Illness is excused by calling in and speaking to one of the cheer coaches (this does not include headaches, fatigue, etc.) Notifying the school nurse, or office, is not the same as notifying the cheer sponsor. It is the responsibility of the parent or student to submit doctor notes and releases to the cheer sponsor. It is not the responsibility of the office to forward this information. A picture of these can be emailed or messaged on SportsYou.

- All members must be present at games and performances at the designated time.
- All cheerleaders are to stay for the entire game or performance and may not leave until they are dismissed.
- We understand that there are going to be unavoidable circumstances but keep in mind this is an activity you have committed to do and continual absences and tardiness not only affect your performance, but also, the other cheerleaders on the squad.
- The cheerleaders will perform at various activities throughout the year. Typical performances will include athletic events, pep rallies, mini-camp, occasional public affairs such as parades (*Yamboree*), and additional activities, which may come up during the course of the year.
- **A member may be dropped from the squad for missing a game or performance** for any reason other than hospitalization, severe illness, death in the family, or other extenuating circumstances as determined by the administration. The sponsor should be notified as soon as possible in such cases.
- A cheerleader may be cut from performance if he or she is not able to perform up to standards.

Games and Performances

- Cheerleaders are to stay in complete uniform during games.
- Cheerleaders are to stay in a group on the sidelines during all four (4) quarters of the game.
- Cheerleaders who are in band, may leave 3 min. before halftime (by game clock) to prepare for the halftime performance.
- No food or drinks are to be brought back on the field with the exception of water.
- Varsity will perform at all Varsity football games, home JV games, all playoff games, all Varsity Boys and Girls DISTRICT HOME basketball games and any other sports play off games.
- Arrive in complete uniform with hair up, and no jewelry or fingernail polish.
- Hair and bows will be worn alike by all cheerleaders.
- No use of cell phones during games.
- Do not socialize with players or individual crowd members during the game.

Pep Rallies

- There will be pep rallies for home games.
- All members will plan and prepare for pep rallies.
- All cheerleaders must participate in decided themes for the day.

Summer Camp

- All squad members must attend a summer cheerleading camp, which will be selected by the sponsors.
- Students must follow all rules set up for the campers by the sponsoring university and also our local rules.
If a student does not follow the set rules, that student will be sent home from camp and dropped from the squad.

Awards

- Each member may receive an extracurricular school letter jacket on completion of two years of participation at the Varsity level.

Discipline

- **Any extenuating issues will be ruled on by school administration.**

Negative consequences of Demerit system

When administered: Each time a rule is broken, a demerit will be issued.

Why administered: A cheerleader is expected to be responsible and a good leader. The cheerleader must accept the consequences if a demerit is given. *Remember that a leader is not one who commands, but one who sets a good example.*

Five (5) demerits in one day: If a cheerleader receives a demerit for a serious offense or five (5) or more demerits in one day, that person and the sponsor will go to the principal's office for a conference.

Seven (7) demerits: If seven (7) demerits are given in a semester, the cheerleader and the sponsor will go to the office, contact the parents of the cheerleader, and sit in the bleachers during performances that week.

Ten (10) demerits in a semester or Fifteen (15) demerits in a year: Automatic dismissal. No exceptions!

Reasons for Dismissal

1. Rules and regulations: Failure to maintain rules and regulations of the cheerleader squad will result in dismissal.
2. Unbecoming conduct: Unbecoming conduct that reflects upon the reputation of the squad and the school may result in termination.
3. Drugs or alcohol: Possession of drugs or alcohol, or being under the influence of the same at functions shall be cause for immediate dismissal. Any violation of school policy, rules, or regulations resulting in suspension shall be cause for dismissal.
4. Any cheerleader representing themselves, or their organization, in an unfavorable, questionable or illegal manner through electronic media (websites, personal home pages, blogs, facebook, my space, 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 to the cheerleading organization, including themselves (camera phones, digital photos, electronic descriptions) will be subject to the disciplinary actions determined by appropriate officials and or organizations sponsors included probation or dismissal from the squad; determined by the sponsor.

DEMERIT SYSTEM

A total of fifteen (15) demerits in a year or ten (10) in any one semester (fall or spring) automatically terminates a cheerleader from the squad. **NO EXCEPTIONS**

Incomplete uniform (Shoes, socks, bow, uniform, poncho, jacket, etc.)...2	Inappropriate display of affection...3
Must have own pom poms2	Leaving articles at practice area, game, performance or bus.....2
Failure to remove all jewelry and piercings for practice or performance.....3	Putting down squad members, sponsor or bad mouthing others at any time, including the use of any available technology and /or social media.....4
Late to practice (less than 10min)...2	Refusal or non-participation in fundraisers.....4
Late to practice (over 10 min.).....3	Not participating with Post-game clean-up.....4
Late to performance.....4	Failure to perform duties assigned for pep-rally or game.....5
Unexcused absence from mandatory practice.....5	Failure to learn ALL assigned material (cheers, chants, dances) in the time given.....5
Unexcused absence from game or performance.....8 or possible termination.	Failure to follow the instructions of the sponsor.....3
Leaving a performance without prior permission.....5	Stunting without sponsor present.....5
Temper displayed during practice, pep rally and/or school activity.....4	OCS placement5
Sarcasm, insults or negative remarks made to an administrator, sponsor, fellow cheerleader or teacher.....4	Arguing during performances.....3
Unsportsmanlike conduct.....4	Being dishonest to sponsor.....2
Failure to arrange transportation prior to practice and/or games.....3	

PLEASE RETAIN THIS COPY FOR YOUR RECORDS.

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Important 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>
3/18/2024	6:00 pm	Mandatory Parent Meeting-Signed Paperwork Due	HS Gym
3/23/2024	9am-12 pm	Mandatory Cheer Clinic for Tryouts	HS Gym
3/25/2023	3:45-5 pm	Optional open gym practice	HS Gym
3/27/2024	3:45-5 pm	Optional open gym practice	HS Gym
3/28/2024	10:00am	Tryouts	HS Gym
5/1/2024	3:30pm	Fittings	TBD
5/3 - 5/5/24	TBD	KYKX Big Bass Bonanza	Lake O' the Pines
TBD in June	TBD	Clinic for MS Cheerleaders	Gym
TBD Summer	TBD	Mini Cheer Camp	Gym
TBD Summer		OCHS Cheer Camp	TBD
TBD	TBD	Meet The Rebels Community Pep Rally	Stadium
Fridays	7:00 pm	All Varsity Football Games	Stadium
Fridays	3:00 pm	Pep Rallies for Home Football Games	HS Gym
Thursdays	7:00 pm	JV Home Football Games	Stadium
Tuesdays/ Fridays	5:00 pm	All District Varsity Girls and Boys Home Basketball Games	HS Gym
1/2025	TBD	UIL Spirit State Competition	Fort Worth

Keep all previous pages for your records. Please fill out and return the remaining pages during the Mandatory Parent Meeting on March 18th at 6:00pm.

Please Return the following papers during Mandatory Parent Meeting on March 18th at 6pm in the HS gym.

Candidate Name:

Check- Off List

Please make sure you complete, sign and turn in all of the following forms.

_____ Financial Release Form Ore City ISD

_____ Cheerleader Tryout Application

_____ OCISD Cheerleader Medical Release Form

_____ Save the Dates Signature Page

_____ Approximate Cost Signature Page

_____ Demerits Page

*** All videos of tryout material will be posted in a SportsYou group specifically for tryouts.**

Name of Candidate: _____

School Email of Candidate: _____

Cell # of Candidate: _____

Name of Parent/Guardian: _____

Cell# of Parent/Guardian: _____

Financial Release Form Ore City ISD

Name of Student _____ Date _____ Grade _____

All Signatures must be present and all financial responsibilities cleared before tryouts.

Librarian

Student Owes \$ _____ for textbook(s) Student is clear _____

Student Owes \$ _____ for library book(s) Student is clear _____

Librarian Signature

Cafeteria

Student Owes \$ _____ Student is clear _____

Cafeteria Personnel Signature

Band

Student Owes \$ _____ Student is clear _____

Band Director Signature

FFA

Student Owes \$ _____ Student is clear _____

Teacher Signature

Athletics/Cheer

Student Owes \$ _____ Student is clear _____

Coach Signature

Cheer Sponsor Signature

Transfer Fees

Student Owes \$ _____ Student is clear _____

Office Signature

Parent Signature

Cheerleader Signature

Payment Dates and Approximate Costs

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

Parent Responsibilities:

<u>Date Due</u>	<u>Amount Due</u>	<u>What For</u>
4/15/2024	\$200	Portion of camp and cheer shoes
5/15/2024	\$150	Camp shirts and shorts
6/15/2024	\$150	Leggings, spandex, bows, socks

OCISD provides uniforms, bags, poms, and a portion of camp. Our fundraising provides warm-ups, team building activities, stunt clinics, signs, megaphones, pep rally materials, and various other items used throughout the year.

If parent responsibility is not paid in full before camp, the cheerleader will not attend camp. This will result in dismissal from the squad.

**** I understand that once uniform and accessory orders have been placed, I am responsible for the bill incurred whether or not my child chooses to remain on the squad and/or whether or not my child is removed from the squad.**

I have read and understood the above. (Please sign and return.)

Parent / Guardian Signature

Date: _____

CHEERLEADER TRYOUT APPLICATION

NAME: _____ DOB: _____

ADDRESS: _____

PHONE: _____ Student

CELL# _____

E-MAIL ADDRESS _____

GRADE you will be in the 2024/2025 school year: _____

PARENT'S NAMES:

(FATHER) _____

PLACE OF EMPLOYMENT _____

WORK PHONE# _____ CELL# _____

E-MAIL ADDRESS _____

(MOTHER) _____

PLACE OF EMPLOYMENT _____

WORK PHONE# _____ CELL# _____

E-MAIL ADDRESS _____

I have read the cheerleader guidelines for the Ore City High School and understand that I must follow and abide by these guidelines in order to attain/maintain a position on the squad. I hereby submit my name for tryouts.

Signature of Student

Date

As the parent/guardian of the above candidate I give my permission for them to try out for the position stated above. I also understand that if they are selected as a member of the squad, I will accept full financial responsibility.

Signature of Parent

Date

Ore City ISD Cheerleader Medical Release Form 2024-2025

COMPLETION OF THIS FORM WILL COVER YOUR CHILD AT ALL OCISD EVENTS FOR THE CURRENT YEAR. THIS FORM MUST BE SIGNED IN BOTH PLACES INDICATED BY THE "X". NO ONE CAN PARTICIPATE IN A UIL EVENT UNLESS THIS FORM HAS BEEN PROPERLY FILLED OUT AND SIGNED BY A PARENT OR LEGAL GUARDIAN.

Name: _____ Date: _____

Mailing Address: _____ City: _____ Zip: _____

Home Phone#: (903) _____ Business Phone#: _____

Emergency Contact: _____ Phone #: (903) _____

Relationship: _____

If this person cannot be reached, please contact:

Relationship: _____ Phone#: (903) _____

THIS FORM DOES NOT REQUIRE A PHYSICAL EXAMINATION

Please list all allergies:

Please List allergies to medication:

Please list any medication which participant is currently taking:

Please make any necessary comments concerning physical condition, restrictions of participant, if any, etc...:

Has your daughter/son had any type of surgery/injury? If yes please explain the type of surgery/injury. (You must have a Doctor's release on file.)

INSURANCE INFORMATION: Please list name & address of insurance company that covers participants.

Name of Insurance

Company: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Name of Subscriber: _____ Policy # _____

Relationship to Participant: _____

_____ Please check this line if the participant is NOT covered by an insurance policy.

MEDICAL TREATMENT / AUTHORITY STATEMENT

I, the undersigned parent/guardian, do hereby grant permission for my daughter/son to attend cheerleading events sponsored and conducted by Ore City ISD. In order for my daughter/son to receive the necessary medical treatment in the event of an injury or illness, I hereby authorize Ore City ISD staff member to obtain medical treatment for my daughter/son for such injury or illness: I hereby hold Ore City ISD and their representatives harmless in the exercise of this authority.

I further acknowledge, understand and agree that in participating in these events there is a possibility of physical injury or illness that my daughter/son assumes the risk of injury or illness by her/his participation.

(X) Parent / Legal Guardian: _____ **Date:** _____

1. Agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk and serious injury, including permanent disability and death, and severe social and severe social economic losses which might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises of any equipment used.
3. I certify that my son/daughter is physically capable and able to fulfill requirements to try out for a position as cheerleader/mascot.
4. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter, in the event of illness or injury during any squad related activity when either parent cannot be reached.
5. If there is any physical or medical reason why he/she should not participate fully the school requires a doctor's release.
6. Furthermore, the school is not liable for any injury incurred during tryouts.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE,

(X) Parent / Legal Guardian: _____

Date: _____

Printed name of Parent/Guardian: _____

Printed name of Participant _____

No one will be allowed to tryout unless this form has been properly filled out and signed in both places by a parent/legal guardian.

DEMERIT SYSTEM

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Must have own pom poms2	Putting down squad members, sponsor or bad mouthing others at any time, including the use of any available technology and /or social media.....4
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Sarcasm, insults or negative remarks made to an administrator, sponsor, fellow cheerleader or teacher.....4	Being dishonest to sponsor.....2
Unsportsmanlike conduct.....4	
Failure to arrange transportation prior to practice and/or games.....3	
Inappropriate display of affection...3	

Signature of Candidate: _____

Signature of Parent/Guardian: _____

