

2024-2025 Junior High CHEERLEADING CONTRACT

Dear Parents and Tryout Participants,

Thank you for the interest you have shown in trying out for the high school cheer team. Being a junior school cheerleader is a great leadership opportunity. There are a few items that you need to be aware of before trying out concerning the time and financial commitment of being a part of the team. Please carefully review the following information. If adherence to these rules and time commitment involved do not meet your approval, please do not try out. The success of the team depends on every member.

Tryout Details

- Tryouts for the ALA JH cheer team include the following:
 - Mandatory parent meeting held on Monday, April 22nd at 7:00 in the Roost Gymnasium.
 - Tryout clinics April 23rd and 24th from 3:30-5:30pm in the Roost.
 - Judged Tryout on April 25th starting up at 3:30, judging begins at 4:00. Please do not leave until dismissed, as some athletes may be called back. Membership will be determined by closed tryouts conducted in front of at least three qualified judges not from the ALA coaching staff.
- Grade verification (2.0 for 3rd term and a 2.0 Cumulative GPA) and attendance verification must be signed by an administrator or counselor prior to cheer tryouts. A copy of your transcript with these verifications and signatures must be attached to the tryout application.
- Three Recommendation Forms, one of which must be from your Math Teacher, all must be completed and submitted to Coach Richards by Tuesday April 23rd. Students trying out for the team are responsible for asking people to fill out the forms and following up with those people to make sure the forms are completed on time.

Please read the rules and expectations carefully. Failure to uphold these responsibilities and rules will result in disciplinary measures, and possible elimination from the team.

CHEERLEADER RESPONSIBILITIES

1. Cheerleading is one of the greatest organizations in the school in charge of unity and positive support. Cheerleaders are also an athletic team and just like any other athletic group, members are expected to behave like a team. Practices are not optional and neither is game attendance. Positive attitudes, respect, and kindness will be expected at all times.
2. Cheerleaders, as leaders of the school, will uphold high standards and will follow and adhere to all of the student handbook rules, including but not limited to the dress code and the attendance policy. Foul and crude language will not be tolerated in practices, games or events.
3. Membership begins upon selection of a new team at tryouts and extends through the end of the competition season. They will enroll in the cheer class for the 2024-2025 year and remain in the class until the end of 3rd term.
4. The cheerleaders will support ALA athletic activities. They will cheer for football, volleyball, boys and girls basketball and wrestling. They will be required to attend all other events as directed by the administration and/or coaches.
5. All members of the ALA cheer team should possess and demonstrate the qualities of a good citizen. Any theft, vandalism, sluffing, and recurring disciplinary problems all make a cheerleader ineligible. Excessive absences from school will result in a two-week suspension from activities. Alcohol and drug offenses will result in disciplinary action and may even lead to elimination from the team.
6. Cheerleaders are expected to have respectable and appropriate social media posts. **They should not be posting anything that is inappropriate, demeaning to the team or coaches, or harmful to others. If a cheerleader is found making inappropriate posts while in uniform or while representing the school or team, they will face disciplinary action.**

Cheerleaders are expected to keep their social media posts appropriate. If a cheerleader posts something inappropriate they will be subject to disciplinary action and potential dismissal from the team.

Cyberbullying, bullying, hazing, name calling, or any other form of mistreatment toward anyone (not limited to teammates) will not be tolerated. If a cheerleader participates in any of these actions, they will be subject to disciplinary action and potential dismissal from the team.

GAMES

Cheerleaders must ride with the parents to and from all away games, clinics, etc unless other arrangements have been cleared with the coaches.

Quarter breaks are when we are entertaining the crowd, so don't plan on using those as down time to check your phone. Captains need to plan ahead and be prepared to lead the team in some sort of choreographed dance, chant, tumbling sequence, etc. Bathroom and drink breaks need to be approved by the coach. Just let them know that you need to leave, and hurry back. Water bottles (not other drinks) are allowed to be near where you are cheering.

If you are ineligible to cheer at games, you will still be required to attend home games in full uniform. You will be standing in the stands, in block, and will still be required to yell the cheers with the team. You will not be allowed to be on your phone or standing with friends. You will not be allowed to attend away games. You will be deducted points for all missed games, including if you are ineligible.

If you miss more than 3 scheduled games, you will be taken off of the team.

You are required to let the coaches know at least 3 days in advance if you will be missing a game and you are required to find a replacement. You will lose all credit for the missed game.

For cheerleaders to participate in any activities, they must not have any unexcused absences or tardies the week of any event.

PROBATION AND ELIMINATION

- A cheerleader may be placed on probation or eliminated for violating any rules listed in the contract and for any other circumstances that warrant disciplinary action.
- If a cheerleader is placed on probation, the cheerleader, their parents, and administrators will be notified. Probation includes a month period during which the cheerleader must follow a set of requirements agreed upon by the coaches, the cheerleader, and their parents. During this time the athlete will not be allowed to perform with the team. If any rules are violated or requirements are not met during this time, they will be dismissed from the team.
- Cheerleaders are required to maintain a 3.0 GPA on all report cards. If a cheerleader fails to meet this requirement, they will be dismissed from the team.

- If a cheerleader chooses to quit or is dismissed from the ALA cheer team before the season is over, they could be ineligible to try out for the team the following season, **and will still be required to pay the remaining balance on their account.**

PRACTICES

1. **Attendance at all practices is crucial to the success and development of the team. If you do not feel confident in being able to commit to practices, we encourage you not to try out for the cheer team.**
2. Cheerleaders are expected to come to practice **on time**, ready to work hard and dressed appropriately. This includes practice wear, cheer shoes, hair pulled away from their face, and no jewelry (including Apple Watches).
3. **If a cheerleader misses practice the week that we are learning choreography, they will not be able to perform in the routine.**
4. If a cheerleader is late to any practice, they will be subject to disciplinary action. Attendance will be taken and they will be required to make up the tardy/absence through the school, as well as losing points for participation.
 - a. **If a cheerleader misses or sits out during practice, they will not be eligible to cheer at the next game.**
 - b. If a cheerleader is tardy to practice the following discipline applies:
 - i. 5-10 minutes = Bear Crawls and -10 points
 - ii. **10-15 minutes = Bear Crawls, 0 credit for the class, sit out ½ game**
 - iii. **15+ minutes = Not eligible to cheer at the game**
5. No phones! We will be taking all phones at the beginning of practice, so please try not to contact them during practice time. If it is an emergency, please contact the front desk or one of the coaches.

SPRING PRACTICES

- First practice will be held May 30th at 9 a.m. at the Hive cheer and tumbling. Extra practices will be decided at a later date.
- There will be a **mandatory stunt safety clinic.**

SUMMER PRACTICES

- Summer Practices will begin June 4th and are mandatory.
- They will be every Tuesday and Thursday times TBD.
- Cheerleaders are required to attend the **Fiesta Days Parade on July 24.**
- Cheerleaders are required to attend the overnight **Camp in Park City in July.**
- Cheerleaders will be given two grace days during the summer excluding blocked practices (see below). Cheerleaders must give the coaches a 2 week notice if they are missing a practice.

SUMMER BREAKS

- Please only schedule vacations during the summer breaks.
- July 2-9 Summer Moratorium

SCHOOL YEAR PRACTICES

- School year practices:
 - Tues 7-8 However they could start as early as 6 am if needed.
 - Friday
 - Tumbling @ The Hive Cheer 8:00-9:00am
 - Game day prep @ The Hive Cheer 9:00-10:00am
- School year practices are all mandatory through the end of the season
- Cheerleaders will be given two grace days during the school year, excluding blocked practices (see below). **Cheerleaders must give the coaches a 2 week notice if they are missing a practice.**
- There may be extra practices scheduled if we feel they are needed.

SCHOOL YEAR BREAKS

We will follow Nebo School District Calendar. Please plan all vacations when school is out. Missing practices for vacations will result in absence consequences. All Vacations should be given a month warning so coach can prepare for the athletes absence. Athlete can be replaced in routine if athlete is absent for a practice.

BLOCKED PRACTICES

Blocked practices are mandatory practices. Cheerleaders may not use their grace days on blocked practices for both Summer and School Year Practices.

1. Blocked Practices Include:
 - a. The week before any performance the cheerleaders are expected to attend.
 - b. Park City Camp TBD
 - c. Stunt Safety Clinic
 - i. TBD
 - d. Fundraisers
 - i. All cheerleaders are required to participate in fundraisers throughout the year.
 - e. All competition practices if on competition team.
 - f. **ALL** practices November 1-State
 - g. **If a cheerleader misses a blocked practice, they will be taken out of what was worked on during that practice and will not be added back in if it is performed again. If a cheerleader misses more than 2 blocked practices, they will be placed on probation.**
 - h. Missing a blocked practice may be acceptable ONLY due to extreme illness, death in the family, wedding in the immediate family, and other extreme circumstances. The coaches must be notified as soon as possible if a blocked practice is going to be missed.

GAMES, PERFORMANCES, AND EVENTS

- Cheerleaders are expected to attend **all events, games, and performances that are scheduled.**
- Monthly calendars will be provided to the cheerleaders a month in advance. However, these calendars are subject to change dependent upon other clubs schedules.

- **Being late to any of these events will be treated the same as being late to a practice. If you are late to a game, you will sit out one quarter.**
- Not attending any of these events will result in the cheerleader being taken out of the next performance and will not be added back in if it is performed again. **If a cheerleader misses more than 2 events, they will be placed on probation.**
- If a cheerleader is taken out of an event or placed on probation, they are still expected to attend the event, in full uniform, and sit with the coaches.

COMPETITION

If we decide to compete this year. Prospective cheerleaders will be assessed during tryouts for consideration for the competition team. If they are not chosen, they will be considered alternates and will still attend all competition practices. **Competitive Cheer is now sanctioned as a sport. It is considered a Winter Sport, so competition cheerleaders will not be able to play any other winter sports (ie basketball, wrestling, drill).**

The competitions that we attend must be UHSAA sanctioned and may include:

- Winter Classic @ TBD
- Regional Qualifier @ TBD
- State @ UVU (based on qualification)

FINANCIAL COMMITMENT

- Please reference the Activity Disclosure Statement for the breakdown of the cost for the year.
- Cheerleaders are responsible to pay their accounts in full if they are dismissed or quit the cheer team after the school year starts.
- If we qualify for Nationals, there will be an additional cost, not to exceed \$1350.
- We will be having fundraisers to help offset the cost of cheer throughout the year. We also highly recommend finding sponsors early!

COACHES

- **Taylon Richards (Head) 714-262-3775**
- **Amberli Metcalf (Assistant)**
- **Aspen Ruiz (Assistant)**

*****This page must be filled out completely and included in the tryout packet. Please keep all other pages of the contract so you can reference it throughout the year****

ALA High School Cheerleading Contract

I have read the ALA cheerleading contract. I understand the responsibilities, time requirements, and obligations of being a member of the cheer team. I understand that they are part of a team and need to be at all events. I hereby give my child permission to try out for and participate on the ALA cheer team.

Guardian Signature

Date

Student Signature

Date

I have read the ALA cheerleading contract. I understand the responsibilities, time requirements, and obligations of being a member of the cheer team. I will abide by the rules and I commit to all the requirements of the ALA cheer team if I am selected as a member. I will respect the decisions made by the judges on tryout day.

Guardian Signature

Date

Student Signature

Date

ALA JR HIGH CHEER PAYMENT SCHEDULE

DUE DATES	AMOUNT
4/30	\$250
5/30	\$250
6/30	\$250
7/30	\$250
8/30	\$0
9/30	\$0
10/30	\$0

***Please keep in mind that the payments need to be paid by the due date. We will not be able to release any items or allow your athlete to participate in activities (ie camp) until the payment for each item is made.**