

WC East Cheerleading Try-Out Information Packet

This information packet includes:

Letter from Coaches

CULTURE

Cheerleader/Parent Financial Obligations & Competition Team Summary

Booster Club Info

Program Handbook Rules and Guidelines & Demerit Policy

Tryout Rubrik

**Cheerleading & Parent/Guardian Agreement/ Booster Obligations

Cheerleader Application

** - These forms need to be signed & returned ASAP. Return to:

Coach Boccio lboccio@wcasd.k12.pa.us

Dear Parents/Guardians,

We would like to thank you for taking the time and interest in your child becoming a member of the WC East Cheerleading program. Cheerleading at East High School has proven to be a program that holds an outstanding reputation of excellence, and we look forward to another successful season.

This packet is intended to inform you of the responsibilities of having a child involved with the WC East Cheerleading program. There are times that it will become demanding as all high school sports, but those demands teach your child responsibility, honoring a commitment and prepares them for the next level. Please make sure that your child can meet all the requirements and expectations of being on a high school team. Keep the remainder of packet as a point of reference during the season because you will have a need to refer back to it many times.

Once your child makes the team, parents are automatically a part of the booster club although there is a governing board. Our success starts with parent volunteers that help with our many activities throughout the year. The money raised through fundraising activities covers much of the program's operating budget, expected and unexpected expenses and our competition team, so full participation is needed by all families to meet those needs.

As former athletes, we remember the lasting memories and relationships that were made playing sports. Those programs aided in our success and leadership skills as an adult. It also molded our time management skills during those months of juggling sports and a school workload. It helped each of us to become more confident, supportive, committed, and mature moving into our adult lives. For now, as a teenager, it builds bonds and friendships, teaches problem solving skills, how to work with and get along with people who have very different personalities. Lastly, it ultimately leaves lasting memories and is an excellent resume builder for college applications.

Thank you ~

Leslie Ann Boccio

Morgan Clifford

Shea Fleming

Varsity Head Coach

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Varsity Assistant Coach

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Junior Varsity Coach

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“HONESTY and INTEGRITY ~ Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of cheer, themselves, their team, and their school.”

WC EAST CHEERLEADING CULTURE

ROOTS CHEER athletes, families and fans must follow the **“ROOTS” of our culture. Respect the Rules, Officials, Opponents & Teammates.** We will represent our community with grace, class, and respect. The pride of WC EAST is a badge of honor all must respect and ELEVATE. Any game/comp time comments during competition or pre/post game situations must be referred to the team captains and the head coach. **NO EAST CHEER player is to speak in a negative tone toward opponents OR TEAMMATES at any time—including, MOST IMPORTANT, SPORTING EVENT/COMP TIME/PRACTICES.** Player frustration may set in and is only natural, but WE must rise up, represent our program, elevate our teammates and honor the SPORT. No player, family member or fan is to make comments (verbal or gesture) to anyone in a negative manner via live or through social media/texting. This is deemed unacceptable behavior and game/competition suspension consequences will be mandated in the proper accordance with PIAA/UCA and our team culture.

Social Media & YOUR Brand

EAST CHEER has a Zero Tolerance Policy for inappropriate use of social media. Your online actions are a direct reflection of YOU, and your “brand” as well as that of our team. No player is to post any content wearing an EAST CHEER uniform or garment UNLESS such content is of a positive, motivating, or celebratory nature. The content you post online is forever connected to your name and as an EAST athlete, you want people to see the BEST version of you and US. Post positive content about your team, teammates, coaches, and fellow competitors and DO NOT engage or interact with negative people on social media. Refuse to stoop down to someone else’s level.

When teammates do well, celebrate with them offline and online. DO NOT engage in illegal activities and vow not to share such activities online. If student-athletes see a teammate engaging in something illegal, it is that player’s duty to immediately inform a captain and the Head Coach. Use social media accounts to share the positive aspects of our team, school, and sports career.

Teammate/Parent/Guardian Conduct

4 Things to Keep in Mind When Using Social Media:

1. IT’S A TOOL, NOT A TOY. Social media isn’t just something for your own entertainment. If used effectively, social media can be an asset to help a student-athlete’s individual brand, their community, their team, and the school they represent.

2. NOTHING IS TRULY PRIVATE ... EVER! There are two types of social media users: Those who realize they are functioning in public and those who don’t. While many student-athletes think they can delete a tweet or delete their profile, if need be, many don’t realize that content posted on the internet can last forever. Content can be captured in screenshots or saved by other users. And that message someone thinks only his or her friends will, see? Student-athletes AND parent/guardians should keep in mind that SNAPS, tweets, Facebook statuses, or Instagram photos could end up being viewed by thousands of people.

3. IF YOU RETWEET IT (OR SHARE IT), YOU OWN IT. Yes, this even applies to people who put that cliché saying, “RTs do not equal endorsements,” on their Twitter profile. That phrase is basically worthless. “Freedom of speech does not equal freedom from consequences.” This is something with which younger student-athletes struggle. Retweeting a negative tweet from a friend suddenly student-athletes can be caught in the middle of an ugly conversation over the internet.

4. PERSONAL BRANDING: EVERY POST REFLECTS WHO YOU ARE. How are student-athletes choosing to represent themselves? Are they sending the right message about themselves to the public? What does your social media portfolio say about you? When it comes to social media, there are plenty of examples of what NOT to do, but it’s important to remember you can post and tweet and share just “PAUSE” and ask if a positive or appropriate is being sent out.



What Should You Post?

1. SAY THANK YOU. This is always a good option. Student-athletes, thank those who support you. Fans, teammates, coaches, family, and friends.

2. SUPPORT OTHERS. Student-athletes can provide a positive example for other students by sending positive messages about their peers in other sports or activities at school.

3. SHARE NEWS AND HUMOR. Social media is meant to be fun. Join in conversations and share things you find interesting or entertaining.

4. ENGAGE IN DISCUSSION WITH THOSE YOU ADMIRE. Interact or hear from famous people that student-athletes admire! You can follow and learn and even interact with those you admire, find motivating, or can lift up!

“Live your life, don’t post your life.” Remember to BE IN THE NOW Look UP and breathe in.

CHEERLEADER/PARENT FINANCIAL OBLIGATIONS & SEASON SUMMARY

****PLEASE READ CAREFULLY****

Each family will be responsible for the costs associated with being a member of the West Chester East Cheerleading program. This document provides an explanation of the approximate costs. Please keep in mind costs are always subject to change. If for any reason a cheerleader leaves or is removed from the team, he/she is still responsible for all financial obligations and any monies paid/fundraised are non-refundable. If there are any questions about costs, financial concerns, or need to work out a payment plan, contact BOOSTERS at the start of the season. **All checks or money orders are payable to WC East Cheerleading. Venmo (@EHS-CheerBoosters) and also credit cards are accepted (small % fee to cover the card use).**

Financial responsibilities include but are not limited to:

1. SUMMER CHEER CAMP ~ \$350

✓ Camp is MANDATORY FOR ANYONE EVENTUALLY TRYING OUT FOR THE COMPETITION TEAM. CAMP IS A REQUIREMENT OF VARSITY SPIRIT/UCA FOR ALL TEAMS ATTENDING UCA REGIONALS & UCA NATIONALS.

Camp is highly recommended for everyone, because of the instruction provided to improve skills. Everyone learns season material, step by step stunting instruction & game day cheers. Every school goes to this annually. Camp teaches team bonding, communication, sharing, compromising, mind strength, time management and how to have some good old-fashioned fun for 4 days. It's a lot of work, but very rewarding at the same time.

✓ **Pine Forest Cheer Camp, Aug 17-20TH, 2024** \$350 camp/cabin expenses (+additional fee for transportation)

✓ Payment for summer camp will be made in installments. May 21st \$150, June 30th \$100, July 31st \$100. Camp must be paid in full by Aug 1st. Bus fee TBD once the team has been established and pricing provided.

2. WCASD REQUIREMENTS ~ see WCASD website

✓ EHS Activity Fee (paid directly to WCASD) Due late Aug.

✓ Cheerleader physical (**Physicals must be dated for after June 1st of the current year to be accepted.** Physical forms MUST BE completed AFTER JUNE 1st. If a physical was obtained within a year of June 1st, the physical will need to be recertified from your physician AND dated AFTER June 1st of the current year to be accepted by the school.

3. CHEER CLOTHING & ACCESSORIES

✓ Each cheerleader will be provided a uniform (uniform pieces, a set of poms & possibly some other items). This must be returned at the end of the season or if someone leaves in the condition it was received. If it is not, cheerleaders will be issued an obligation that follows them until graduation for the cost to replace the uniform and/or items lost and/or destroyed.

✓ All practice clothing is ordered online. Clothing is worn at camp, practices, games, community service/fundraising events and competitions throughout the season. Any items not sold online must be paid for prior to receipt.

See WWW.WESTCHESTEREASTCHEER.COM

UNDER THE "EXTRAS" TAB AND CLICK ON CLOTHING FOR ALL INFORMATION.

REQUIRED ITEMS: (See web site for pricing). All items below are used for all 4 years on the team except those items in **RED**. The **RED** items are on a rotation every 2-3 years. **OPTIONAL ITEMS:** (See Web Site)

~WHITE FOOTBALL JERSEY~

(Include your last name on order)

~**GRAY, WHITE, & RED EHS T-SHIRT & RED & BLACK EHS TANK**~

~RED, GRAY, WHITE, BLACK SHORTS~

~WHITE V NECK BODY LINER~

Worn under uniform shell.

~CHEER SNEAKERS~

New girls or if needed ~ Varsity brand offered on web site. Cheerleader can purchase any brand (see Amazon).

~WHITE CALF HIGH NIKE SOCKS~

(Purchase on your own)

~BOY SHORTS BLOOMERS~

All athletes wear ONLY RED ~ If you have Red Nike Pros, that is fine

~HAIR BOW'S~

(Pink, White, Red... \$10ea = JV & V) (Red Polka Dot = Varsity Only)

~RAINCOAT~

~RED & WHITE TRACK JACKET AND BLACK TRACK PANTS~

Varsity & Competition required. JV to purchase ONLY Black Track Pants. A red swishy jacket will be provided by school.

4. FINANCIAL OBLIGATIONS/SIDELINE FUNDRAISING GOALS

All fees and dues are the responsibility of the cheerleader and/or parent/guardian. Outstanding financial obligations will impact a cheerleader's ability to attend games/activities. Outstanding balances will be submitted to collections at the close of the season. Note: WC East Cheerleading wants every student to be able to participate, so if anyone needs a payment plan for the season, they can make arrangements in the beginning of the season with boosters. **FUNDRAISING DOES NOT COVER CAMP OR CLOTHING.**

CAMP PAYMENT SCHEDULE

Summer Camp Payment #1 ~ May 21st ~ \$150

Summer Camp Payment #2 ~ June 30th ~ \$100

Summer Camp Payment #3 ~ July 31st ~ \$100

ALL ACCOUNTS START AT A "0" BALANCE AT THE START OF EACH SEASON. NO \$\$\$ IS CARRIED OVER FROM THE PREVIOUS SEASON.

THREE OPTIONS TO MEET PLAYERS SIDELINE FUNDRAISING GOAL: OBTAIN SPONSOR DONATIONS, FUNDRAISE, OR BUYOUT.

FUNDRAISING~ We chose fundraisers that are simple with a great return. There will be ample opportunities to raise funds and it is very easy to do.

Sideline (game only) teammates have the season to fundraise the \$500 through our fundraising events and/or sponsorship donations. If that number is not met by then, the remainder of their balance is due. If the balance is not paid or a final payment schedule isn't worked out, the remainder of the bill will be due immediately. A buyout of \$500 up front instead of doing fundraisers is an option. Our home invitational is a mandatory participation event from families. 75% of the profit goes to the team bank and 25% to the operating budget.

Every family is expected to meet the same expectations of fundraising... Why?? Because everyone gets the equal amount of support and is expected to do the same in return to the program. You are welcome to seek your own sponsorships as well to meet your goal. Fundraising doesn't stop at only meeting each goal. The team always fundraises over individual goals to help pad the operating budget so that the program can add new equipment, uniforms, improve is areas needed and have funds for unexpected expenses.

5. AT A GLANCE SEASON COMMITMENTS:

All Cheerleaders are REQUIRED to attend all practices/scheduled events, as well as participate in all squad activities. **WORK, BIRTHDAYS, CONCERTS, PARTIES ARE NOT AN ACCEPTABLE ABSENCE FOR MISSING** (pep rallies, games, parades, competitions, clinics, and scheduled fundraising). Specific requirements and commitments are included (but not limited to) in the cheerleading rules and guidelines. Please make sure this document is reviewed. We abide by the West Chester School District Sports Code of Conduct.

Tumbling:

Tumbling is not mandatory, but is HIGHLY encouraged, especially if your cheerleader wants to be on the competition team. This also helps build core strength which helps with basing stunts. Tumbling is expected in our routine at district, state, and Ches-Mont competitions.

Practice & Practice Wear:

Camp clothes are worn to ALL practices. Hair is always pulled up away from one's face and NO Jewelry is to be worn at practices, competitions, or games. Nails should be sport length and for competitions, French manicure, or nude in color.

Coach/Student/Parent Protocol:

Any cheerleader missing or late to practice for any reason must contact the coach directly, and with adequate notice (adequate meaning not right before it starts). If any teammate is having issues with another teammate, they must contact his/her coach directly first to discuss the issue and coach will refer students to guidance or admin if necessary. Problems outside of cheer, parents are expected to take charge of. They should be affecting the team, practice, games, or competition.

Student/Coach/Parent Order of Contact:

Student contacts coach first to discuss concern 24 hours after issue arises.

If a resolution is not met, Student and Parent to contact Coach to set up meeting to discuss concern.

If coach does NOT reply to athlete's request OR athlete/parent request, they then are to contact AD for a meeting.

Grades/Discipline:

Grades are monitored by the coaches all season AND in the off season. Everyone must maintain eligible status to cheer, practice and/or compete. Anyone not meeting eligibility status risks being dismissed. We are a team, so parents, please manage your discipline at home. High school sports are not to be used as a punishment for at home discipline (ie. Grounding from attending cheer). If that is acceptable for you, then high school sports are not for your family. Punishment we ask is handled in a way to NOT penalize an entire team. Comp Team - If a parent pulls a child from practices as a punishment, it is grounds for dismissal. The school will bench any student who is not meeting eligibility/code of conduct. Athletes cannot practice, attend practice, or participate in any games, events, or competitions while ineligible or suspended. If an athlete misses a game or practice prior to a game or event, that athlete may be subject to being benched.

Schedule and information posted on our web site, Instagram or Facebook page— www.westchestereastcheer.com, <https://www.instagram.com/wceastcheerleading>, <https://www.facebook.com/WCEastCheer/>

WC EAST CHEERLEADING BOOSTER CLUB

Every parent who has a child on the team is automatically a participant in the booster club. EHS Boosters does have a governing board and may have open spots for parents to join committees and board positions. Boosters is an active group of parents who are all volunteers, here to keep our program running smoothly and effectively. Below is an outline of our booster club activities.

President ~

Vice President ~

Co-Treasurer ~ Billi Jo Barker Tanya McVeigh

Secretary ~

If you are interested in a board position, contact Coach.

PARENT COMMUNICATION & MEETINGS ~ Our primary order of communication is Band App and Email, ZOOM, Live.

FOOTBALL SEASON ~ Begins in late August. JV games are during the week after school and Varsity games are Friday nights. Jv is required to cheer at several Friday night games such as senior night and homecoming. Boosters does have a table at the games to sell cheer/rally items. JV cheerleaders and JV parents chose a home game to sell 50/50 raffles during the first half of the game.

SENIOR NIGHT ~ On Senior Night, the senior athletes are honored. ALL cheerleaders attend the Football Season Senior Night. The Booster club provides flowers for families and those flowers are purchased from the operating budget. Both JV and Varsity cheer at the game.

COMPETITION & BASKETBALL SEASON ~ Basketball season begins in December. Practices to prepare for the season begin in November. Cheerleaders cheer for home games and away games during playoffs. The Varsity cheerleaders cheer for the boys' varsity games. The JV cheerleaders cheer for the JV boys' and girls' varsity teams. Closer to competition season the coaches will issue a schedule of competitions. They are held on Saturdays or Sunday's. Carpooling arrangements can be made if your cheerleader needs a ride. A bus is supplied ONLY for districts, states and Ches-Monts (if a far school). We encourage you to come and support your cheerleaders.

HOMECOMING ~ Homecoming for the cheerleaders is a week full of school wide activities. On Friday, during school, there is a pep rally, and the Varsity team performs. Both JV and Varsity cheer for the Friday night homecoming game.

HOLIDAY PARTY/END OF SEASON BANQUET ~ Each year we sponsor a Holiday Party. Cheerleaders and their parents are invited. The cheerleaders have a gift exchange – \$25 Pollyanna. We ask each cheerleader to bring a dish (main dish, appetizer, dessert). Location TBD. Boosters purchases gifts for the teams from the operating budget. The banquet is at the end of the season. Cheerleaders who have not paid their balance, must be whole before attending. Cheerleaders who do commit to attending and do not, will be responsible for their ticket.

FUNDRAISING ~ The team runs on an operating budget. The school does pay for some things within a budget; however, we are a self-funded organization for everything outside of what the district funds. The money raised through fundraising activities covers the operating budget and expenses. Those expenses pulled out of the operating budget are for example, transportation, senior night, holiday party, banquet, registration fees, choreography, music, cheerleader gifts, equipment, new pieces of uniforms (the school provides every 5 years), office supplies, website fees, and other miscellaneous expenses. Competition team fundraising covers extra signs, UCA clean up, UCA Nationals expenses, as well as other miscellaneous needs throughout the year. Any funds raised over and above the goal has been used in the past for uniforms, new mats, and equipment.

The current fundraising activities offered for sideline and the competition teams are:

Graduation food sales, Mums, Poinsettia, Spring flower/herbs, vegetable sale, 2 Clothing Drives (Spring & Fall), Snap-Raise, 2 Car Washes, Wawa Tickets, Dine & Donate & Cheer Clinic. Winter Blast Home Cheer Invitational (75% goes to cheerleaders 25% operating budget). 100% participation is required for ALL fundraising activities to meet your fundraising obligations.

GRADUATION ~ Team sells light snacks and water. The snacks are purchased from the operating budget or donated.

CHEER CLINIC ~ The East Cheerleaders host a clinic for for a fee for our youth cheerleaders to teach chants, cheers, and stunts to these young cheerleaders. It's a great opportunity for our cheerleaders to act as role models to these young ladies. The little's will cheer at a Friday night football game with the team on the track. Pizza, drinks and t-shirts handed out and taken from operating budget.

HOME INVITATIONAL ~ East Cheer hosts a cheer competition every year in November/December. All cheerleaders and parents are required to work the event. This is our biggest fundraiser of the year. We will need one adult from every family to help with food sales, team registration, door sales, t-shirt sales, security, 50/50 sales, raffle baskets, nurse, etc.

SNAP-RAISE ~ Similar to Go Fund Me. Each cheerleader gets the fundraising credit for the full amount raised; however, the program only gets paid a percentage of what goal we meet. Goal is min \$8,000.

CLOTHING DRIVE ~ Program is paid by the pound for items donated such as shoes (single and pairs), clothes, linens, bedding, belts, bags, luggage, small toys.

FLOWERS ~ Mums, Flowers/Herbs/Veggies, Poinsettias ~ Flowers, flats, hanging baskets and patios pots for sale.

West Chester East High School Cheerleading Handbook Rules & Guidelines

If you have been selected as a Viking Cheerleader, you will be representing a fine school and district. Your appearance will reflect favorably or unfavorably on East High School and your coaches. If you are unable to abide by the rules, you may be benched, suspended, or dismissed from the squad (disciplinary action may also be taken).

- 1) Organization
 - A. These rules and guidelines have been written and adopted for the West Chester East Cheerleading Team. The team and its rules are governed by West Chester East High School, the coaches, the athletic director, the principals, and the team members.
 - B. Henceforth, the name of the organization shall be East Cheerleading
 - C. The purpose of the East Cheerleading Team is to:
 - i. Create school spirit, pride, and loyalty
 - ii. Promote interest in school activities, perform at team games, and participate in competition
 - iii. Develop responsibility, teach self-respect, encourage honest effort, strive for excellence, and develop character.
 - iv. Teach teamwork and pride in quality performance through maintaining high standards.
 - D. An advisor hired by the West Chester Area School District upon recommendation of the principal will be responsible:
 - i. Daily running of activities for the program
 - ii. Administering all disciplinary procedures
 - iii. Placing certain restrictions on team members
- 2) Practice – Cheerleading is a team effort. If one member is absent everyone suffers!
 - A. Practices are scheduled by the coach. You are expected to attend ALL practices. This is a sport and a team sport. Those that miss practices, cause the team to be unable to stunt. Stunting is critical in this sport. PRACTICES ARE NOT OPTIONAL.
 - B. If you are absent from school, you may not attend practice or cheer at a game on the date of the absence.
 - C. ABSENCES: If you are going to be absent from a practice or a game, you must notify the coach as soon as you know you will NOT be in school. The following excuses MAY be considered excused, upon coach's decision: Weddings, funerals, family emergencies, college visits (Jrs. & Seniors only – with prior notification). Birthdays, parties, no ride are considered unexcused. Unexcused absences may result in a player being benched at next game.
 - i. Absences without prior notification or approval from coach will result in consequences and/or demerits.
 - ii. The coach must be made aware of medical appointments, and you must provide a signed note from the doctor's office with a phone number. We recommend and encourage making appointments on days we don't have scheduled practices and/or have night games. PLEASE MAKE APPOINTMENTS AFTER PRACTICES
- 3) Game, practices or other squad events
 - A. All cheerleaders are required to arrive PRIOR to the assigned arrival time.
 - B. Uniforms must be clean. Everyone must have the same uniform with them in case the temperature changes. If someone is also unprepared; they will receive demerits. If someone refuses to wear the assigned uniform, they will receive demerits and if they are asked to leave the event. (Uniform is defined as – Bow, skirt, shell, liner, RED bloomers/boy shorts, poms, and sweat suit/jacket and cheer sneakers.)
 - C. No chewing gum
 - D. No eating or drinking while cheering (unless allowed by the coach). ONLY CLEAR DRINKS ALLOWED WHILE IN UNIFORM.
 - E. Do not comb hair or apply make-up in front of fans.
 - F. No jewelry during practice, games, or performances.
 - G. Inappropriate behavior while in uniform will result in demerits that will lead to being benched, suspended from the team, or possible dismissal from the team.
 - H. Not cheering while on the field or court may result in being benched or suspended.
 - I. Not following a captain's request, especially when performing will result in demerits OR being benched.
 - J. Misconduct or insubordinate behavior will be dealt with on an individual basis & consequences will be assigned at the discretion of the coach, athletic director, & grade level administrator if necessary as well as demerits!
 - K. At no time during a game will there be side conversations with Parents or friends. Parents should sit away from their cheerleaders during basketball games to avoid discussions.
- 4) General Guidelines
 - A. Academic Eligibility –
 - i. Everyone will be included on a weekly eligibility list. If you are failing two subjects, you are not permitted to cheer until you are passing at least one of the two subjects. After 15 days of being academically ineligible you will be dismissed.
 - ii. Your coach and teacher may be in contact; however, it is your responsibility to prove eligibility if there is an error. Teacher must email the Athletic Director, NOT the coach to advise eligibility.
 - B. Disciplinary Eligibility –
 - i. Cheerleaders are expected to follow East's Activity Policy concerning drugs and alcohol. Failure to comply will result in demerits, Suspension, or Dismissal.
 - ii. Repeat offenses may result in dismissal from the squad (at the discretion of the coach and/or athletic director, and administrators).
 - C. Team Eligibility –
 - i. Any Cheerleader who makes the team, must commit for the full football and basketball season.
 - ii. Any cheerleader who is on the team and decides to quit at any time after the season begins, MUST wait an entire school year after the current season is completed to try out again unless discussed with coach.
- 5) Competitions
 - A. Decisions if, when and where to compete will be made by the coach.
 - B. Attendance at all competitions and competition practices are mandatory unless previously discussed with coach and approved. If you did not discuss an absence with the coach, you risk being removed from the team.
 - C. Alternates WILL learn the entire routine and only compete if pulled up in the event of injury or dismissal of another

teammate. They WILL attend all practices and competitions unless directed by coach.

- D. All competition team families, including alternates will be responsible for their entire financial obligations that were given at the beginning of the season. Parents may work out a payment plan for their child, but they must be paid in full by scheduled due dates. Contact boosters to work out payment plans. You cannot be on the competition team if you are not paying for the regular season and competition season obligations.
- E. Any cheerleader who transports or consumes/smokes, alcohol or drugs at any event/competition risks being removed and sent home from the event immediately at the parent's expense (This includes Nationals in Florida).

6) Personal Conduct

- A. No P.D.A. (Public Display of Affection) especially while in uniform
- B. No swearing or foul language (in uniform).
- C. Cheerleaders must ride the bus to and home from all away games unless they are riding with their own parents/guardian. No one will be permitted to go home with anyone other than an adult and there must be written and verbal confirmation with the parents and coaches.
- D. No jewelry during practice, games, or performances
- E. Honest and responsible behavior is always expected! (This means in the classroom and hallways of East High School and while on any trips where you are participating or representing East High School)
- F. Anyone who is caught physically or verbally abusing another team member/coach in person OR on the internet OR texting OR in any other way will receive disciplinary action from the coaches and/or administrators at East High School.
- G. No smoking, taking drugs of any kind, while in uniform.

7) Cheerleading Responsibilities

- A. All cheerleaders must attend:
 - i. Pre-season practice. Summer Camp mandatory for anyone trying out for the comp team. Optional (but encouraged) for sideline cheerleaders (costs associated with camp).
 - ii. All Homecoming Activities (Pep Rally, Decorating, Parades, Games)
 - iii. Parades (unless religious beliefs do not allow participation)
 - iv. All squad activities and fundraisers
- B. Varsity Cheerleaders (Game Day) – All varsity football games, play-off games, and cheerleading competitions.
- C. Junior Varsity Cheerleaders – All JV football games, playoff games, and those games announced by the Head Coach in which both squads (JV & Varsity game day squad) are required to Cheer & Competitions (if any).
- D. Basketball – Varsity = All Home boys games and selected away games. JV = All home JV boys and V girls basketball games, unless otherwise noted by the head Coach. Teams will travel for Varsity away playoff games.

8) Attendance

- A. All students who participate in school activities/practices must be in school by 8:30am the day the activity is scheduled.
- B. If a member is ill and misses ANY activities, she/he must be HOME or SEEKING MEDICAL APPOINTMENTS (documented in writing by a parent or a doctor)
- C. If a team member misses ANY practice time, she/he may be cut or replaced by an alternate for that performance or taken out of the performance completely. It is the coach's discretion on what is best for the team.
- D. All doctor's appointments, etc., should be scheduled so they do not interfere with cheerleading activities and a note should be presented to the coach. We recommend making appointments on days/times that we don't have scheduled practices, events and/or games.
- E. All team members must attend each activity in its entirety unless excused by the coach.
- F. Work, concerts, vacations during the season, birthdays and family parties are not excusable absences and can result in consequences.

9) Uniforms

- A. Each member will be expected to purchase all items as defined on the order form. For returning cheerleaders, if you already have ALL of the items on the order form, you do not need to reorder them.
- B. Any financial problems need to be discussed with boosters UP FRONT.
- C. Team uniforms or any clothing distributed (defined in III. B.) are provided by the East Cheerleading Program and are the property of East Cheer. Each member will be responsible for the cost to replace any article of their uniform if lost or damaged. Damage includes, holes, stains, color bleed, tears, zippers broken, etc. (price will include the cost of shipping & handling).
- D. Each cheerleader will be required to maintain good condition and cleanliness of their uniform on a weekly basis.
- E. Each member will be required to have the uniform cleaned and in good condition before it is turned in at the end of the season. Each uniform is numbered, so cheerleaders will be responsible for the number uniform they were issued.

10) Medical

- A. Each member must have a complete physical exam before the start of the season in Aug.
- B. A copy of the Pre-Participation physical packet may be obtained from the Athletic Director's Office AND uploaded to the Family ID website.
- C. After June 1st, but prior to cheer camp, each member must turn in a completed PIAA physical packet to the East Athletic Department. It must be signed, dated, and stamped in the appropriate places by a physician. The cheerleader and the parent/guardian must also complete and sign the packet in the appropriate spaces.
- D. Any cheerleader that becomes pregnant during the season could be dismissed from the team or found a new position.
- E. Any cheerleader that becomes injured throughout the season is still a member of the team and is expected to still attend all squad events including practices, games, and competitions.

11) Character

- A. A team member should be leaders within the school and always set a good example.
- B. Team members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
 - i. Smoking, vaping, drinking and/or drug use are grounds for dismissal by the coach/A.D./ principals.
 - ii. Each member must abide by those standards set by EHS which are found in the Student Handbook and the Student Activity Policy.

iii. Cheerleaders must always abide by the school dress code.

C. A member must be courteous and friendly to all other team members as well as the student body at EHS.

D. A member must be courteous, respectful, and friendly to other teams and visitors of EHS.

E. A member must be respectful to the Advisor/Coach and a credit to the school.

12) Demerits

A. Demerits will be used as a disciplinary tool. This can result in dismissal from the team.

B. They will be given by the coach.

13) Booster Club – Booster club is established to act as an aid to the coach and the squad, as well as assist with fund when the coach deems necessary. Refusal to work with the coach when assistance is needed can result in the booster club being dis-banned and all monies will be deposited in the school EHS cheer account.

A. When a student becomes a member of the East Cheerleading Team, their parents automatically become a member of the Cheerleading Booster Club.

B. The Booster Club is governed by officers. There will be functioning committees with organization.

C. Members of the organization could pay annual dues per family and late fees can be applied.

D. Each member of the booster club is expected to volunteer their time to help with cheerleading related events.

14) Fund-Raising – It is a vital part of keeping our program running with proper equipment, transportation, and fees.

A. All members are required to participate in all fund-raising which is generated by the team, coaches, or the booster club. Some fundraisers are team based and other are individual based to help defer cheerleader costs.

B. There may be set goals or sponsorships for each member to attain their fund-raising activities.

C. Cheerleaders who do not participate in team fundraisers, will run the risk of not making the competition team.

15) Transportation – All cheerleaders are expected to have transportation to and from all squad events.

A. Cheerleaders who are late due to transportation difficulties will receive demerits or be benched from a portion of the game

B. All cheerleaders are expected to be picked up at the conclusion of all games, practices, or squad events per administration. Parents are messaged by the 3rd quarter/period of every game to allow time to be on time at the conclusion of the event. Failure to comply with this rule will result in consequences of benching or dismissal. Please respect everyone's time and **BE ON TIME OR MAKE ARRANGEMENTS FOR CARPOOLING.**

16) Social Media Guidelines - These guidelines are intended to provide a framework for EAST Cheer to conduct themselves safely and responsibly in an online environment. As a cheerleader, you should:

A. Be Aware that Privacy Settings are NOT Foolproof. Squad members are highly encouraged to use privacy settings on social media sites. However, be aware that privacy settings are not foolproof. Although social media sites provide their users with privacy improvement updates, the changes occur frequently and can get complicated. Even if you diligently monitor your privacy settings, it's best to assume that anything you post will be seen by your school, your parents, your coach, your employer, your college of choice and strangers.

B. Avoid Posting Confidential Information. Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phone number, class schedule, social security number, bank account number, etc. is NOT recommended. Once such information is posted, it becomes the property of the social media site.

C. Avoid Unprofessional Public Profiles. Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Potential, current and future employers as well as college admissions recruiters may access the information you put on social media sites. **NO INAPPROPRIATE POSTS IN ANY EAST CHEER GEAR.** Inappropriate deemed - lyrics, actions, behavior.

D. Avoid Posting Illegal Activities. Photos posted via social media become the property of the social media site. You may delete the photo from your profile, but the photo remains on the social media site's server. Internet search engines such as Google or Yahoo may still find that image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as the authorities, can use against you in the future. Squad members should avoid the following:

- Incriminating photos or statements depicting violence; hazing; sexual harassment; vandalism; stalking; underage drinking; selling, possessing, or using controlled substances; smoking or any other inappropriate behaviors. Members will post anything in WC EAST CHEER attire/logo that is deemed inappropriate or damaging of the individual/team culture and image.

E. Avoid Bullying \ Threats of Violence. While people have a right to free speech, that right is NOT unlimited. Bullying is a serious problem and is not limited to student-to-student interactions. Vicious treatment and hateful words often lead to violence, suicide, depression, and discrimination. Squad members should avoid the following:

- Derogatory language or remarks about teammates, coaches, students, staff members, athletic administrators, or representatives of other schools.
- Demeaning statements about and/or threats to any third party; and creating danger to the safety of another person or making a credible threat of serious physical or emotion injury to another person. Squad members should be aware that if their conduct is deemed inappropriate, such conduct may be subject to removal from team and/or discipline, not only by school authorities, but also by law enforcement agencies.

17) Parent/Guardian Responsibilities

A. Parents/Guardians (P/G) understand that their child is a member of a high school sport. P/G have a responsibility to behave in a manner that is deemed appropriate by the school, district and coaches. If P/G acts inappropriately towards another parent, athlete and/or coach in any way in the presence of the team or other parents, they risk their athlete, being suspended or removed from the team. That is a form of bullying, and it is not tolerated in this program.

B. P/G are to contact coaches directly if they have any questions or concerns about their athlete. If the P/G is in a heightened state of emotion, they are to wait for a period of 24 hours before contacting coach.

C. P/G understand the district protocol in regard to questions and/or concerns. First contact is the coach to meet and discuss any questions/concerns. If coach does not respond OR a solution isn't presented, the P/G then contacts the athletic director. If no solution is met with the AD, then the P/G is to contact administration.

D. P/G are not to have any conversations with their athlete during practices OR games. They are to sit in an area that does NOT allow them to distract the athlete.

West Chester East Cheerleading Demerit Policy (updated 2024)

1. Excused Absence from Practice = cheerleader was in school, had an excuse to get out of practice (i.e. PRIOR parent's note received, anything the coaches know about & deemed excused) = **1 Demerit**
2. Unexcused Absence from Practice = cheerleader was in school, no valid excuse given to coaches or no contact with coach about absence PRIOR to practice is therefore deemed unexcused (teammates passing along a message is not considered your contact with the coach) = **3 Demerits**
3. Unexcused Absence from Game/Event/Competition = **10 Demerits**
(No show/No call coach PRIOR to start of game/event, etc)
4. Ineligible (Academic /Disciplinary)
 - a. Each day missed = **1 Demerit**
 - b. Over 15 days ineligible = **Grounds for dismissal from team**Any teammate on a competition team that is ineligible more than one time during the season, is subject to dismissal.
4. Do Not Participate in GYM = If notified by teacher, cheerleader must attend practice, but will not be able to practice or participate in any event = **1 Demerit**
5. Asked to Leave Practice by a Coach = cheerleader is asked to leave practice, an event, or game because he/she is being disrespectful to coaches or teammates = **5 Demerits**
6. Saturday School = **3 Demerits**
7. After School Detention = **2 Demerits**
8. Out of School Suspension = **Meeting with coach. Coaches' discretion of next steps.**
9. Cannot Attend Competition = Cheerleader cannot attend a competition. Coaches' discretion of next steps with athlete.
10. Late to Practice (No communication prior to coach) = **2 Demerits** (on time is mats out and stretched by start time)
11. Injured = cheerleaders should still come to practice if he/she is injured, UNLESS otherwise stated by the trainer or doctor. If no show/no call. **1 Demerit**
12. Home Sick = cheerleader is home sick and DOES NOT attend school, they cannot come to practice/game. If cheerleader does not notify coach of absence PRIOR to practice/game = **1 Demerit**
13. Excused Absence from Game = cheerleader was in school, had an excuse to get out of game (i.e. PRIOR to day of game – parent's note or the coaches know about & deemed excused) = **1 Demerit**
14. Unexcused Absence from Game = cheerleader was in school, no valid excuse given to coaches PRIOR to game is therefore deemed unexcused = **5 Demerits**
15. Uniform Infraction = cheerleader not in full uniform for games (including bloomers/bows) = **3 Demerits** (cheerleader may be benched for that game)
16. Parent/Guardian is not following expectations of West Chester East High School Cheerleading Handbook Rules Guidelines or their behavior is deemed inappropriate and unacceptable of the Culture of West Chester East Cheerleading. It is at the coaches discretion to determine the amount of demerits given. = **1-5 Demerits**

DEMERITS =

10 Demerits = meeting with coaches, parent and/or cheerleader

15 Demerits = suspension from games/events/competitions

Over 15 Demerits = Grounds for dismissal from team

*** PRIOR is defined as notification hours/days before, NOT just prior to event or practice

Tryouts ~Candidates will perform & be scored on cheers, chants, tumble (if any), jumps, dance, fight song & stunting.

West Chester East High School Cheer Tryout Rubric (Score 1-5)

	1	2	3	4	5
Cheer/ Sideline	-No knowledge of material -Did not complete the Cheer/Sideline -Broken Wrists	-Weak cheer voice -Loose or misplaced arms -Little knowledge of Cheer/Sideline	-Decent cheer voice -Loose arms -Moderate amount of misplaced arm motions	-Strong voices -Tight arm motions -Some/few misplaced arm motions -Demonstrates knowledge of Cheer/Sideline	-Loud strong voices -Powerful arm motions -Demonstrates strong knowledge of the Cheer/Sideline
Dance	-Did not perform -Unsure of choreography -No facial expressions	-Loose arms -Timing off -Unsure of choreography (looks to peers for assistance) -Little facial expression	-Performed content with three to four errors -Timing off -Loose arms -Some facial expression	-Performed content with one or two errors -Mostly timed with music -Motions and arms are placed correctly, but need to be tighter -Some facial expression	-Strong tight arm motions -Timed with music -Performs dance without any errors - Excellent facial expression and confidence
Jumps	-Did not jump -Did not fully complete the approach -Flexed toes -Little height -Chest down	-Sloppy arms in approach -Legs slightly bent and not fully extended -Flexed toes -Little height -Chest down	-Arms bent in approach -Slightly bent legs -Flexed toes -Little height -Chest down	-Arms tight -Straight legs -Moderate height -Toes flexed or not fully pointed -Chest up	-Strong tight arms in approach -Straight legs -Excellent height -Completely pointed toes -Body bent from waist -Chest up
Attitude/ Appearance	-Shirt not tucked in -Hair in a messy pony with no bow -Barely smiled -Had no spirit -Wearing jewelry	-Shirt not tucked in -Hair in a messy pony with no bow -Smiled part of the time -Had some spirit -May or may not be wearing jewelry	-Shirt tucked in, but messy -Hair in a nice pony, but with NO bow -Smiled majority of the time -Had decent amount of spirit -No jewelry	-No jewelry -Shirt tucked in -Hair in a nice pony with a bow -Smiled the entire time -Showed spirit majority of the time	-Shirt tucked in -Hair in a tight high or side part low pony with a bow -Smiled entire time -Showed spirit entire time -No jewelry

EAST HIGH SCHOOL CHEERLEADING APPLICATION

(Please make sure no question is left blank PRINT CLEARLY)

ATHLETE'S NAME: (print clearly) _____

Current Address: _____

City, State, Zip: _____

ATHLETE SCHOOL EMAIL: _____

ATHLETE CELL PHONE: _____ ATHLETE PERSONAL EMAIL: _____

CURRENT GRADE : 8 9 10 11 GPA: _____ (if known)

PARENT/GUARDIAN: (print clearly)

Parent/Guardian #1 Name: _____ Cell: _____

Email: _____

Parent/Guardian #2 Name: _____ Cell: _____

Email: _____

Are you currently being treated for any injuries? YES or NO If YES, list: _____

Please describe any previous injuries: _____

Do you have any allergies? YES or NO If YES, list allergies: _____

QUESTIONS:

Standing tumbling skills (With NO Assistance), circle all that apply:

Back Handspring Back Tuck Full

Running tumbling skills (With NO Assistance), circle all that apply:

R/O Back Handspring R/O Back Tuck R/O Back Handspring Layout R/O Back Handspring Full

List any qualifications (Previous cheer, gymnastics or dance experience AND how many years of each?): _____

Are you willing to take tumbling classes? YES or NO

List other teams, clubs, activities, or programs you plan to be involved in during the school year: _____

Just as any other high school sport, I understand that practices and games are Mandatory and are NOT OPTIONAL?

(circle one) YES or NO

I understand that I am responsible for contacting coach directly with all communication regarding lateness, absences or issues.

(circle one) YES or NO

Have you ever quit or been dismissed from any team/sport in the past? If yes, when & explain why: _____

What does commitment to a team mean to me? _____

My greatest strengths as a young adult (ie. Strong commitment, on time, leader, never miss practice, strong work ethic, etc)

1.) __

2.) __

3.)__

My 3 biggest weaknesses as a young adult: (ie. Poor time management skills, always late, not assertive, too nice, moody)

1.) __

2.)__

3.) __

I understand that I may need to adjust my schedule (work/teen activities/family) for cheerleading events? YES or NO

Why do you want to be an East Cheerleader and why should we select you for our squad? _____

Are you interested in hearing more about the competition team? YES or NO

SIGNATURES:

I/we understand that the athlete is trying out for WC East Cheerleading Sideline Team at this time. If interested in the competition team, that paperwork will be handed out at a later date.

I/we agree that the coach's decision is final for placement and I/we are willing to accept making either squad based on the athlete's ability & skills at the time of the tryout.

I/we accept the judges' scoring is final.

I/we understand that ALL EHS Cheer responsibilities, competitions and practices must take priority over any and all other activities unless otherwise discussed with coach.

By signing the documents below, I/we are accepting the expectations required to be on a successful high school athletic program.

BOOSTERS POLICY & FINANCIAL OBLIGATIONS

*I/We understand that there are NO refunds.

*I/We understand that the Boosters are not responsible for returning or exchanging clothing items. No returns are taken if someone quits the team.

*I/We understand that if cheerleader quits the team, their balance is still due for all obligations agreed too and items ordered. If any items have been purchased by boosters for a cheerleader for an upcoming event and that cheerleader quits, the cheerleader & parent/guardian are both financially responsible for paying EAST CHEER BOOSTERS for the balance of the cost of the all items and/or Cheerleader & Parent understand that all equipment/attire given to them by WC EAST CHEERLEADING is due back to the organization in the condition that it was given. If it is not returned in its given condition OR not returned at all, Cheerleader & Parent understand that they are responsible for payment to replace said item. If payment is not received by the end of the season, cheerleader will be put on obligation with the school. That obligation follows them until graduation.

Parent/Guardian understand and agrees to all cheerleading financial obligations associated with the season.

I /We have read the information and acknowledge, understand, accept, and agree to abide by the Rules and Guidelines Handbook, Financial Obligations, Booster Policy, Demerit Policy and agree to all expectations/rules. I/we are ready to be a part of the WC EAST CHEERLEADING.

Athlete's Signature & Date: _____

Athlete's Name Print: _____

Parent's Signature & Date: _____

Parent's Name Print: _____

Parent/Guardian Season Agreement

I, _____ (print name) have read and understand the West Chester East High School Cheerleading Rules and Guidelines and agree to abide by these rules and to help my son/daughter to meet all of the requirements. I understand that at the high school level, it is now my child's responsibility to communicate directly with his/her coach when late, absent, etc. I have read, understand and agree to all information supplied to us in the packet.

Initial Each Section:

_____ I have read, understand, and agree to abide by the West Chester East Cheerleading Rules and Guidelines and Demerit Policy. I will assist my son/daughter to see that these rules and guidelines are upheld. I understand that failure to follow these rules may result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I have read, understand, and agree that all other extracurricular activities/games come second to cheerleading and attending other activities instead of mandatory cheerleading activities/games will result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I have read, understand, and agree to all information specified in the Parent/Cheerleader Financial Obligations & Season Summary section of the packet. I understand my obligations that must be fulfilled if our son/daughter qualifies for the squad, and we will meet all of the financial obligations in a timely manner.

_____ I have read, understand, and agree that there are times that I must volunteer my time to help with cheerleading-related activities.

_____ I understand that there is an inherent risk of injury with any sport and cheerleading is not exempt from this. By signing this form, I understand that there is a risk of injury involved with being a cheerleader and the school and coaches assume no responsibility for any accidents or injury that may occur at school, or event away from school grounds.

Signature: _____

Print Name: _____ Date: _____

Cheerleader Season Agreement

I, _____ (print name) have read and understand the West Chester East High School Cheerleading Rules and Guidelines for the season. I understand the responsibilities and privileges of being an East High School Cheerleader and agree to abide by these rules. I understand that failure to abide by these rules and guidelines will result in the accumulation of demerits. I will participate in all facets of cheerleading including but not limited to practices, games, competitions, parades, pep rallies, and fundraising activities. I will cooperate fully with the coaches to promote spirit and sportsmanlike conduct. I will always conduct myself, in a manner that best represents myself, my family, the students and faculty of East High School.

Initial Each Section:

_____ I have read, understand, and agree to abide by the West Chester East Cheerleading Rules and Guidelines and Demerit Policy. I understand that it is my responsibility to communicate directly with my coach when late, absent, etc.

_____ I have read, understand, and agree that failure to follow these rules may result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I understand that all other extracurricular activities come second to cheerleading and attending other activities instead of mandatory cheerleading activities will result in consequences which may result in benching, suspension, or dismissal from the team.

_____ I have read, understand, and agree to all information specified in the Parent/Cheerleader Financial Obligations & Season Summary section of the packet. I understand that there are financial obligations that must be fulfilled and will meet all of the financial obligations in a timely manner. I agree to fund raise and to meet ALL fundraising obligations.

_____ I understand that each athlete must have a physical after June 1st to be eligible to participate. Failure to upload the proper physical on Family ID before the first practice will result in athlete unable to participate in practice or attend camp.

_____ I understand the academic eligibility policy and that it is the student's responsibility to report ineligibility to his/her parents/guardian.

_____ I understand that there is an inherent risk of injury with any sport and cheerleading is not exempt from this. By signing this form, I understand that there is a risk of injury involved with being a cheerleader and the school and coaches assume no responsibility for any accidents or injury that may occur at school, or event away from school grounds.

Signature: _____

Print Name: _____ Date: _____