

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 & interested athletes,

We would like to thank you for taking the time & interest in 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, & we always look forward to another successful season.

This packet will inform you of the responsibilities of being involved with the program. There are times that it could be demanding as all high school sports, but those demands are within reason, and the demands always help with molding these young athletes with learning responsibility, honoring commitment & preparing for the next level.

Please read this packet &/or ask any questions at the meeting so that you and your family can meet all the requirements & expectations of being part of a high school athletic program. Complete pages 11-13 & return it to coach. Keep the remainder of packet as a point of reference during the season.

Any athlete that 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 & unexpected expenses & our competition team, so full participation is needed by all families to meet those needs.

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

Thank you & Cheers! ~

Leslie Ann Boccio

Morgan Clifford

Stacy Labella

Varsity Head Coach

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Varsity Assistant 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 athlete 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. A parent can be the reason that an athlete be removed from the team due to in appropriate behavior and/or social media activity.

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 players duty to immediately inform a captain and/or the Head Coach. Use social media accounts to share the positive aspects of your life.



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 post or profile, many don’t realize that content posted on the internet can last forever. Content can be captured in screenshots and that post, photo or message, someone thinks only his or her friends will, see in fact could end up being viewed and saved by anyone.
3. IF YOU RETWEET IT (OR SHARE IT), YOU OWN IT. Yes, this even applies to people who put that cliche 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 is responsible for the costs associated with being a member of the WCE Cheerleading Program. This document provides an explanation of the approximate costs. Amounts are subject to change. If for any reason a cheerleader leaves or is dismissed from the team, he/she is still responsible for all financial obligations tied to them. Any money paid/fundraised is non-refundable. If there are any questions or a need for a payment plan, contact BOOSTERS at the start of the season. **Checks or money orders are payable to WC East Cheerleading. Venmo (@EHS-CheerBoosters) CASH APP (\$EhsCheerBoosters). Credit cards are accepted (small % fee to cover the card use).** Any checks returned for non-sufficient funds are subject to a \$25 fee.

Financial responsibilities include but are not limited to:

1. **SUMMER CHEER CAMP ~ Pine Forest, Aug 18-21st, 2026 ~ \$360** (camp/instruction expenses) + addtl fee for transportation

✓ Camp is MANDATORY FOR ANYONE INTERESTED IN COMPETING. IT'S A REQUIREMENT OF VARSITY SPIRIT/UCA FOR ANY TEAM ATTENDING UCA REGIONALS & NATIONALS. Camp is highly recommended, because the instruction provided to improve skills is critical. Everyone learns material & step by step stunting instruction. Camp promotes team bonding, time management, communication, teamwork, compromising, mind strength, & how to have some good old-fashioned fun. It's a lot of work, but very rewarding. The team performs all material learned on the last day of camp for awards.

✓ Payments for summer camp can be made in installments. Camp must be paid in full by Aug 1st. Transportation fee TBD once the team #'s has been established & pricing provided.

CAMP PAYMENT SCHEDULE

Summer Camp Payment #1 ~ May 22nd ~ \$120

Summer Camp Payment #2 ~ June 15th ~ \$120

Summer Camp Payment #3 ~ July 15st ~ \$120

(+ transportation by Aug 1)

2. **WCASD REQUIREMENTS** ~ see WCASD website

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

✓ Cheerleader physical (PIAA **Physicals must be dated for after May 1st of the current year to be accepted.** Physical forms MUST BE completed AFTER May 1st. If a physical was obtained within a year of May 1st, the physical will need to be recertified from your physician AND dated AFTER May 1st. All physicals need to be uploaded to Familyid.com and approved by the AD.

3. **CHEER CLOTHING & ACCESSORIES**

✓ **Uniform is supplied by the program** (unlike other schools where the athlete purchases uniform & poms). All uniforms must be returned at the end of the season washed & in the condition it was received. If it is not, cheerleader will be placed on the obligation list if items are not replaced. The amount on the obligation list follows them until graduation if not paid in full for the cost to replace the uniform and/or items lost and/or destroyed. They will not receive their diploma until bill is satisfied.

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

See WWW.WESTCHESTEREASTCHEER.COM

UNDER THE "EXTRAS" TAB & CLICK ON CLOTHING FOR PICTURES OF ALL ITEMS NEEDED.

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 2-4 years. **OPTIONAL ITEMS:** (See Web Site)

~WHITE FOOTBALL JERSEY ~ JV & V required

(Include your last name on back of jersey) ~

~GRAY, WHITE, & RED Practice T-Shirts ~ JV & V required

RED Hoodie ~ JV & V required

~RED, GRAY, WHITE, BLACK SHORTS ~ JV & V required

~CHEER SNEAKERS~ JV & V required

Varsity brand offered (see web site). Athlete can purchase any brand (see Amazon)

~WHITE CALF HIGH NIKE SOCKS~

Purchase on your own

~RED BOY SHORTS/BLOOMERS ~ JV & V required

~ If you have Red Nike Pros, that is acceptable

~HAIR BOW'S ~ JV & V required

(Pink, White, Red ~ \$10ea = JV & V

~RAINCOAT ~ JV & V required

~TRACK SUIT ~ RED & WHITE TRACK JACKET & BLACK TRACK PANTS ~ JV & V required

~ PERFORMANCE OUTFIT ~ RED POLO & RED SKIRT ~ POSSIBLY DISCONTINUED TBD ~ JV & V required

Worn at camp, fall games, basketball games & special events

~ FLEECE JACKET ~ Varsity Required, JV Optional

~ VARSITY Letterman JACKET ~ Optional for JV & Varsity

~ V NECK BODY LINER~ JV (color TBD) & **White COMP TEAM required**

Worn under uniform shell (see coach to purchase this ~ we have may have extras to purchase on hand)

4. FINANCIAL OBLIGATIONS/SIDELINE FUNDRAISING GOALS

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

ALL INDIVIDUAL FUNDRAISING ACCOUNTS START EACH SEASON AT A "0" BALANCE. NO FUNDRAISING DOLLARS ARE CARRIED OVER FROM THE PREVIOUS SEASON.

FUNDRAISING~ We choose fundraisers that are simple with a great return. We offer ample easy opportunities to raise funds. Families will have 3 options to meet their fundraising goals. 1. Obtain sponsorships 2. Fundraise 3. Buyout.

Sideline (games only) are required to raise a total of **\$500**. Historically 100% of the team meets this goal with no problem, however if that number is not met by fundraising or sponsorships, the remainder of their balance will be due by Jan 31. Our home invitational is a mandatory fundraiser event for families. **The cheerleaders AND a parent or adult on their behalf must volunteer for the event in order for the cheerleader to obtain full credit.** 75% of the event profit goes to the athlete & 25% to the operating budget. A schedule is made with times for each person to work the event. **NOONE under the age of 18 may volunteer at the invitational.**

Every family is expected to meet the same expectations of fundraising... Why?? Because in order for everyone to benefit financially, then everyone is expected to do equal work in return for the program. **Fundraising doesn't stop at only meeting each goal. The team ALWAYS fundraises over & above individual goals. Why? The program is always looks to improve equipment, have unexpected purchases such as uniform pieces, new signs & other miscellaneous needs. The program also needs to have funds set aside for unexpected season expenses.**

5. AT A GLANCE SEASON COMMITMENTS:

All athletes are REQUIRED to attend all practices/scheduled events, as well as participate in team activities. **WORK, BIRTHDAYS, DINNER, CONCERTS, PARTIES ARE NOT AN EXCUSED ABSENCES** when playing a high school sport (pep rallies, games, parades, competitions, clinics, & scheduled fundraising are mandatory). Specific requirements & commitments are included (but not limited to) in the cheerleading rules & guidelines. Please make sure this document is reviewed. We abide by the West Chester School District Sports Code of Conduct. Cheerleading is deemed a high school sport, & the expectations are the same as every other high school sport. If the sport we cheer for plays, we cheer.

Tumbling/Lifting:

Tumbling is not mandatory, but is HIGHLY encouraged, especially if your athlete wants to be on the competition team. Tumbling helps build core strength which improves with basing stunts. Tumbling is required in our routine at district 1, states, & Ches-Mont competitions. Lifting and conditioning Off & during the season is highly encouraged & recommended to keep in the body in shape & build a solid core for stunting.

Practice & Practice Wear:

Camp clothes are worn to ALL practice's year round. Hair is always pulled up away from the face. NO Jewelry is to be worn at practices, competitions, or games. Nails should be sport length & for competitions, French manicure, or nude in color. Proper cheer sneakers for practice & games are required. Sport length nails for practices is recommended.

Coach/Student/Parent Protocol:

Any cheerleader missing or late to practice for any reason must contact the coach directly, & with adequate notice (adequate meaning not right before it starts). If any teammate is having problems or issues with another teammate, they must contact his/her coach directly first to discuss the issue. Coach will decide whether to involve parents, refer students to guidance or admin if necessary. Problems outside of cheer, parents are expected to take charge of. They will NOT be affecting the team, practices, games, or competitions. If athlete is having trouble getting to practice, a game or event, they should be contacting their teammates for rides. This team carpools all season & our parents are always willing to offer a pickup or drop off for someone.

Student/Coach/Parent Order of Contact:

Any Student should contact coach first to discuss a concern 24 hours after any situation. Same applies to parents. If a resolution is not met, Student & 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 in season AND off season. Everyone must maintain eligible status to cheer, practice &/or compete. Anyone not meeting eligibility status risks suspension or dismissal. We are a team, so parents, please manage discipline at home. High school sports are not to be used as a punishment for at home issues (ie. Grounding from attending cheer). If that is acceptable for you, then high school sports are not a good fit. Punishment at home should NOT overflow & 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, competition or event, that athlete may be subject to being benched.

Schedule & 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 consists of a governing board and may have open areas to join committees and/or board positions. Boosters is an active group of parents who volunteer their time to help keep the program running smoothly and effectively. Below is an outline of the booster club activities.

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

President ~ Jessica Plank OPEN for 2026-27

Vice President ~ Tylee McLendon

Co-Treasurer ~ Tanya McVeigh & Veronica Ortiz ONE OPEN POSITION FOR 2026-27

Secretary ~ Crissy Campli OPEN FOR 2026-27

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

FOOTBALL SEASON ~ Begins in late August. JV games are after school and Varsity games are typically Friday nights. JV will cheer at some Friday night games (senior night, homecoming, clinic). Boosters displays a table at the games to sell cheer/rally items. JV cheerleaders and JV parents will be required to work a home game to sell 50/50 raffles during the first half of the game and/or work the table.

SENIOR NIGHT ~ On Senior Night, we honor the senior athletes. ALL cheerleaders cheer the Football Season Senior Night game. The Booster club provides flowers for families and those flowers are purchased from the operating budget.

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 games. Closer to competition season the coaches will issue a schedule of competitions. Competitions are 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 it's a far school). We encourage parents to come and support your cheerleaders and the team.

HOMECOMING ~ Homecoming for the cheerleaders is a week full of school wide activities. On Friday, during school, there is a pep rally, and Varsity performs. Both JV and Varsity cheer for the Friday night homecoming game. JV will cheer 3rd quarter alone.

HOLIDAY PARTY/END OF SEASON BANQUET ~ Each year we sponsor a Holiday Party. Cheerleaders and parents are invited. The cheerleaders have a gift exchange – \$25 Pollyanna. It is a “POTLUCK” dinner. A Sign-Up Genius will be created prior (main dish, appetizer, dessert). Location TBD. Boosters purchases gifts for the athletes from the operating budget. The banquet is at the end of the season. Cheerleaders who have balances, must be paid in full prior to event. Cheerleaders who do commit to attending and do not, will be responsible for their ticket.

FUNDRAISING ~ The team runs on an annual operating budget. The school budgets for up to a certain dollar amount; however, the program is a self-funded organization for everything outside of what the district funds. The money raised through fundraising activities cover the operating budget & expenses each season. Those expenses pulled out of the operating budget are for transportation, senior night, holiday party, banquet, registrations/website fees, choreography, music, gifts, equipment, new pieces of uniforms (East provides new uniforms every 5 years), office supplies, & other unexpected miscellaneous expenses. Competition team fundraising covers extra signs, clean up, national expenses, & other miscellaneous costs. Any funds raised over & above the goal is left in the operating budget. Any other lucrative fundraising opportunities that arise, we take.

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

100% participation is expected for ALL Fundraising for the program unless athlete does a buyout or obtains a sponsor

CHEER CLINIC ~ The East Cheerleaders host a clinic for a fee for our youth “Little Viking Cheerleaders”. They teach chants, cheers, & stunts to the children. The Little Vikings will cheer at the Friday night football game with the team on the track until halftime. Food, drinks & t-shirts distributed at the event.

HOME INVITATIONAL ~ Program hosts a cheer competition in November. Cheerleaders & at least 1 parent required to volunteer to work the event. (No One Under 18yrs of Age May Volunteer & NO CHILDREN unattended). It's our biggest fundraiser of the year. Athlete & parent purchase invitational t-shirt at cost to wear during event. Vendors welcome; however, no parents may work as vendors, but they may make other arrangements for someone to work as their vendor. The main focus is the event.

SNAP-RAISE ~ Similar to Go Fund Me. 15% taken from the top from total amount raised at the end of the fundraiser to pay Snap.

CLOTHING DRIVE ~ Program is paid by the pound for items donated such as bags of shoes (single & pairs), clothes, linens, bedding, belts, bags, luggage, small toys & bikes. Goal is for EVERYONE to find donors, obtains bags to bring to the drop off.

FLOWERS/MUMS ~ Mums ~ Fall, Flowers/Herbs/Veggies ~ Spring, Poinsettias ~ Winter. Flats, hanging baskets, & patios pots.

LOTTERY/MONTH AT A GLANCE ~ One month calendar. Pa Lottery #'s sold OR Each day of the of the month sells for amount of the day. 1 is \$1, 15 is \$15, etc.

CAR WASHES ~ Logan Funeral home offers their parking lot and water hook up. We bring everything else.

CHEER BOW ~ Picture of cheer bow and poms with monetary amounts inserted. Sell every section and earn \$650.

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 9:30am the day the activity is Scheduled on order to participate.
- 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 appoints on days/times that we don't have scheduled practices, events and/or games. Before or after practices.
- 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 may result in consequences. Sports are a commitment and absences affect an entire team.

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 benching, suspension or 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.

D. Parents cannot work as direct vendors for any fundraising events East Cheer hosts.

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 not attend practice (i.e. PRIOR parent's note received, anything the coaches know about & deemed excused) = **1 Demerit**
2. a. 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**
b. Home Sick No Notification = 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 = **3 Demerits**
3. 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**
4. a. Unexcused Absence from Game/Event/Fundraiser = cheerleader was in school, no valid excuse given to coaches PRIOR to game is therefore deemed unexcused = **5 Demerits**
b. Unexcused Absence from Game/Event/Competition/Fundraiser = **10 Demerits**
(No show/No call coach PRIOR to start of game/event, etc.)
5. Late to Practice or leave early (No communication prior to coach) = **2 Demerits** (on time is mats out and stretched by start time)
6. 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. 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**
11. Uniform Infraction = cheerleader not in full uniform for games (including bloomers/bows) = **3 Demerits** (cheerleader may be benched for that game)
12. 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 coach's discretion to determine the number 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.

West Chester East High School Cheer Tryout Rubric (Score 1-10 or 1-5)

1-10 1-5	0-2 0-1	3-4 2	5-6 3	7-8 4	9-10 5
<p>Cheer/ Sideline 10 pts each = 40 pts total</p>	<p>~Basic to no knowledge of the Cheer/Sideline ~No eye contact ~Basic poor motions ~No facial expressions ~Little to no voice</p>	<p>~Minimal knowledge of Cheer/Sideline ~Minimal eye contact ~Below average motions ~Minimal facial expressions ~Minimal voice</p>	<p>~Average knowledge of Cheer/Sideline ~Average eye contact ~Average motions ~Average facial expressions ~Average voice</p>	<p>~Demonstrates strong knowledge of Cheer/Sideline ~Above average motions ~Above Average facials ~Good voice</p>	<p>~Demonstrates excellent knowledge of Cheer/Sideline ~Excellent, tight sharp motions ~Excellent Facials ~Loud strong voice</p>
<p>Dance 10 pts each = 30 pts total</p>	<p>Basic to no knowledge & basic timing of choreography ~No eye contact ~Basic poor motions ~No facial expressions ~Basic Coordination</p>	<p>Minimal knowledge & below average timing of choreography ~Minimal eye contact ~Below average motions ~Minimal facials ~Below average coordination</p>	<p>Average knowledge & timing of choreography ~Average eye contact ~Average motions ~Average facials ~Average coordination</p>	<p>Strong knowledge & timing of choreography ~Above average eye contact ~Above average motions ~Above average Facials ~Above average coordination</p>	<p>Excellent knowledge & timing of choreography ~Excellent motions ~Excellent facials ~Excellent coordination</p>
<p>Jumps (2 jumps = 5 pts each) = 10pts total</p>	<p>Basic to poor execution of jumps ~Improper arm placement ~Legs bent ~Flexed toes ~Little height ~Chest down</p>	<p>Below average execution of jumps ~Arms below average ~Legs bent ~Flexed toes ~Minimal height ~Chest down</p>	<p>Average execution of jumps ~Arms average ~Slightly bent legs ~Flexed toes ~Average height ~Chest down</p>	<p>Above average execution of jumps ~Arms tight ~Straight legs ~Toes slightly flexed ~Above average height ~Chest mostly up</p>	<p>Excellent execution of jumps ~Strong tight arms ~Straight legs ~Pointed toes ~Excellent height ~Chest up</p>
<p>Personality/ Attitude/ Appearance 5 pts each = 10 pts total</p>	<p>~Shirt not tucked in ~Hair messy with no bow ~No smile ~No spirit ~Wore jewelry ~No interaction w/judges ~No energy</p>	<p>~Shirt not tucked in ~Hair messy no bow ~Minimal Smile ~Minimal Spirit ~May or may not be wearing jewelry ~Slight interaction</p>	<p>~Shirt tucked in, but messy ~Hair in clean pony, but NO bow ~Smiled majority of the time ~Had decent spirit ~No jewelry ~Minimal interaction</p>	<p>~Shirt tucked in & neat ~Hair in a nice pony with a bow ~Smiled the entire time ~Showed spirit majority of the time ~No jewelry ~Some interaction</p>	<p>~Shirt tucked in & neat ~Hair neat & tight pony with bow ~Smiled entire time ~Showed genuine spirit entire time ~No jewelry ~Excellent interaction w/judges</p>

EAST HIGH SCHOOL CHEERLEADING APPLICATION

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

ATHLETE'S NAME: *(Print clearly)* _____ CURRENT GRADE: 8 9 10 11

Current Address: _____

City, State, Zip: _____

ATHLETE SCHOOL EMAIL: *(Print clearly)* _____

ATHLETE CELL PHONE: _____ BIRTHDATE: _____

PARENT/GUARDIAN: *(Print clearly)*

Parent/Guardian #1 Name: _____ Cell: _____

Email: *(Print clearly)* _____

Parent/Guardian #2 Name: _____ Cell: _____

Email: *(Print clearly)* _____

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-W/NO Assistance *(Circle all that apply)*: Cartwheel Round Off Back Handspring Back Tuck Full

Running Tumbling Skills-W/NO Assistance *(Circle all that apply)*: R/O BH R/O BT R/O BH Layout R/O BH Full

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

Are you currently taking tumbling classes? YES or NO

List other teams, clubs, activities, or programs you plan to be involved in during the fall & winter: _____

Just as any other high school sport, I understand that practices & games are MANDATORY, NOT OPTIONAL? *(Circle)* YES

I understand that I am responsible for contacting coach directly with all communication regarding lateness, sickness, extra help after school & any personal situations. *(Circle)* YES

I understand that it is my responsibility to contact teammates to carpool if I cannot obtain a ride from home. *(Circle)* YES

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

What does commitment to a high school sport mean to me? _____

My 3 strengths & 3 weaknesses as a young adult (ie. Committed, on time, never miss practice, strong work ethic)-(Late, lack focus, moody, not good in school)

1.) _____

1.) _____

2.) _____

2.) _____

2.) _____

3.) _____

What VALUE do you think you would bring to this team & the program? _____

Have you ever been involved in any behavior infractions? (ISS, OSS, No Contact Agreements) If Yes, Explain _____

You understand that if you make the team, you are committing to both Football & Basketball seasons? *(Circle)* YES

I understand this is a high school sport & I am a part of a TEAM. I understand that with being a part of team, comes the expectation/responsibility to attend team practice/games/fundraisers/events & at times I may need to adjust my work schedule, arrival time of personal events outside of cheer (parties, dinners, MLB, NFL games, events, etc.). *(Circle)* YES

Why do you want to be an East Cheerleader? _____

Are you interested in being considered for the WC East Competition Team? *(Circle One)* YES or NO

SIGNATURES:

I/we understand that the athlete is trying out for WC East Cheerleading Sideline Team. If interested in the competition team, that paperwork will be handed out at a later date, however I/we do understand that in order to be on the competition team, the first obligation is to the sideline team.

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 all other activities unless otherwise discussed with coach.

I understand that we must obtain a PIAA physical after May 1st of this year and upload it to Familyid.com prior to the first day of practice in Aug & be approved by the athletic department or my child risks being unable to practice.

By signing the documents below, I/we accept 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 & agrees to all cheerleading financial obligations associated with the season.

Coach only carries 500mg of Tylenol at practice. From time-to-time athletes have headaches, female reasons or lingering injuries that call for them to ask teammates or a coach for Tylenol. Do you as parent/guardian allow coach to administer Tylenol to your athlete if they ask for it? *(circle one)* YES or NO

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 & 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 & understand the West Chester East High School Cheerleading Rules & Guidelines and agree to abide by these rules & 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 & agree to all information supplied to us in the packet.

Initial Each Section:

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

_____ I have read, understand, & agree that all other extracurricular activities come second to cheer & attending other activities instead of any mandatory cheerleading activities/practices/games may result in consequences such as benching from games, suspension, or dismissal from the team. I understand that family events, friend gatherings & work are not considered excused absences from high school sporting events, & we will adjust, when possible, to allow our athlete to attend.

_____ I have read, understand, & 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, & we will meet all of the financial obligations as stated on the due date of Jan. 31st. unless otherwise discussed.

_____ I have read, understand, & agree that there are times that I must volunteer my time to help with cheerleading-related activities including the home invitational in early November & other fundraisers.

_____ I understand that there is an inherent risk of injury with any sport & cheerleading is not exempt from this. By signing this form, I understand that there is a risk of injury involved with being an athlete of cheer. The school & 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 & understand the West Chester East High School Cheerleading Rules & Guidelines for the season. I understand the responsibilities & privileges of being an East High School Cheerleader & agree to abide by these rules. I understand that failure to abide by these rules & 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, & fundraising activities. I will cooperate fully with the coaches to promote spirit & sportsmanlike conduct. I will always conduct myself, in a manner that best represents myself, my family, the students & faculty of East High School.

Initial Each Section:

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

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

_____ I understand that all other extracurricular activities come second to cheerleading & attending other activities instead of mandatory cheerleading activities will result in consequences which may result in benching from games, suspension, or dismissal from the team. Family events, friend gatherings & work are not excused absences from a high school sport event.

_____ I have read, understand, & 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 & will meet all of the financial obligations by Jan. 31st. I agree to fund raise & to meet ALL fundraising obligations.

_____ I understand that each athlete must have a physical after May 1st to be eligible to participate. Failure to upload the proper physical on Family ID before the first practice will result in athlete being unable to participate in August until approved.

_____ I understand the academic eligibility policy & that it is the student's responsibility to report ineligibility to his/her parents/guardian. Students will be notified by their coach & have 2 days to return to academic good standing by having their teacher notify the athletic director directly.

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

Signature: _____

Print Name: _____ Date: _____