

Prospective Stanwood Cheer Squad Member:

Thank you for your interest in trying out for the Stanwood Cheer Squad. I sincerely hope this is just the beginning of a valued relationship between you, the cheer squad, and Stanwood athletics. Before you make the decision to prepare yourself for tryouts, please read this packet thoroughly, become familiar with its contents, and follow directions carefully.

The following information is provided to prepare you for the tryout procedures and expectations. You must share this information with your parent/guardian and obtain their permission before being eligible to try out.

There will be two phases of tryouts: the first phase will be based on completion of paperwork in this packet and passing grades in all classes. The second phase will be based on preparation and performance of the routines in a video submission. Candidates must pass the first phase to be eligible for the second phase. **All paperwork is due by Tuesday, February 3rd. All of the paperwork that you find in this packet will need to be emailed to Ms. Lawrence. The Athletic Eligibility forms which includes the Athletic/Activities Code of Conduct can be found on the parents Family Access. There are directions on the SHS athletic webpage. The COVID-19 Waiver form can also be found on the SHS website, but needs to be completed in a hard copy and turned in to Mrs. Wark in the main office at the school.**

The purpose of the Stanwood High School cheer squad is to provide leadership in the areas of sports promotion and school spirit. Cheer members are visible leaders in our school and community and need to conduct themselves in a positive manner at all times. Strong elements of the cheer program involve leadership, developing team unity, and overall support of Stanwood High School.

### **Expectations**

During the entire cheer year, strenuous physical activity necessitates that all participants complete an Athletic Eligibility Packet and have a physical dated within the last two years on file in the athletic office. Directions can be found on the High School Website ([https://shs.stanwood.wednet.edu/athletics/eligibility\\_information](https://shs.stanwood.wednet.edu/athletics/eligibility_information)). Much of the cheer time is spent in aerobic-type activity; therefore, it is imperative to be of good physical health.

### **Practices & Games**

Following COVID guidelines, you will practice and cheer at games with the same “pod” of 6 cheerleaders throughout the year. These pods will be assigned randomly. This year, practices will most likely be limited to 2, 1-hour practices per week. The days and times of these practices are not yet determined, as we will have to coordinate with other sports.

There is no guarantee that there will actually be games to cheer for this year, and there is definitely no guarantee as to which sport(s) you will cheer for if there are games. It is possible that we will be cheering for multiple sports in the same season. I will assign the pods of 6 randomly, then they will rotate cheering at games for various sports. You **MAY NOT** express disappointment over which games/sports you are cheering for, or which pod you are assigned to. If you are not happy to cheer for all possible sports, do not try out for the team this year.

There are 3 **potential** sports seasons. You are welcome to choose to try out for 1, 2, or all 3 seasons. However, keep in mind that there is no guarantee that we will have all (or any of these seasons), the rules could change at any time. Below, I have outlined the tentative start dates for each season, as well as which sports **may** be playing during each season. **This is subject to change and will be especially dependent on decisions made by WESCO on February 1st.**

**Season 1 Potential Start Date: Monday, February 22nd**

**Season 1 Possible Sports to Cheer For:**

- Girls Soccer
- Volleyball (if in phase 2)
- Football (if in phase 2)

**Season 2 Potential Start Date: Monday, March 29th**

**Season 2 Possible Sports to Cheer For:**

- Boys Soccer
- Volleyball (if in phase 2, but not in season 1)
- Football (if in phase 2, but not in season 1)

**Season 3 Potential Start Date: Monday, May 3rd**

**Season 3 Possible Sports to Cheer For:**

- Girls Basketball (if in phase 2)
- Boys Basketball (if in phase 2)

### **Camp and Stunting**

Due to COVID 19, we will not be participating in a camp as we would during a typical year. Unfortunately, we also will not be stunting this year because of the physical contact that is required in all stunts.

### **Cost**

In a normal year, the cost of cheer can be fairly high. This is partially due to the summer camp that is usually required, but this will not be an issue since we are not participating in camp this year. Another big part of the cost is typically the uniforms. However, it does not seem reasonable to ask families to pay such a large amount of money for a uniform that may or may not even be

able to be worn at games. Furthermore, with the rushed timeline of these seasons, ordering full uniforms at this point may take too long. Instead, this year, our uniform will consist of a skort, an athletic shirt, a jacket, poms, shoes, and socks. I have not determined the exact price for these, but I will get you that information as soon as possible.

## **TRYOUT REQUIREMENTS**

### **To try out for cheer, you must:**

1. You must be in 10<sup>th</sup>-12<sup>th</sup> grade in the Fall of 2020
2. Be passing all of your classes as of Monday, 2/2
3. Have a clean discipline record at Stanwood (i.e. no Exceptional Misconducts, no Suspensions/Expulsions)
4. Email all cheer packet forms w/parent & candidate initials to Mrs. Lawrence by Tuesday, 2/3
5. Complete Athletic Eligibility & Athletic Code of Conduct forms by Tuesday, 2/3
6. Print and complete COVID-19 Waiver form and turn in to Mrs. Wark by Tuesday, 2/3
7. Pass phase one of tryouts
8. Submit a video of you performing the given routine.

### **Try-Out Phase One:**

- **Email me right away expressing your interest in trying out (my email: [clawrence@stanwood.wednet.com](mailto:clawrence@stanwood.wednet.com))**
- Parent signatures (In this packet)
- Signed Cheerleader Code of Conduct (In this packet)
- “Application” (In this packet)
- Responses to essay questions (In this packet)
- COVID Waiver Form (Find on SHS website)
- Athletic Eligibility Forms which includes the Athletic/Activities Code of Conduct (Find directions on SHS website: [https://shs.stanwood.wednet.edu/athletics/eligibility\\_information](https://shs.stanwood.wednet.edu/athletics/eligibility_information))
- Once you have made the squad, you will need to have a physical on file in the athletic office that is dated within the last two years.

### **Try-Out Phase Two:**

After you have passed phase one of the tryouts, you will be sent a video that teaches you 1 dance, 1 cheer, and how to rally. You will then have 1 week to learn the material, record yourself performing the dance, cheer and rally, and send that video to me via email. It will be your responsibility to learn from the video and practice, since we will not have in person practices for tryouts this year. If you are having any issues with the material, you are welcome to reach out to me and I can schedule a Google Meet with you to give support or direction. If you have any circumstances that keep you from being able to record yourself and/or send your video in, please let me know ASAP so we can make other arrangements.

# Tryout Timeline

**Tuesday, 2/2**

**All paperwork is due**

Parent signatures (In this packet)  
Signed Cheerleader Code of Conduct (In this packet)  
“Application” (In this packet)  
Responses to essay questions (In this packet)  
COVID Waiver Form (Find on SHS website: )  
Athletic Eligibility packet (Find directions on SHS Website:  
[https://shs.stanwood.wednet.edu/athletics/eligibility\\_information](https://shs.stanwood.wednet.edu/athletics/eligibility_information) )

**Wednesday, 2/3**

**Check Your Email for the Tryout Video Lessons**

For all those who pass phase 1 of tryouts, I will be sending an email with the video lesson for the dance, cheer, and rally on Wednesday, 2/3.

**Wednesday, 2/10**

**Send in Your Video Tryout**

You need to make sure that you have sent the video of your tryout (the dance, cheer, and rally) to my email ([clawrence@stanwood.wednet.edu](mailto:clawrence@stanwood.wednet.edu)) by 11:59 on Wednesday 2/10. **There will be no exceptions to this deadline.** As stated before, if you have extenuating circumstances that prevent you from submitting your tryout in this way, you must reach out to me ASAP so that we can make other arrangements.

**Monday, 2/15**

**Check Your Email for Tryout Results**

I will send an email with the results of tryouts to all those who participated in phase 2 of tryouts on Monday, 2/15.

## Stanwood High School

## *Cheerleader Code of Conduct*

### **GENERAL REQUIREMENTS**

1. Attend Stanwood High School
2. Be passing all classes throughout the entire season
3. Maintain excellent attendance in all Google Meet classes
4. Follow the attendance policy listed in this packet. School comes first.
5. ***All SHS Cheerleaders WILL BE*** “Friends” with the SHS Cheer Facebook page and Instagram account to regulate posts on social media and hold each squad member accountable.
6. Have a good attitude

### **RESPONSIBILITIES**

1. Cheer at home contests. Games are scheduled; attendance and punctuality are mandatory.
2. Participate in all practices. This is mandatory!
  - a. Practice is serious work time. The group depends on you to have a good attitude and be there.
  - b. Wear appropriate workout clothes for every practice.
  - c. Leave personal issues at the door.
3. Obey all school rules, athletic codes, and attend classes regularly and on time.

### **BEHAVIOR GUIDELINES**

Behavior unbecoming a cheerleader will be dealt with by the coach and may also include intervention with an administrator. Examples of unbecoming behavior: disrespect to the coach, a fellow cheerleader, staff member, parent, or other adult; smoking, drug/alcohol use; fighting; tardiness or unexcused absences; or other behaviors deemed unbecoming by the coach and/or an administrator and those found in the Athletic/Activities Code of Conduct.

Cheerleaders will receive written notice of infraction(s). The coach and the cheerleader will sign written records of serious accumulated infractions. The first infraction will result in written documentation and suspension for one week of all cheer events including one game. The second will also result in written documentation and suspension for one week of all cheer events including one game. The third will result in written documentation and permanent removal from the squad for one sports season. Further infractions will result in permanent removal from the squad entirely. The seriousness of the infraction will have an effect on the consequences. Drug/alcohol infractions will be dealt with according to Stanwood High School, Stanwood Cheer and WIAA guidelines.

### **CELL PHONES**

Cell phone use is strictly prohibited during practices and all games, including during warm-ups and half times. One warning will be issued. Repeated offense will result in 1 attendance strike. If there is a reason to have your phone on during a practice, i.e.: family emergencies, then please talk to Coach Lawrence before practice.

## **GENERAL CHEER RULES W/ FOCUS ON GAME-TIME EXPECTATIONS**

1. All cheer events—practices, games, & scheduled activities—are to be a priority above jobs and other outside interests/activities.
2. The squad must be in full uniform
3. Squad members must be on time for pre-game practice.
4. Jewelry is not to be worn.
5. Fingernail polish and acrylic nails are not allowed, and nails must be kept short (not visible above finger tips).
6. Cheer shoes must be well cleaned prior to each game.
7. Squad members must not use inappropriate language, especially while in uniform.
8. Squad members should never leave the field or floor unless an emergency occurs.
9. Squad members will not be involved in a fight or any form of altercation.
10. The squad will refrain from taking food, drink (water is OK), or gum to the field or floor.
11. If unable or unskilled to participate in a particular dance, cheer, or chant, the squad member must move away from the performing squad and remain still until the performance is complete.
12. Squad members must be at every scheduled event unless otherwise cleared.

*These are WIAA rules and will be enforced.*

## **ATTENDANCE POLICY**

The attendance policy is based on a “three strikes” system. It is subject to flexibility only in extreme cases. The attendance policy will be broken into three time periods—with each member’s attendance being reset to zero at the onset of each period.

- Period One is season 1.
- Period Two is season 2.
- Period Three is season 3.

## **Excused Absence: 0 strikes**

Only in **extreme circumstances** will a member be granted an excused absence at the discretion of the coach. Extreme illness, death of a family member, natural disaster, or nuclear war are the types of things that may be excused. All appointments for doctor, dentist, etc. should be made for non-cheer time. The only excused absences from a practice or activity are: 1. if you were absent

from school due to illness, or 2. if an emergency arises and the coach clears you BEFORE you miss the event.

**NOTE:** There is one “free” prearranged excused absence per period, then additional excused prearranged absences will count for one strike apiece.

### **Tardiness: 1-3 strikes**

Members who are up to 15 minutes late for a practice, game, or function will be penalized 1 strike. “Late” includes not being suited up and ready to work. After 15 minutes, the member will be charged with 2 strikes. After 30 minutes, the member will be charged with an unexcused absence—3 strikes. Plan ahead to be early!

### **Unexcused Absence: 3 strikes**

Missing a game, practice, or function without following the notification procedure below is unacceptable, and merits an automatic 3 strikes, regardless of the circumstances.

### **Notification Procedure**

In general, all issues, conflicts, and/or absence requests between squad members and the coach should be submitted to the coach in writing via email. Squad members must follow this procedure when notifying the coach of any problems, conflicts, or expected absences: In writing, **at least one week prior to absence.**

### **Consequences:**

Members will be benched for one game for every three strikes accumulated. After each “benching,” the member’s attendance strikes will be reset to zero.

**Any member benched, for any reason, will be required to be at all cheer practices and performances. Failure to do so could result in dismissal from the program.**

### **Due Process:**

Members who accumulate more than 3 strikes in any given period will meet with the coach and possibly an administrator to review the member’s dedication to the program. The coach may take any action up to and including dismissal from the program.

Members who wish to appeal any decisions regarding attendance or any other issues will do so in writing as follows: submit a letter of appeal to the coach within one week of the decision in question. If the problem is not resolved, the member may submit a letter of appeal to the administrator to whom the coach reports. The administrator’s decision will be final. Failure to abide by this process will be considered a serious breach in the chain of command, and member’s position on the squad will be in jeopardy.

## **SAFETY GUIDELINES**

1. Wear sturdy tennis-type shoes and comfortable clothing.
2. Do not overexert when experiencing pain.

3. Do not practice when injured.
4. **Tumbling and stunting are not allowed unless the coach is present.**
5. Tumbles may only be performed after qualifying with the coach's approval.
6. Each practice must begin with no less than 10 minutes of stretching and aerobic activity.
7. Jewelry is strictly prohibited.

#### **COVID RELATED SAFETY GUIDELINES**

- Sessions will follow the Governor's "*Activities Allowed by Phases, Sport Risk and Venue*" guidelines.
- Teammates will practice and cheer for games together in **pods of 6, these pods cannot change.**
- Student-athletes **must maintain a 6-foot distance from one another at all times.**
- **Face coverings** are required of **all coaches and athletes at all times, from the time they arrive on campus until they leave.** All face coverings must securely cover the nose, mouth, and chin.
- Student-athletes must provide their own face coverings, and all face coverings must be suitable for daily weather conditions, e.g., cloth or waterproof masks on rainy days.
- Each coach will be provided with a PPE backpack. Each backpack will be equipped with hand sanitizer, spare masks, gloves, QR code for daily attestation and attendance, and a thermometer.
- Any student athlete, with or without an attestation form, who presents with symptoms of COVID-19, and those symptoms cannot be traced to a known underlying cause, will not be admitted to participate in the practice/conditioning session.
- **Athletes who arrive early will remain in their car until their session starts.**
- Athletes will **immediately vacate the premise at the conclusion of their session.**
- Athletes who **fail to follow safety protocols, including, but not limited to, the social distancing guidelines or the arrival/departure guidelines will immediately lose the privilege of participating in in-person practice/conditioning.**
- Parents/family members must remain in their cars. **Only coaches and participating athletes can be present at the practice/conditioning session.**
- During the practice/conditioning sessions, the COVID-19 Supervisors or designees will be in attendance to ensure compliance of all safety protocols.
- Coaches will determine the length of a session, but **two 60-minute sessions a week is the maximum time allotted per sport.**
- Sessions will be separated by 15 minutes to allow time to clear the premises.
- **Athletes must arrive dressed and ready to go. There will be no access to locker rooms.**
- Hand sanitizer will be available, and **athletes & coaches will use hand sanitizer upon arrival and departure, as well as after any restroom use.**
- Athletes **must bring their own water bottles. Water bottles will not be shared. [Water bottles may be filled at bottle filling stations, but drinking fountains will not be available].**
- Athletes who bring athletic bags to conditioning will space their bags at least 6 feet apart in the assigned area.
- **Due to January weather, participants are encouraged to dress accordingly and to dress in Layers.**
- There will be **no trainer onsite to provide first aid or assist athletes with injuries if needed.** Students who, due to injury, are no longer able to participate in conditioning will, if able, drive



themselves home. If unable to drive home, staff will contact the parents to pick them up. In the event of serious injury, staff will call 911.

**FACILITY LIMITATIONS:**

- When required, the **HS facility will determine how many pods of 6 can be present simultaneously, depending on the size of the facility being used.**
- The HS will have a plan for entering and exiting the arrival and departure of participating student athletes; said plans will be designed to minimize contact between and among participants.
- Practice/conditioning sessions held in non-lit areas of campus will conclude by 4:45pm.

Cheerleading at Stanwood High School is an important part of the high school environment. Much responsibility is placed upon those who become cheerleaders, requiring a strong commitment to the betterment of school spirit, to the squad members, and to pride and unity at SHS. It is an honor and a privilege to be a Stanwood cheerleader. I expect my cheerleaders to be exemplary students at SHS.

While I have tried to provide as much information as possible in this packet, I'm sure you may have questions. Feel free to contact me via email at: [clawrence@stanwood.wednet.edu](mailto:clawrence@stanwood.wednet.edu)

Good Luck,  
Caroleigh Lawrence, Coach  
Stanwood Cheer Squad  
[clawrence@stanwood.wednet.edu](mailto:clawrence@stanwood.wednet.edu)

**Nondiscrimination Statement**

The Stanwood-Camano School District does not discriminate in employment, programs, or activities on the basis of age, creed, religion, race, color, national origin, sex, marital status, sexual orientation including gender expression or identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Affirmative Action Officer and Civil Rights Compliance Coordinator, Maurene Stanton, or the Section 504/American Disabilities Act Coordinator, Robert Hascall, Stanwood-Camano School District, 26920 Pioneer Hwy, Stanwood, WA 98292. Telephone: (360) 629-1200

# Cheerleading Tryout Application Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Parents/Guardians \_\_\_\_\_

Parents/guardians Cell Phone(s) \_\_\_\_\_

Parents/guardians Email Address \_\_\_\_\_

Are you currently employed? If so, where? \_\_\_\_\_

Please list your class schedule:	Teacher	Class
Period 1	_____	_____
Period 2	_____	_____
Period 3	_____	_____
Period 4	_____	_____
Period 5	_____	_____
Period 6	_____	_____

## Essay Questions:

Answer the following questions and attach them in your email when submitting this application.

### *NEW CANDIDATES ONLY:*

1. Describe a success you've had in the past year and how you accomplished it.
2. What can you contribute to the squad?

### *EXPERIENCED STANWOOD CHEERLEADERS ONLY:*

1. What did you personally contribute to the squad last year?
2. What are the most important traits of a good leader, and who **(of the underclassmen on the '19 -'20 squad)** best exemplifies these traits?

# Cheerleading Tryout Application Form (continued)

Student and parent signatures below acknowledge that all material in this packet has been read, understood, and agreed to.

	Candidate (initials)	Parent/guardian (initials)
Attendance Policy:	_____	_____
General Requirements:	_____	_____
Safety Guideline:	_____	_____
COVID Safety Guidelines:	_____	_____
*Athletic Code of Conduct*	_____	_____
*Athletic Eligibility packet*	_____	_____
*COVID Waiver Form*	_____	_____

Candidate's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

