



Dear potential Reno High Cheerleader/Mascot,

The Reno High Cheer program is excited to welcome you to tryouts for our growing program! Our coaches, Jordyn Williams (Head Coach), Amber Watson (Competition and STUNT coach), (Varsity Coach), and Ashlynn Grimm (JV Coach) are excited to elevate the Reno Cheer Program to the next level. The RHS Cheer Team is heading into a competitive direction while promoting school spirit and cheering for our amazing sports teams. We are so thrilled to see the outcome we will have at tryouts and to see what talent we have coming out for our team. We look forward to seeing you at our clinics and tryouts!

# **RENO HIGH SCHOOL**

## **Handbook and Student Contact**

### **2023-2024 Cheer Teams (Sideline & TCC)**

#### **I. Statement of Purpose**

The Reno High School (RHS) Cheer teams shall promote school spirit and unity among the students, staff, athletes, and activity groups. They will direct school spirit, win or lose, extend hospitality to visiting squads and fans, choose appropriate cheers and encourage positive attitudes and actions from the spectators. Athletes should always conduct themselves in a manner that will bring credit and respect to our teams, school, and community.

Being a RHS cheerleader is a great honor, not a privilege. Each athlete shall display exemplary sportsmanship and proper conduct as an official RHS student athlete.

#### **II. Time as cheerleader**

Athletes will be considered RHS cheerleaders from announcement of squads (April 13th, 2023) until the last cheer event of the cheer season.

#### **III. Student Athlete Code of Conduct**

Reno High School believes that a student should consider participation in athletics as both a **privilege** and a **responsibility**. The **privilege** is the opportunity to take part in the athletic program provided by the school, and this **privilege** may be revoked when a student fails or refuses to comply with the rules. The **responsibility** is found in representing the school, which involves maintaining academic eligibility, high standards, or citizenship at all times, sportsmanship and playing the game to the best of his/her ability. Respect for and compliance with the school's Student Athlete Code of Conduct is expected of every student who participates.

#### **Academic Eligibility/Attendance**

In accordance with NIAA rules and regulations, student athletes must meet the following minimum requirements:

- RHS cheerleaders must maintain a minimum 2.0 overall GPA. According to NRS 386.430, "a school may impose a stricter academic requirement for participation in a sanctioned sport".
- Cheerleaders must be full time students at Reno High School for the entire school year.
- Athletes will be put on academic probation and be benched for all sideline and competition events and practices. If the athlete fails to make grades for an additional semester during the season they are off the team and may not be invited to return for the following year(s).
- All squad members will be subject to NIAA grade checks for eligibility, as determined by classroom teachers. Squad members must follow all eligibility guidelines as set forth by NIAA and NFHS. Members must have all eligibility forms on file with the administrator in the athletic office.

- Must attend 50% classes daily in order to be eligible for athletic contests, and must participate fully in all classes including P.E. Students who are absent from school for “unexcused reasons” are not eligible to participate in athletics for that day.
- Students who are excused early for a game are responsible for missed work and should use tutorial to make up work; making up work after school is not an excuse to miss practice, but if this becomes necessary the student must communicate with his/her coach prior to missing practice.
- Practice attendance is required every day that a student is at school. Parent/guardian must notify their coach prior to missing a practice.
- Prolonged absences, for any reason, may result in the squad athlete being benched or missing a performance.
- A note will be required if an athlete is seriously ill or injured and under the care of a doctor.
- Grade checks will happen frequently. If any athlete falls below a 2.5 GPA they will have to participate in after school study hall on early release Wednesdays until their GPA is above a 2.5.
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### **DISCIPLINARY ACTIONS**

The following actions will be applicable through the entire school year. Student/athletes involved in non-school related, off-campus offenses or other illegal activity will face disciplinary actions at the discretion of the coach and school administration. At any time the administration can choose to remove athletes from sports participation due to disciplinary action.

It is highly encouraged for athletes to discuss individual behaviors with the team and captains first, prior to bringing the offense to the coach/administration. Offenses that cannot be resolved as a team may result in an omitted performance for the whole team.

1. **Social Media Policy:** Student/athletes are responsible for good behavior on the Internet just as they are in a school building or on the athletic field of competition. If a student/athlete’s use of the Internet creates a disruption to the school, the Athletic Department and/or the team, even if it is a first offense, the student/athlete will be held responsible and will face consequences as determined by the coaching staff/administration including but not limited to:
  - Suspension from the team for rallies, competitions and/or games (football/basketball/TCC)
  - Dismissal from the team
2. **Violation of Alcohol/Drug/Tobacco Policy:** Any student/athlete caught in violation of school alcohol/drug/tobacco policy, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to:
  - Suspension from the team for rallies, competitions and/or games (football/basketball/TCC)
  - Dismissal from the team
3. **Assault/Fighting:** Any student/athlete involved in an assault/fight either on campus or off, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to:
  - Suspension from the team for rallies, competitions and/or games (football/basketball/TCC)
  - Dismissal from the team
4. **Other Violations:** Any student/athlete that violates Organization Rules (UCA, USA, USA Cheer), Cheer Program Rules, or behave in ways that reflect negatively on the Reno Cheer Team on campus or off,

even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to:

- Suspension from the team for rallies, competitions and/or games (football/basketball/TCC)
  - Dismissal from the team
5. **Suspension:** Any student/athlete who is suspended from school for defiance of authority or any action not mentioned above will face the following disciplinary actions:
- If an athlete is suspended from school for a full day, s/he will be placed on suspension from cheer for 6 weeks.
  - If an athlete has been suspended for 2 days or more (consecutive or cumulative), the athlete will be removed from the squad. Athletes will also be ineligible for the following term.
6. **Referral:** Referrals to and disciplinary actions taken by the deans will be communicated by the deans to coaches. Student/athletes may face disciplinary actions at the discretion of the coach, including suspension from competition.

### **REMOVAL OR QUITTING**

If an athlete removes oneself (quits) from the team for any reason (with the exception of prolonged illness or injury with a doctor's note), student will not be eligible for another team until the previous season has ended, including postseason.

## **IV – GRADES: CHEER POINT SYSTEM**

### **CHEER POINT SYSTEM**

Based on the Student-Athlete Code of Conduct sections above, athletes will have a corresponding score for the cheer season.

- Each athlete will start with 100 points (equivalent to a percentage) at the start of their cheer season.
- An athlete may be removed from the team by an accumulation of **40 negative points (D-)** due to infractions, with a warning to parent/athlete at **30 negative points (C-)**.
- Athletes can make up only **15 positive points** within the season.
- The end of the season points will be multiplied by their next year's tryout score.
- Maximum cheer points cannot exceed 110 (110%)
- Cheer points (scores/grades) are available upon request.

### **PRACTICE STANDARDS**

Athletes will wear the officially designated outfit on the day of the mandatory event to school and the event.

- Nail polish must be removed for Camp and Competitions (TCC).
- Fingernails will be sport length. Coaches will trim athletes, as needed, if athletes do not trim before the event.
- Hair must be neatly and cleanly pulled up or back and away from the face for safety purposes and uniformity. Coach has the final decision for all performances.
- Appropriate undergarments must be worn and not be visible or distract from the uniform.
- Athletes will not wear anything during a performance with the uniform that is not officially part of the uniform. This includes jewelry, watches, sweatshirts, jackets, and hats.
- Jewelry may be worn at school on game day but must be removed prior to entering field/gymnasium for mandatory event.
  - **UCA Camp and at USA/UCA TCC Competitions:** Athletes will not be able to participate/compete at these events if jewelry is left in.

- Band-aids **cannot** cover jewelry at these events. They are seen as the Technical Foul.
- Athletes shall not chew gum while practicing or performing.
- Athletes are expected to eat BEFORE practice. Athletes can bring food to practice as long as it is consumed during given breaks.
- Athletes must always wear: Sports bra, compression shorts, socks, cheer shoes, and DEODORANT
- **Practice Attire:**
  - **Monday:** Blue shirt/tank, black shorts
  - **Tuesday:** White shirt/tank, red or blue shorts
  - **Wednesday:** Red shirt/tank, black shorts
  - **Additional practices:** practice gear will be determined and announced.
  - Baggy clothing, (including sweaters, pajama pants, etc) are not allowed during practice time.

Athletes are allowed to warm-up with their cheer sweater, cheer jacket or cheer sweats over their practice attire, but must remove it after warm-ups.

### CALENDAR SEASONS

Tardies and absences will be counted by each calendar season of the year. The calendar season for the 2023-2024 RHS Cheer team are defined as follows:

<u>Calendar Season</u>	<u>Time Frame</u>	<u>Events</u>
Summer Season	May-July 2023	Summer conditioning, UCA Cheer Camp
Fall Season	August - Mid November (Depending on playoffs)	TCC, Football games
Winter Season	November - Mid February (Depending on playoffs)	TCC, TCC Nationals, Basketball games
Spring Season	Mid February - May	Off season, 2024-2025 tryouts

### SUMMER PRACTICE SCHEDULE

- Sideline practices will be Monday 4:00pm-8:00pm & Wednesday 4:00pm-6:00pm
- TCC (Competition team) practices will be Tuesday 4:00pm-8:00pm & Wednesday 6:00pm-8:00pm
- Optional tumbling practices will be
- Weights and conditioning practices will be Thursday

### SCHOOL YEAR PRACTICE SCHEDULE

- Sideline practices will be Monday 3:00pm-6:00pm & Wednesday 3:00pm-4:30pm
- TCC (Competition team) practices will be Tuesday 3:00pm-6:00pm & Wednesday 4:30pm-7:00pm
- Optional tumbling practices will be Sundays through Five Star Athletics. Additional prices will be applied through Five Star.
- Weights and conditioning practices will be Saturday morning

Impromptu practices, outside the Monday-Wednesday schedule, may be added for additional practice.

- Impromptu practices can be held on Thur/Fri/Sat.
- Sunday tumbling will only be canceled by Five Star Athletics

During summer, we left Thursdays through Sundays completely free for your family vacations!

## **GAMES AND PERFORMANCES**

A primary purpose as a cheerleader is to provide support for Reno High sports teams. Your position on the sidelines is visible to the entire crowd, so your conduct during games is extremely important.

Performances include but are not limited to games, assemblies, and special requests.

- All members must be present at least 45 minutes before the game begins.
- All members must be in proper uniform and well groomed. This includes a clean and complete uniform, appropriate make-up, and hair neatly pulled back from the face and the shoulders.
- All squads will be ready to perform at all assemblies, half times at basketball/football games, pep rallies, and competitions.
- Knowledge of the performance material must be complete, or squad members will be benched.
- Stunting is not allowed while the ball is in play or if a coach is not present.
- Tumbling may not occur at any practices or games if an athlete is not in direct eyesight of a RHS coach.
- Cheerleaders must provide their own transportation to all home games.
- The Varsity squad will attend all home and away football and home basketball games and select away basketball games.
- The Junior Varsity squad will attend all home and away football games, and all home basketball games.
- When traveling, the squad will meet at RHS and take a school bus to away games.
- Cheerleaders will stand at attention and focus on the game. PRACTICING CHEERS OR DANCE MOVES ON THE FIELD/COURT IS UNACCEPTABLE.
- Members may not leave the court or field unless there is an emergency. Cell phones should never be used during any part of a game. If you need to access your phone during halftime, you must get permission from the coach.
- Cheerleaders may not sit in the student section during any of their teams scheduled games.
- If a cheerleader is injured or suspended, they will sit with the coach. If benched, you must still focus on the game and cheer with your squad. You will not be allowed to be on your phone, do your homework, socialize with friends, etc.
- If you miss the majority (50%) of your classes for any reason on a cheer day, you may not participate in practices or games that day.
- If a cheerleader is absent for 3 or more mandatory events/practice, there will be deductions from their cheer grade. See the cheer grade section for more details.
- Work, hair appointments, nail appointments, family vacations, or too much homework are not valid reasons to be missing practice.

## **TARDIES**

For all tardies, the parent/guardian must call/text/email the Coach prior to the start of practice/event. Tardies count for both arriving late or leaving early from practice.

*\*Note: Tardies by 30+ minutes will be considered Extreme Tardies (M). Extreme Tardies (M) will be treated the same as absences (A).*

## **ABSENCES**

- Absences from practices may only be excused by a parent contacting the head coach PRIOR to the practice and only if the absence is due to illness, a scheduled extracurricular activity, or a

family situation.

- If a cheerleader misses a practice (unexcused - athletes must provide a note to be excused) they will be seated for the following game. If a cheerleader misses practice directly before a performance (half-times, competitions, or assemblies) they will be excluded from the routine.
- In case of injury, you are still required to attend practice but will sit out.
- If a cheerleader is out for an extended amount of time due to injury, a note from a physician is required stating that she/he is allowed to resume cheering.
- Doctor and dentist appointments must be scheduled after practice hours unless it is an emergency.

### **COMPETITION TEAM**

The purpose of our competition team is to compete. If an athlete is unable to attend a competition, that purpose then goes away and makes it hard for the whole team to continue through the performance.

- All members must be present at the meet up time given out a week prior to the competition (schedules normally get sent out the week of competitions by the competition company).
- All members must be in proper uniform and well groomed. This includes a clean and complete uniform, appropriate make-up, and hair neatly pulled back from the face and the shoulders.
- Stunting is not allowed while the coach is not in direct line of sight.
- As coaches, we reserve the right to move around mat athletes and alternate athletes as needed for team success. If athletes are missing practices or unable to maintain/achieve skills required for the competition team, they will be placed as alternates.

If any competition athlete misses any practice (excused or unexcused) two weeks prior to any competition, we reserve the right to replace them with an alternate or change their position in the routine.

### **CHEER POINT DECODER**

#### ***Small Infractions - (-)1 Point***

Wearing Jewelry	(J)
Improper practice attire	(I)
Chewing Gym	(G)
Wrong/No ribbon in hair	(R)
Cell Phone Use	(C)
Forgot poms	(P)
Hair Violation	(H)
Absence by 6-15 minutes	(T)

#### ***Severe infractions - varied points***

Absence by 16-30 minutes	(L)	-3pts
Extreme Absence 31+ minutes	(M)	-8pts
Wrong uniform to school/game	(U)	-2pts
PDA/Kissing/Other	(K)	-2pts
Inappropriate Behavior	(B)	-2pts
Admin/Principal warning	(W)	-4pts
Stunting/tumbling violation	(V)	-4pts
Missed practice/sideline/rally	(A)	-8pts
Late notification of known absence	(Z)	-12pts
Missing competition	(Z)	-12pts
Competition deductions	(D)	-1-5pts

**DISMISSAL FROM TEAM = 40 negative accumulated points**

Athletes can make up only **15 positive points** within the season, as defined below:

Run before/after practice	(N)	+1pt
10 min cond. Exercise	(E)	+1pt
Helping Coach	(Q)	+1pt
Candy for games	(F)	+2pts

Excused absence (omitted) (O) 0pts

## V - CAPTAIN SELECTION

### CAPTAIN: ELIGIBILITY AND SELECTION REQUIREMENTS

- Captain Selection
  - Sideline Team (JV/Varsity)
    - Varsity Captain selection will be decided before UCA Camp (July 2023)
    - JV Captain selection will be decided before the first day of school (August 2023)
  - TCC (Varsity COED Intermediate)
    - Captain selection for the TCC team will be decided before the 1st competition (Oct/Nov 2023)
- Two captains per team will be chosen for each squad
- The captain chosen will be the cheer captain for the full duration of the cheer year for that given team.
- Each captain candidate must demonstrate the ability to be a cooperative leader with students and adults.
- Squad captains will be selected based on the following criteria:
  - An interview process with the coach(es)
  - 1 minute speech amongst the cheer team, followed by a squad member vote
  - Must be a returning member on that specific team (Varsity captain must have been on varsity for the 2022-2023 season, JV captain must have been on JV for the 2022-2023 season)
- Captain selection will include input from all members for that given team (anonymous vote)
- **All varsity team captains must be on both the RHS Sideline team and the RHS TCC team.**
- Each squad member must have parental permission and support.
- If a captain become ineligible or resigns, the coach will appoint a new captain
- Coaches will make the final decision on all captains for all teams.

### GENERAL DUTIES OF TEAM CAPTAINS

*All captains have the authority to enforce the rules and regulations as defined by the Handbook and the squad contract to her/his squad and team members, with permission from the Coach.*

Specific duties of a team captain include:

- Make sure that members are ready for performances.
- Will work with the Coach to designate squad uniforms for games, Spirit days, TCC events.
- Will work with the Coach to coordinate Team Bonding dates and outings.
- Will notify members of last minute changes in the schedule (via group text, social media, etc)
- Will meet with other captains to facilitate communication between squads.
- Sideline/TCC: Will make sure that all props (breakaway, signs, poms) are prepared for all events.
- Sideline: Make sure the squad is ready and in position to greet the team as it enters the field or court
- Sideline: Position oneself (at games) so that the squad can hear and see calls of cheers or routines



## **VI PARENT RESPONSIBILITIES**

By allowing your child to try out for the position of cheerleader, parents undertake, understand, and agree to the following:

- Has read and understands the RHS Cheerleader Contract
- Communicates with coaches in a timely manner
- Ensures that their child has transportation to and from all cheerleading functions
- Recognizes the financial responsibility and agrees to pay for any expenses not collected through fundraisers
- Will help plan and run fundraisers
- Will not use missing a practice or game as a disciplinary tool
- Attends cheerleader banquet, games, and events, if desired
- Understands the final decisions pertaining to the squad are the coach's and/or administrator's prerogative
- Parents cannot use missing practices to games as a disciplinary tool.

### **SCHEDULE**

Practice schedules will be published in a timely manner- at least one month in advance.

Most up-to-date Cheer Events are published on the cheer website: [www.renohighcheer.com](http://www.renohighcheer.com)

### **FUNDRAISING**

We must fundraise all year long in order to cover our annual operation fees. There will be several fundraisers available to participate in. It is imperative that parents and athletes participate in these fundraisers to make them the most successful. Before each fundraising opportunity, you will be notified of ways in which you can assist.

### **FOOD AND DRINKS**

Healthy snacks and drinks are welcome from volunteer team families. Practices can exceed up to 3 hours per practice. Efforts will be made to schedule rotating parents to bring food and drinks so all team members can stay energized. Any efforts to donate food and drinks so all team members can stay energized is greatly appreciated.

### **PARENT MEETINGS**

Every month, there will be Parent Meetings to get the parents' input on team activities, give updated information, and answer any questions. In order to get the best input, we need as many parents as possible to attend these meetings. All meeting dates and times will be sent through email and team calendars.

### **PHOTOGRAPHY**

Parents/guardians that enjoy photography are welcome to be our team photographer(s) and share photos in Google Photos.

### **OTHER INVOLVEMENT**

All parents/guardians are highly encouraged to meet with one another to help support the RHS Cheer Team. This may include additional meetings, team bonding events, score statisticians, and volunteers for all cheer events.

## VII - STUNTING/TUMBLING SAFETY

### GENERAL RULES

- WCSD certified personnel or cheerleading safety certified coach/advisor must be in attendance before stunting or tumbling can be performed. All new stunting and tumbling elements shall take place under the direct supervision of the Reno High Cheer Coaches.
- Stunts and tumbling should be done on mats when available. Stunts will rarely be executed on concrete and/or asphalt surfaces, and will be avoided when at all possible.
- Cheerleading partner stunts and tumbling will be taught in progress, from easy to difficult and low to high. Athletes must show mastery of easier stunts/tumbling before moving on to more difficult levels. The Coach will determine when athletes are ready to move on in progression.
- All Cheerleaders should pay attention, without laughing or talking unnecessarily, while building stunts. Stunting practice should be held in a location suitable for the activity (ie: safe location away from noise and distractions.)
- Jewelry, accessories, and apparel shall be conducive to safe stunting (No watches, rings, earrings, nail tips, body piercings, belts, zippers, etc)
- All injuries must be reported immediately to Coach and Parents.

#### VIOLATIONS

The Coach(es) and Advisor will determine the consequence for failure to adhere to the General Rules. Failure to adhere to the safety rules will count as an infraction against their Cheer Summary of Points.

## VIII - UNIFORMS AND PROPS

*All Cheer squads will wear the official school colors of blue, red, and white.*

- The Coach will select the uniform for all squads, with team suggestions.
- The uniform will be kept the same, with optional substitutions, for 2-3 years. \*The 2023-2024 teams will have two new uniforms\*
- One uniform will be fully purchased by athletes, the other uniform will be rented by athletes from the RHS cheer program. Those uniforms are property of the RHS cheer program and must be returned in perfect condition at the end of the season.
- The cheer team will have communal poms and the Coaches will select when they would like to use them as a squad.
- Uniforms will always be neat, clean, and in good repair.
- Athletes may not alter their uniform **without prior approval** from the Coach. This includes cutting shirts, sweatshirts, rolling shorts/sweat pants.
- Uniforms must follow RHS dress code guidelines.
- With Coach approval, athlete can lend family/friends the Cheer sweater, jacket and/or sweats
- Athletes will not attend parties in uniforms. Uniforms should only be worn to school, school approved events, or school approved performances

**Uniform consists of (but not limited to):**

Shell x2	Liner x2	Skirt x2	Bow	Light Jacket	Shoes
Socks	Briefs	Warm-ups pants		Heavy Jacket	Backpack

**UNIFORM REPLACEMENT**

New squad uniforms may be selected every 2-3 years at the discretion of the Coach. Uniforms will be purchased on a fill in basis for new athletes or as wear and tear requires. New skirts may be required for athletes if the skirt length no longer meets dress code requirements. Warm ups, bags, briefs, and ribbons will be replaced as necessary.

**IX. FUNDRAISERS**

We take fundraising very seriously, our hope is that athletes are able to fundraise majority of their cheer fees. However, if they are unable to fundraise the full amount for fees, they are expected to pay the remainder of their fees. We are open to any and all ideas for fundraising. Below is a list of potential fundraiser for this upcoming season.

**List of Potential Fundraisers:**

- RedLine - funds to individual athlete fees
- Business Sponsorships - funds to individual athlete fees
- Car Wash - funds to team account
- FanCloth - funds to individual athlete fees
- Lululemon Gear - funds to individual athlete fees
- Team Pledge - funds to individual athlete fees
- Mini Huskies Camp - funds to team account
- Holiday Grams - funds to team account
- See's Candies - funds to team account
- Holiday Wreaths - funds to individual athlete fees

**Examples of great fundraisers from the past:**

**REDLINE FUNDRAISER**

The RedLine Fundraiser is a very popular fundraiser at Reno High School. This will be the first fundraiser that we do, which will take place in early May. We will have our event date where the head of RedLine comes to RHS and sets us up with the fundraiser. Athletes text, call, and email people they know simply asking for donations. Each donation that athletes get will go DIRECTLY TO THEIR INDIVIDUAL CHEER FREES. Last year as a program, we raised just over \$17,000 doing the RedLine Fundraiser

## **CAR WASH**

We will have two car washes over the summer, the funds raised during this fundraiser will go to the cheer account as a whole. This is to help pay for buses, team lunches, extra bows and team gear, banquet, and other overall team items. We did one car wash last year and raised roughly \$2,000 for our program.

## **TEAM PLEDGE FUNDRAISER**

The team pledge fundraiser is an extremely fun event that we put on where athletes will get pledges for certain skills. The more of that skill they do the more money they raise!

# 2023-2024 Sideline Cheer

## X - Sideline Cheer

**Time as a cheerleader:** April 13th, 2023 - March 2024

### **TRYOUT CLINICS:**

March 6th 3:00pm-6:00pm

April 3rd 3:00pm-6:00pm

March 8th 3:00pm-6:00pm

April 4th 3:00pm-6:00pm

March 15th 3:00pm-6:00pm

April 5th 3:00pm-6:00pm

### **TRYOUTS:**

April 10th 3:00pm-6:00pm

April 11th 3:00pm-6:00pm

April 12th 3:00pm-6:00pm

April 13th (final tryout in front of judges) 3:00 - finish

Team announced the night of April 13th

### **STRONGLY ENCOURAGED SKILLS FOR TRYOUTS:**

- Novice Tumbling: Un-spotted Standing Back Handspring or higher - Running Handspring
- Intermedium Tumbling: Un-spotted Standing multiple Back Handsprings - Running tuck
- Advanced Tumbling: Un-spotted Standing Back Tuck or higher - running layout

### **SQUAD COMPOSITION:**

JV Cheer (Freshman - Junior)

Max of 18 athletes

Varsity Cheer (Freshman - Senior)

Max of 26 athletes

The number of team members for each squad will be determined on the final tryout date with the natural break of scores. A natural break occurs when there is a significant number of points separating any two candidates.

### **SUMMER PRACTICES:**

All members are HIGHLY encouraged to attend all summer practices and morning conditioning practices. Members are expected to attend at least 10 of the \_\_\_\_ conditioning practices. Please see the online calendar for summer practice dates and times.

## UCA CAMP 2023

All cheer members are highly encouraged to attend summer camp. Reno High will be attending a traditional camp at William Jessup University. This camp is crucial to athlete stunt safety and training.

*William Jessup University, Rocklin, CA. (July 24th-27th)*

## SIDELINE CHEER

- The main purpose of Sideline cheer is to support our home team with cheers, sidelines and dances. Participation in stunting and tumbling skills at practices, events are not required or guaranteed for Sideline members.
- Members must attend all football games (home and away) and basketball games (home only and select away), as per school policy during the school year.
- Each squad must be in position to greet the team as it enters the field or court for warm-ups and halftime. Failure to do so will count as partial absence.
- Squad members will lead the crowd in short cheers following the defensive or offensive progress during the game.
- Performance during rallies, freshman orientation, and other specified special events may be required.
- VARSITY ONLY: Attendance, help and advice may be required at the first and second games of JV Football and Basketball.
- Squad members will arrive 45 mins (JV) or 1 hour (Varsity) prior to the start of games.
- Members will sit in the cheering section before their game and cheer with the squad that is performing.

## SIDELINE CHEER (PERFORMANCES)

*The listed performances below may change and the Coaches may select a different routine, as needed for any reason. Choreography of new routines is a privilege of being on the RHS Cheer Team.*

- Back-to-School assembly will be the UCA Camp Dance, performed by the members that went to camp, but may include members that learn the routine in the time given.
- Normal halftime routines (for football and basketball games) will consist of 2023 UCA Camp material, or TCC Competition routines.
- Routines may repeat between football and basketball
- Homecoming halftime:
  - JV Game: will be choreographed by JV Team Captains and help of the coach
  - Varsity Game: will be choreographed by Team Captains and the head coach. JV and Varsity will perform as one team
- Senior halftimes (for both football and basketball games)
  - Varsity Games: will be choreographed by Seniors.

# 2023-2024 Traditional Competitive Cheer (TCC)

## XI - (TCC) COMPETITION

**Time as a cheerleader:** April 13th, 2023 - February 2023 (USA Nationals)

### **TRYOUTS:**

April 10th 3:00pm-6:00pm

April 11th 3:00pm-6:00pm

April 12th 3:00pm-6:00pm

April 13th (final tryout in front of judges) 3:00 - finish

Team announced the night of April 13th

On mat team and alternates will be announced August 2023

### **STRONGLY ENCOURAGED SKILLS FOR TRYOUTS:**

- Intermediate Tumbling: Standing multiple Back Handsprings - running tuck

### **SQUAD COMPOSITION:**

The USA Team will be based on skill, not grade level. Competition Team Divisions:

- Varsity COED Show Cheer **Intermediate** (8-20 athletes) ▪ Intermediate Alternates (4-8 athletes)
- Stunt Group Intermediate/ Advanced (groups of 4-5 athletes)

### **(TCC) COMPETITION GUIDELINES/EXPECTATIONS**

- TCC: Traditional Competitive Cheer (AKA Competition)
- Competition practices will be on different days as Sideline Cheer practice times.
- Competition athletes must be available to perform on Fridays and Saturdays.
- One month notification of an absence of a Competition routine is required. Anything less than a month will be at the Coach's discretion to keep that athlete on the Competition team.
- If an athlete does not perform the day of a Competition routine for any reason (outside of injury, death of a family member, or hospitalization of the athlete), the athlete will be removed from the Competition team for the remainder of the cheer season.
- **Alternates** are defined as TCC athletes that can be an **Addition** to a routine or **Substitute** for an existing TCC athlete. Alternates are expected at every practice and will practice alongside the TCC team. Coaches can choose to perform an alternate as an Addition or Substitute, at any time for any legitimate reason.
- Sideline team members (JV and Varsity) can be considered an alternate for the Competition Team.
- All athletes must attend all scheduled Regional, Championship and National events.
- Athletes that are participating in additional sports to the TCC team are expected to put TCC Regional, and Nationals events before the other sports schedules. Failure to do so may result in the athlete

becoming an alternate and/or removed from the TCC team.

- Athletes will learn a 2 min, 30 second routine that will involve dance, cheer, jumps, tumbling, partner stunts, pyramids and tosses. All athletes will perform in the same routine optimized for the team's ability. Enhancements to the routine will be made as the team progresses.
- Scoresheet deductions (wobbles, falls, etc), will be a deduction from the athlete's Cheer Point System
- The team(s) will compete against 3-15 other High Schools in California for Regional Competitions
- The team(s) will compete against 50-130 other High Schools in the UCA for Nationals.

**Travel:**

- **Advanced COED:** Regional Competitions can be in Northern and Southern California, including areas of Nevada. USA National Competition will be held in Anaheim, CA.



# CHEERLEADING CONTRACT AGREEMENT

(Detach and return with Spirit Pack by April 7th, 2023)

I, \_\_\_\_\_, have read the Reno High School Cheerleader Contract regarding the expectations for members of the RHS cheerleading squad. I understand that it is my responsibility to abide by the rules and regulations as outlined in the Contract if I am selected as a member. I further understand that a violation of the rules or regulations could result in permanent or temporary suspension and if I am permanently dismissed from the squad, I may not try out for cheerleading the following year without coach and administrative approval.

\_\_\_\_\_  
**Signature of Candidate/Member**

\_\_\_\_\_  
**Date**

Parent/Guardian Permission

I have read the Reno High School Cheerleader Contract. I agree to my child's participation in the tryout procedures for this performing group. I believe my child to be in good health and to possess the stamina to participate in all cheerleading activities.

- I understand everything will be done to ensure his/her safety, however, realizing that there is an inherent risk of injury that could cause head, neck, spinal injury, etc.
- I understand that my child will be participating in stunting and tumbling skills and give them full permission to do so.
- I understand that should my child become a member of the RHS cheerleading squad, it will be necessary for me to help him/her abide by athletic rules and regulations contained in the RHS Cheerleader Contract to the best of my ability.
- I understand that the uniforms are the responsibility of the cheerleader and parent/guardian and that the squad members will participate in fund-raisers to earn money to aid with the expenses of being a cheerleader
- I also understand that my child will be expected to pay for expenses related to this activity that he/she does not earn through fundraisers.
- Furthermore, I understand that any violation of standards, lack of cooperation, unexcused absences from performances or practices, or any violation of Washoe County School District or NIAA rules could result in temporary or permanent dismissal from the Reno High School Cheerleading Squad and permanent dismissal revokes tryout privileges for the following year.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

## Acknowledgement of Injury Risks

We parent(s)/guardian(s) and student athletes are aware that preparation for and participation in interscholastic athletics involves many risks of serious and permanent injury to the student-athlete. We understand and acknowledge the danger of these severe injuries as inherent in physical activity, which may involve vigorous physical contact.

We parent(s)/guardian(s) and student athlete have completely read, fully understand the inherent risk of injury and hereby indicate our continued interest in participation.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Phone Number

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

## Permission for Treatment

I, \_\_\_\_\_, grant permission for the cheerleading coach(s) at Reno High (print parent/guardian name)

School to make decisions concerning the need for immediate, emergency medical referral for any possible injury received while participating in the cheerleading camps or during the season 2020/2021.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## Tryout Parent/Guardian Permission

I give my permission for my child \_\_\_\_\_ to participate in the Cheer clinics and

(print student name)

tryouts for a position on the Reno High Cheer during the 2023/2024 school year. I also acknowledge that my child and I have read and understand the summary of the Reno High Cheer Constitution and agree to abide by its rules if she/he is selected as a member of the Reno High Cheer & Stunt Team. **Please sign and return this acknowledgement with the try-out packet.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## Media Release

I give my permission for my child \_\_\_\_\_ to have their photograph taken and  
(print student name)

have the possibility of it posted on but not exceeding the following locations for the 2023/2024 school year:

- Reno High Cheer Social Media (Instagram, Twitter, & TikTok)
- Any Reno High affiliated social medias
- The Reno High yearbook
- Varsity (and varsity affiliated) Company sites/videos
- Community organizations social media posts/advertisements.

**Please sign and return this acknowledgement with the try-out packet.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Please read and review expenses vigilantly; your son/daughter is interested in trying out for Reno High Cheer. Below you will find a tentative outline of all financial responsibilities that will be **required** for those who make the RHS Cheerleading Team. Parents are responsible for making all payments by the due date. Expenses may be subject to change. We have not finalized uniforms so these numbers are approximate. Athletes for each team will be required to purchase their Varsity or JV uniform and will be required to rent their program uniform.

**Total Expenses- Approximately \$800-900 roughly see individual pricing below**

At the parent meeting which will be TBA, we will discuss the details of the **2023/204** season, including financial due dates and fundraising.

### SIDELINE

Mandatory/Optional	Item	Cost
Mandatory ALL Females	Varsity Blue/JV Red Uniform Shell/Skirt/Liner/Brief	\$ 332
Mandatory ALL Males	Varsity Blue/JV Red Uniform Guys Top/Shorts/Joggers	\$369
Mandatory ALL Females	Program White Uniform Shell/Skirt/Liner	\$150
Mandatory All Males	Program White Uniforms Guys top/Shorts/Joggers	\$190
Mandatory ALL Females	Bows	\$20
Mandatory ALL Females	Warm-up This is a new warm up style (Pants and Jacket)	\$271
Mandatory ALL Males	Warm-up This is a new warm up style (jacket only)	\$134
Mandatory ALL	White Cheer Shoes These are varsity sideline shoes	\$105
Mandatory ALL	Cheer Backpack All cheerleaders must purchase the new backpack	\$107
Mandatory New Varsity Athletes	Varsity Box (Returning Varsity already have this box. You may elect to purchase this or make one yourself)	\$50
Mandatory ALL Females	Camp Gear	\$250

Mandatory ALL Males	Camp Gear	\$50
Athletes attending	Camp	\$510
Mandatory ALL	Poms *team set*	\$25
TOTAL <b>anticipated</b> costs Females:		\$1,904
TOTAL <b>anticipated</b> costs Males:		\$1,495

Sideline Payment Due Dates	
<p>First payment of approximately <b>\$300.00</b> is due by <b>April 28th, 2023</b></p> <p><b>This secures a spot as a member of the Reno High School Cheer &amp; Stunt Team. If this is not paid by the deadline, the student will lose their spot on the team.</b></p>	<p>Second payment of <b>\$400.00</b> is due: <b>June 1st, 2023</b></p>
<p>Third Payment of <b>\$400.00</b> or <b>adjusted balance</b> is due: <b>August 1st, 2023</b></p>	<p>Fourth Payment of the <b>\$300</b> or <b>adjusted balance</b> is due: <b>October 1st, 2023</b></p>
<p>Final Payment Payment of remaining balance due: <b>November 15th, 2023</b></p>	
<p>The financial costs are the responsibility of the parent and participant. The payments must be paid in full by <b>November 15th, 2023</b>. When our vendor orders come in, we are required to pay regardless of whether you've paid or not. This payment schedule will allow us to pay our bills by the time we receive our orders. We've worked really hard to bring the cost down, and we encourage you to fundraise to reduce your costs. Please plan appropriately. We will be doing fundraisers to help offset these costs. Please email me personally if there are any questions or concerns.</p>	
<p>_____</p> <p>Signature Date</p>	<p>_____ Parent Signature Student</p>

It is your responsibility to get these Microsoft forms to your teachers. You can find teacher's emails on the Reno High School website or your middle school website under the staff roster. Teachers can also scan the QR code below. We will only be having digital teacher evaluations. Failure to have teachers fill out the evaluation form will affect that section of your tryout score.

**COMPETITION TEAM**

Mandatory/Optional	Item	Cost
Mandatory ALL	Competition 1	\$178
Mandatory ALL	Competition 2	\$178
Mandatory ALL	Competition 3	\$178
Mandatory ALL	Bow	\$20
Mandatory ALL	Music	\$40
Mandatory ALL	<b>*Potential USA Nationals in California*</b> We will only do this if we fundraise enough money and get invited to the competition	<b>\$500</b>  Fundraising will lower costs
Mandatory ALL	<b>*Potential UCA Nationals in Florida*</b> We will either do USA Nationals in California or UCA Nationals in Florida, we will not do both.	<b>\$1,500</b>
<b>TOTAL anticipated costs:</b>		<b>\$594</b>

COMPETITION Payment Due Dates

<p>First payment of approximately <b>\$100.00</b> is due by <b>May 15th, 2023</b></p> <p>This secures a spot as a member of the Reno High School Competitive Cheer. If this is not paid by the deadline, the student will lose their spot on the team.</p>	<p>Second payment of <b>\$150.00</b> is due <b>July 15th, 2023</b></p> <p>(All fundraising monies will be deducted from the third payment.)</p>
<p>Third Payment of <b>\$150.00</b> or <b>adjusted balance</b> is due: <b>September 1st, 2023</b></p>	<p>Fourth Payment of the <b>remaining balance</b> is due: <b>October 15th, 2023</b></p>
<p>The financial costs are the responsibility of the parent and participant. The payments must be paid in full by <b>October 15th, 2020</b>. When our vendor orders come in, we are required to pay regardless of whether you've paid or not. This payment schedule will allow us to pay our bills by the time we receive our orders. We've worked really hard to bring the cost down, and we encourage you to fundraise to reduce your costs. Please plan appropriately. We will be doing fundraisers to help offset these costs. Please email me personally if there are any questions or concerns.</p> <p>_____ Parent Signature Student</p> <p>_____ Signature Date</p>	

CHEER.Anticipated Team Expenses

**TEACHER EVALUATION**

It is your responsibility to get these Microsoft forms to your teachers. You can find teacher's emails on the Reno High School website or your middle school website under the staff roster. Teachers can also scan the QR code below. We will only be having digital teacher evaluations. Failure to have teachers fill out the evaluation form will affect that section of your tryout score.

2023-2024 RHS CHEER TRYOUT  
TEACHER EVALUATION



**Huskie Cheer Profile**

\*Please include a clear profile photo\*

Name: \_\_\_\_\_ Grade 23-24 school year: \_\_\_\_\_

Athlete Cell Phone Number: \_\_\_\_\_ Parent Cell Phone Number: \_\_\_\_\_

Athlete Email: \_\_\_\_\_

Parent Email: \_\_\_\_\_

What team are you wanting to try out for (If you are a freshman okay making varsity please select that. If you are a junior okay making JV please select so):

(select all that apply)

Junior Varsity

Varsity

Competition (TCC)



Do you have a job? If so, what is your job time commitment?

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What other activities/sports are you involved in?

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Why do you want to be a Reno High School Cheerleader?

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Three strengths:

\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_

Three Weaknesses:

\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_

Stunting Position (circle one):   Flyer   Main Base   Secondary Base Backspot

\*If flyer, list your body positions: \_\_\_\_\_

Highest Stunting skill (if applicable): \_\_\_\_\_

Highest tumbling skill (if applicable): \_\_\_\_\_

Current GPA (this will be double checked): \_\_\_\_\_

Athlete tryout number:	Possible points	Points scored	Judge's comments
Entrance			
Showmanship	10		
Jumps			
Double Toe Touch - form, height, flexibility	10		
Jump of choice - form, height, flexibility	10		
Standing Tumbling			
No Standing = 0 points Back walkover = 1 point Single BHS = 5 points Multiple Handsprings = 10 points Handspring Tucks = 15 points Standing Tuck = 20 points	20		
Running tumbling			
Round off = 1 points Round off BHS = 5 points	22		

Running multiple BHS = 10 points Running tuck = 15 points Running Layout/full= 20 points *adding front walkover to beginning of pass adds 2 points*			
Cheer			
Motions - arm placement, sharpness, precision, technique	10		
Voice projection - energy, enthusiasm, confidence	5		
Memory/timing - rhythm, recall, mastery	5		
Incorporation - coordination, ability to add skills	5		
Dance			
Dance Technique - Coordination, precision, technique	10		
Rhythm- energy, enthusiasm, confidence	5		
Memory/Timing - rhythm, recall, mastery	5		
Appearance - fun to watch, facials	5		
Fight Song			
Motions - arm placement, sharpness, precision, technique	10		
Voice projection - energy, enthusiasm, confidence	5		
Memory/timing - rhythm, recall, mastery	5		
Incorporation - coordination, ability to add skills	5		
Stunting			
TRANSITION			
Load	1		
Half	2		
Full up to smush	3		

Inversion to smush	4		
Full up to prep	5		
Inversion to prep	6		
Full up to extension	7		
Inversion to extension	8		
Cartwheel/Handspring up to two legs/full up to single leg	10		
MAIN SKILL			
Prep	1		
Press extension	2		
Straight up extension	3		
Extension Lib	5		
**If any main skill is done in a one man position they get an extra 10 points*			
DISMOUNT			
Bump down	1		
J-Down	2		
Pop off	3		
Prep full down	5		
full down/ 360 J-down/ 360 pop off (from extension)	8		
Full down/ 360 J-down/ 360 pop off from single leg	10		
Total stunting points possible	25		
Grades *average*			
100-90 = 5 80-89 = 4 70-79 = 2 0-69 = 0			

Teacher Referral			
Each Negative Referral minus 1 point	5		
Clinic Day Attendance			
2 points per day	8		
Total Score	190		