

2023 - 2024

Tumwater High School Cheer Team

Code of Conduct & Responsibilities

THE CHEER CREED

WE believe that our team is more than a status

WE believe that we are a sisterhood - not by blood, but by choice

WE are held together by loyalty, compassion, and understanding

WE believe it is our place to encourage, encourage, encourage, and motivate, in and out of school

WE respect each other on all levels, by being real and tolerant of our differences, individuality, and unique personalities

WE believe that we are exceptional - not because we say it, but because we strive to be it

WE believe we were born to lead, not to follow

WE believe our seasons to come will be enriched and enjoyable by avoiding conflict and being trustworthy and patient

WE will uphold the reputations of ourselves and each other by staying above reproach

WE believe we will succeed by being courageous, strong, and selfless

WE believe in ourselves

WE believe in each other

WE believe in our team.

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* TO BE SIGNED AND RETURNED TO HEAD COACH	

ARTICLE 1: PURPOSE

The purpose of the THS Cheerleading Team is to generate school spirit while exemplifying leadership qualities and character, both verbally and by example. THS cheerleaders are coachable, honest, and excellent role-models for other students. They will lead the crowd at school events, such as pep rallies, football and basketball games, wrestling matches, and cheer competitions. They will make posters for events and participate in community events. They will practice and perform all sideline cheering as an athlete. They shall demonstrate outstanding sportsmanship and carry a positive attitude. THS cheerleaders support other school activities, clubs, and our surrounding community.

ARTICLE 2: MEMBERSHIP

THE SELECTION PROCESS

Students shall submit a signed parental permission slip (located at the end of this packet) to attend the tryouts. The tryout dates will be announced and posted at THS and on our social media accounts. The coach(es) will consider the candidates' application, leadership qualities and examples, grades, skill level, ability to work well with others, and overall performance throughout the tryout process. The coach(es) will make a final decision based on all of these areas. Participating in tryouts is required each year that a candidate wishes to be considered for the team. The coach(es) will allow a video submission if a candidate cannot make the tryout dates.

The THS Cheer Team is a first-class team. The students train as athletes and work together as a team. Being physically fit is important! Cheerleading requires jumps, kicks, tumbling, dance, and stunting activities. This requires flexibility, strength in arms and legs for proper technique, and aerobic endurance for practicing and performing. Personal qualities necessary to be a THS cheerleader include: respectability, respect for others, honesty, good academic habits and standing, trustworthy, committed to their team and teammates, self-disciplined, high work ethic, and able to maintain a positive attitude while performing cheerleading activities. High respect from our student body and community is our team's goal.

ATHLETIC CLEARANCE

Participants must adhere to the grade requirements described in the THS Athletic Code, as well as the WIAA student athlete criteria. Grades are monitored by the THS athletic department. Coaches may require grade checks at their discretion. It is required by the WIAA and TSD that all students be cleared as an athlete before participating in any team activity. Clearance for eligibility includes: a physical exam, ASB card (purchased for a fee), insurance verification, medical procedure authorization form, athletic code signed by parent and student, and a grade check. In addition, this Cheer Team Code of Conduct and Responsibilities must be read and signed. If there are medical concerns, the parent is responsible of notifying the head coach prior to tryouts.

ARTICLE 3: ACTIVITIES, RESPONSIBILITIES, + SCHEDULES

ATTENDANCE & ABSENCES

All practices are mandatory. Team practice schedules will be determined seasonally. Additional practices may be added to prepare the team for performances, parades, or competitions. If there are any changes to the schedule, the coach(es) will do everything possible to give team members at least a weeks notice. A calendar with practice dates and times will be provided to athletes and families via the BAND App (the invitation link will be provided at the first parent meeting following tryouts).

Team members must not let other activities - including a job - interfere with their commitment to the team. All team members are expected to practice and know the cheers/routines prior to all performances and events. Every effort will be made to allow cheerleaders to participate in other **school related activities**. All vacations, dental, doctor, hair, and any other appointments are expected to be made around the Cheer Team schedule.

One person being absent affects the squad as a whole. It is important not to inconvenience the practice time of the entire squad by being absent. Absences should always be avoided when possible. Attendance at a practice, event, or competition without **proper shoes, uniform, hair, makeup, etc. will be considered an absence**. Remember, you made a commitment to be a part of this team, and your teammates are counting on you being there ready to go.

ATTIRE

Cheerleaders need to wear appropriate attire as per the THS dress code. For practices, athletes must wear team practice wear (put out on BAND weekly), a supportive sports bra, supportive shoes, and modest shorts that cover the buttocks completely while stretching, kicking, etc. Appropriate cheer-type shows must be worn for sideline and stunting practices. Hair must be in a ponytail or braids, with loose hairs pinned back. Cheerleaders are expected to bring their team cheer bag to every practice. We highly recommend carrying a supply of feminine products for emergencies, along with extra ponytails, nail clippers, band-aids, etc. All tattoos must be covered (per Rule 2, Section 2 of the National Federation Spirit Rules Book). **All cell phones will be silenced and left in their cheer bags upon arrival to practices, performances, camps, and all events.** If the cheerleader needs to be contacted in an emergency, the coach(es) will always have their personal phone with them and will answer or respond ASAP. These numbers will be shared with parents after their child's admission to the team.

PERFORMANCE DAYS

Individual and specific instructions will be given to the team for each performance/event. All updates and information can be found on the team BAND page. All cheerleaders are expected to be on time for all performances, and **picked up promptly afterward the conclusion of the event.**

COMPETITION SEASON

THS Cheer will do competitions during the winter season. Varsity, and invited JV members, will participate. Practices will take place September - February. Competitions are usually October - early January. If unable to participate, you must notify the coach(es) at the earliest chance. Additional costs for competition season will be covered by THS Cheer.

ARTICLE 3: ACTIVITIES, RESPONSIBILITIES, + SCHEDULES

PARENT MEETINGS

Meetings may be called throughout the season, usually with at least 2 weeks notice. All athletes must be represented by an adult unless approved by the coach(es). Should a problem with a cheerleader arise, a meeting will be called with the cheerleader, parent, coach(es), and athletic director if the situation calls for it. At the coaches discretion, the cheerleader may be placed on suspension until the meeting.

CAMP

Any overnight camp experiences are WIAA approved camps. Each team member will attend and pay for the camp prior to attending. ASB will no longer cover the cost.

TRANSPORTATION TO/FROM ACTIVITIES

All cheerleaders will ride to and from activities as a team on a bus or in other modes of transportation approved as described in the athletic code and by Tumwater School District Policy. Riding with the team is required to and from games.

UNIFORMS

Each team member is responsible for purchasing the required team uniform pieces. Male and female uniforms will have different pieces, but all uniform pieces will be in modest styling with no words written on the buttock area. Skirts must be on proper length (past the end of the middle finger when arm is placed straight down at the sides), and sit at the natural waist with no rolling or folding. The shell and or shirt must not expose midriff at any time. Cheer team members may help choose uniforms, but the coach(es) and Athletic Director have final say, based on the THS dress code.

Total cost of uniforms will vary each season, but will be estimated and shared with team members as early as possible. All payments will be made directly to Varsity Spirit. Payment plans are typically split over a three month time period (May, June, and July). Cheerleaders will purchase their pom poms, camp/practice clothing, cheer uniforms, shoes, and more. For girls, this may include a cheer shell, liner, skirt, sweats, fleece jacket, rain jacket, spandex shorts, hair ties or bows, and cheer socks and shoes.

For boys, this may be a shirt, shorts and/or pants, sweats, fleece jacket, rain jacket, socks, and shoes. These lists are not comprehensive. **New pom poms and cheer shoes are purchased every year.** All of these pieces will be used for the entire year and may be used in subsequent years at the discretion of the coach(es) and team captains. If uniforms are used in subsequent years, all team members will be resized to ensure proper fit. A team member may be required to purchase new uniform pieces if they have outgrown their previous uniform, at the coaches discretion. No exceptions.

Other items, such as team pictures, team goodies, sister gifts, hotel/food during playoff or wrestling trips, team sister/brother fits, and sports team gifts may be purchased throughout the year by each athlete. We will, however, try to keep these expenses to a minimum and fundraise throughout the season to cover these costs.

Team members will be responsible for the care and cleaning of their uniform pieces. For each event, the entire uniform must be clean and presentable. Please refer to the care tag of each item for cleaning instructions.

ARTICLE 4: CONDUCT

EXPECTATIONS

THS Cheerleaders represent Tumwater High School at all times. They are a visible group, and therefore, the expectations for conduct, language, behavior, and academics are high, both in and out of uniform, and at both school and non-school functions.

One members behavior and attitude are a reflection of the entire team and the school as a whole. Conduct in the classroom, around school, social events, and in the community should be above reproach. **Parent contact will be made if concern arises.** All team members shall abide by the WIAA Code of Ethics, the THS Cheer Team Code of Conduct and Responsibilities, and the THS Athletic Code. Any suspensions from school will automatically result in suspension or immediate dismissal from the team.

CONFLICT RESOLUTION

We believe that the team should find solutions to conflicts within itself rather than from external sources. If a cheerleader is unhappy, frustrated, or angry with another cheerleader or coach, **they are expected to talk with the offending person first. The parent is NOT to go directly to the coach(es) on behalf of their cheerleader.**

In the event of a conflict, the following steps must be taken: the cheerleader tries to talk out the issue with the other member involved. If the conflict is not resolved at this step, the athletes will then go together to a coach, who will act as a mediator. If it is an issue/conflict with the coach, the cheerleader will talk to the coach first, NOT the other cheerleaders. If the conflict is still not resolved at this step, the coach will set up a meeting with all involved parties, and the parents of the involved athletes. We believe that clarity is the best way to communicate out expectations. **This standard for conflict resolution is viewed with great expectations for the cheerleader to grow in confidence and maturity during their season(s) on the THS Cheerleading Team.**

DRUGS/ALCOHOL/TOBACCO

All members of sports teams must comply with the Tumwater School District rules regarding the use of drugs, alcohol, and tobacco. Any violation of this rule will be enforced by the Tumwater High School Code and will not be tolerated.

ARTICLE 5: THE POINT SYSTEM

The following point system has been designed to maintain fairness and uphold team expectations throughout the season. The decision to give, and take, points is made by the coach(es) for just cause. **If a member fails to notify the coach(es) of an absence prior to the event, their absence will be treated as unexcused. Coach(es) and captains will no longer be reaching out to members asking where they are when they no-show.**

THE POINT SYSTEM

Positive Practice Points

- Arriving on time +0.5
- Arriving in proper attire +0.5
- Maintaining a positive attitude throughout practice +0.5
- Maintaining weekly grades per the grade check (C or above) +0.5

Positive Performance Day Points

- Wearing clean uniform pieces and shoes +0.5
- Maintaining a positive attitude throughout the event +0.5
- Well maintained pom poms +0.25
- Well maintained hair and team makeup +0.25

Negative Practice Points

- Arriving 5 minutes late without prior approval -0.25
- Leaving early without prior approval -0.25
- Failure to dress for practice (missing pieces or wearing jewelry) -0.25
- Leaving behind practice wear or clothes -0.5
- Talking or texting when phones are to be put away -0.5
- Being on the weekly grade check (C- or below) -0.5
- Unexcused absence from school -1
- Unexcused absence from practice -1

Negative Performance Day Points

- Failure to wear clean uniform -1
- Missing or incorrect uniform pieces -1
- Talking or texting when phones are to be put away -1
- Being out of uniform (must have all pieces 30 minutes prior to event starting) -2
- Arriving late or leaving early without prior approval -2
- Unexcused absence from event -6

Practice and Performance Day Points (both positive and negative) reset every 2 weeks.

The point balance required to participate in an event will be posted with the weekly schedule at the beginning of the week.

ARTICLE 5: THE POINT SYSTEM - CONTINUED

The following point system has been designed to maintain fairness and uphold team expectations throughout the season. The decision to give, and take, points is made by the coach(es) for just cause. **If a member fails to notify the coach(es) of an absence prior to the event, their absence will be treated as unexcused. Coach(es) and captains will no longer be reaching out to members asking where they are when they no-show.**

THE POINT SYSTEM

Misconduct and Behavioral Points

- | | |
|--|-----|
| • Stunting without a coach present | -2 |
| • 3 unexcused absences from practice without communication | -3 |
| • 3 unexcused absences from school | -5 |
| • Gossiping about ANY member of the team | -5 |
| • Disrespect toward ANY team member | -5 |
| • Disrespect toward ANY coach | -5 |
| • Lying to a coach for any reason | -5 |
| • Uniform or behavioral misconduct | TBD |

An accumulation of:

5 points = sitting out of one performance

8 points = three event suspension from team events

10 points = termination from the team

COACHES RESERVE THE RIGHT TO ADD AND ASSIGN POINTS AS THEY SEE FIT FOR EVENTS/BEHAVIORS THAT ARE NOT ON THE LISTS ABOVE.

Misconduct and Behavioral Points will reset between the fall and winter season.

However, any remaining time on a probation period at the end of the fall season will roll over into the beginning of winter season.

Members are required to be at all practices/games whether or not they are participating (out on injury, out on grade watch, out on probationary period, etc.) unless directly excused by a coach. If a member fails to attend a practice/game, they will automatically sit out of their next scheduled performance.

ARTICLE 6: PROBATION + TERMINATION

PROBATION FROM THE TEAM

A member may be placed on probation for: just cause, as determined by the coach(es) and/or Athletic Director, an accumulation of -5 points, or poor academic standing. Academic probation is in effect until the grades are brought up to the minimum requirement within the grading period. If grades have not been brought up to the required minimum, the member will agree to the standards set by the Tumwater School District and WIAA. If a member is placed on academic probation twice in one season, the coach(es) reserve the right to have the member sit out the remainder of the season, or remove them from the squad.

When a cheerleader has -8 points, they will be given a written notification of what events are to be sat out. A copy of this notification will be retained for the Cheer files. The member will forfeit performing at the next 3 possible performances, but are expected to continue practicing with the team.

If on academic suspension, the cheerleader will dress down and practice with the team, but will not be able to perform until their grades have improved to sufficient academic standards.

ACADEMIC EXPECTATIONS

Per the Tumwater School District and Tumwater High School expectations, cheerleaders are expected to maintain academic eligibility to remain on the cheer team. The coach(es) pull a full grade check once per week, in which any grades of a C- or below will show up. Being on this grade check earns you negative points toward performances. However, this is different than academic ineligibility. If a cheerleader has two D's or one F, they are academically ineligible until no longer in that range. If a cheerleader finishes the semester with ineligible grades, they will be automatically dismissed from the team.

AFTER DISMISSAL/TERMINATION FROM TEAM

If a member is terminated or quits from the cheer team, **they may not wear any part of the cheer uniform or warm up gear for the duration of the full cheer season**, as per the THS Athletic Code. If a member quits or is terminated, **they must return any closeted uniform or warm up items or they will be charged the full amount as replacements.**

EXPECTATIONS AGREEMENT 2023 - 2024

Dear Parents and Students,

As a member of the Tumwater High School Cheerleading Team, students and parents need to know ahead of time what is expected of them.

The cheerleaders must make a commitment to the team, and need to attend all practices, performances, and meetings. A LOT of time will be spent during the summer, after school, in the evenings, and sometimes on weekends practicing, performing, or supporting and representing THS.

Assistance from parents is important and necessary, and therefore expected. Parent involvement is necessary for fundraisers, transportation, unity dinners, snacks and drinks, etc.

Academics are a priority. The cheerleaders are **students first, and athletes second**. Because of the big time commitment students must make to be involved with the cheer team, they must learn to manage their time efficiently.

It is expected that all team members will conduct themselves with pride, and uphold the THS Athletic Code, as well as adhere to the THS Cheer Team Code of Conduct and Responsibilities.

Please take the time to read these materials and discuss with your family the commitment, and possible issues, of being a member of the THS Cheer Team.

Thank you for giving your child this opportunity! Please email me if you have any questions or concerns.

Head Cheer Coach

Evah Hedin-Baughn

evahleigh.hedinbaughn@tumwater.k12.wa.us

(STUDENT) I HAVE READ THE THS CHEER TEAM CODE OF CONDUCT AND RESPONSIBILITIES, AND UNDERSTAND THE EXPECTATIONS. I VERIFY THAT I AM ELIGIBLE TO TRYOUT FOR THE CHEERLEADING, AND IF I AM SELECTED, AM IN AGREEMENT AND WILL ABIDE BY THE RULES AND GUIDELINES SET FORTH.

(PARENT) I GIVE MY CHILD PERMISSION TO CHEER FOR THE THS CHEERLEADING TEAM DURING THE 2023-2024 SCHOOL YEAR.

PARENT SIGNATURE: _____

PARENT PRINTED NAME: _____

STUDENT SIGNATURE: _____

ATHLETIC DIRECTOR'S SIGNATURE: _____

THS CHEER STANDARDS AGREEMENT 2023 - 2024

You are a part of a new beginning to establish a well-respected cheerleading program. We know that you will maintain the quality and caliber of this program with everything that you do. Conduct yourself in a first-class manner everywhere you go. Your teammates are your family, do nothing to let them down. Commit totally to being a person that everyone you know will be proud to speak on your character, and will be proud to say you are a THS cheerleader.

T-Bird Cheer Standards:

1. Be polite and respectful to anyone, whether it be in a restaurant or in the halls or classrooms of the school
2. When teachers and coaches are talking, show them proper respect. Sit up straight and look them in the eye and actively listen to what they are saying
3. Accept the responsibility of your actions and behavior. Excuses are just that - excuses for not doing what you should
4. Be the best that you can possibly be. In the truest sense of the word, you will be a winner.
5. Be an example in the classroom as well as on the court or competition mat.
6. Believe in discipline, conditioning, commitment, teamwork, high standards, yourself, and your teammates.
7. Think in terms of team success, rather than individual glory. Always put your team first!
8. Strive for perfection every minute and every hour while performing your duties as a THS cheerleader, be it on the field or court, in the classroom or in the competition arena.
9. Be mentally, physically, and emotionally ready to handle your cheer and academic responsibilities.
10. Be honored to be a Tumwater High School cheerleader and wear the name proudly in all that you do.

The cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To achieve these ends, the cheerleaders will:

- Sign and abide by the provisions of the Athletic Code
- Be passing in all classes
- Attend all scheduled practices and games
- Be in good standing with all financial obligations
- Maintain responsible standards of appearance and conduct when engaging in activities representing THS
- Cooperate with each other and follow the instructions of the cheerleading coach(es)

PARENT SIGNATURE: _____ Date: _____

STUDENT SIGNATURE: _____ Date: _____

THS CHEER STANDARDS AGREEMENT 2023 - 2024

Things to remember:

- Be ready at all practices with hair pulled back into a ponytail/braid, shoes on for workout, no gum, good attitude and on time. No eating during practice time unless approved by coach(es).
- No jewelry on at practices or games, even if it is not visible - this is an NFHS rule
- Nails should be but to a safe length, safety is our top priority. Nail polish should be clean, no chipping.
- Attitude must be positive and upbeat! You must always be willing to work and cooperate at both practices and games. Do not bring your problems with you to practices and games. The key word in your position is CHEERleader. Be willing to do what is necessary: no moaning, complaining, or whining.
- Do not come to practice when you are sick.
- All squad members are to participate in ALL areas! making cheers and posters, creating sideline dances, participating in fundraisers and pep assemblies, etc. Everyone should be given the opportunity to create. Everyone must share the workload.
- Everyone must have a solid working knowledge of all cheers, chants, dance routines, cheer terminology, techniques, and safety.
- Be dedicated to the point of setting up extra practices in areas of weakness.
- Be an active listener and accept constructive criticism.
- Set an example of good behavior at all times, in uniform and out.

Game day and practice expectations:

- Arrive at games and practices on time (5-10 minutes early to prepare)
- If you are late to a game, you will have a 5-minute grace period (games only, not practices!) If you arrive after that time, you will sit out of the first quarter beside your coach(es) and cheer from the stands.
- It is expected to warm-up, review necessary material for, and be ready to cheer before the start of each game. Travel in school transportation when required.
- Members must have at least 10 completed practices prior to the season starting (August)
- "Game Day Practices" are required practices. If you miss this practice, you will miss the game.
- Have a complete, clean uniform at all games and events. If you do not, you will not cheer.

THS CHEER STANDARDS AGREEMENT 2023 - 2024

Game day and practice expectations (continued):

- Remain in the cheering area unless your coach(es) authorize you to leave. If you are unable to cheer, you are still expected to be at the game to support your teammates, unless you are sick or excused.
- Follow the game agenda set by your captains and coaches.
- Execute chants and routines correctly. If a member does not know the material, the coach(es) reserve the right to pull them from the game/performance.
- Control and lead the crowd through organized chants and cheers. Display correct and acceptable leadership skills. This is the "leader" part of your job as a cheerleader.
- Do not socialize with players or the crowd during a game
- Follow the captains instructions. Do NOT tell them what cheers and chants you do or do not want to do. It is their call.
- Follow the coaches directive during games
- No chewing gum or eating at the games (you may eat during half-time, however you are not permitted to eat on the track).
- Perform only the stunts that you have been approved to perform by your coach(es). They need to be perfected and have the proper amount of spotters to be performed at a game.

I HAVE READ AND UNDERSTAND THE TUMWATER HIGH SCHOOL CHEERLEADING STANDARDS. I AGREE TO FOLLOW THESE RULES AND POLICIES, AND COOPERATE FULLY WITH THE OTHER MEMBERS AND COACHES OF THE THE TUMWATER HIGH SCHOOL CHEERLEADING PROGRAM.

PARENT SIGNATURE: _____ Date: _____

STUDENT SIGNATURE: _____ Date: _____