

# **Ridgefield High School**

## **Cheerleading Team Expectations for Camp and Summer practices**

### **Leadership**

As a cheerleader, the word “leadership” takes on a whole new meaning. On the sidelines, in the classroom and in the community, leadership is a vital component of your role. As an athlete in the public eye, you must represent your school to the best of your ability. The best leaders aren’t always the most talented or successful cheerleaders. Rather, the best leaders facilitate the success of others. Work hard, stay positive, and encourage your teammates to do the same. By promoting an environment where every team member can achieve his or her goals, you, too, will rise as a leader.

The same principles apply outside of practice. Even when you’re not in uniform. Most of your peers, and parents know that you are a Cheerleader. Any time you do something good or even bad you are being watched on a platform.

### **Time Commitments**

Cheerleading is a time consuming sport and it is the responsibility of each cheerleader to be present at each activity and performance. It is difficult for cheerleaders to have after school jobs because of the time required in both afternoon and evening practices/games. If a student does have a job, missing practice or an event because of work will be considered an unexcused absence unless approved by coaches in advance. (Advanced notice means in writing with an [Absence Notice](#) at least a week in advance.)

### **Uniforms and Camp/Practice Wear:**

An integral part of being a team is looking like a team. Uniforms are purchased by each cheerleader and are owned by the cheerleader. Care instructions are given to each cheerleader when uniforms are distributed. These instructions are expected to be followed. Alterations, if needed, are paid for by the cheerleader after coach approval. Uniforms are to be washed inside out. If possible on a gentle cycle or by hand. Then hung on a hanger to dry.

Camp/Practice Gear is worn at summer camp and all practices. Any event in which cheerleaders are representing RHS will have an outfit chosen by captains and/or coaches.

### **Communication:**

Communication between cheerleaders, parents, and coaches is a crucial factor in determining the success of a program. If a problem or concern arises, it is important that the appropriate chain of command is followed. Chain of communication:

1st- Cheerleader to Coach

2nd- Parent to Coach (if a conflict arises, give yourself 24 hours before reaching out to me) I will pay you with that respect as well.

3rd- Parent or Coach to Athletic Director

**Early is on-time, on-time is late, and late is unacceptable.**

**Practice Procedures:**

- Via WIAA rules hair must be pulled back, absolutely no jewelry and fingernails that don't go past your fingers. For example; if you turn your hand over and look at your palm, you can't see fingernails. If you do, trim your nails down. Lastly, no gum.

**Tentative Yearly Schedule**

**RHS CHEER CALENDAR**

**July/August** - 4 day away camp for both teams

**August** - Practices continue; *volunteer in Lions Food Booth during Clark County Fair*; football season begins

**Sept** - Experience Ridgefield (Decorate the Spud); Fall *mini cheer camp end of Sept/beginning of Oct*

**Oct** - Football season ends late Oct

**Nov** - 1-2 week break from cheer; winter cheer practices begin mid November; basketball starts end of November

**Dec**- *Winter mini cheer camp late December/mid January*

**Jan**- *lots of basketball games*

**Feb**- basketball season ends early Feb; cheer

**Ridgefield Cheerleading Rules and Expectations at Summer camp and Summer practices**

I, \_\_\_\_\_, have reviewed the following rules and expectations and I agree to abide by the aforementioned rules and expectations throughout the course of the season and camp.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Questions on Varsity, Email Coach Susie**