



Dobson Academy
Cheerleading
2024-2025

Welcome to the Dobson Academy Cheer Team!

We are so excited you chose to be a part of our cheer program! If you are returning to DA Cheer, thank you for your continued enthusiasm and participation. All of you, together, are a part of the Dobson Academy legacy. **YOU are the foundation and building blocks of this great program!**

The cheer team at DA offers unique opportunities for students, 5th- 8th grade, to experience leadership/responsibility roles and gain self-confidence through practicing and performing in front of their peers, families, and members of the cheerleading community.

One of the principal areas of growth for athletes in the cheer program is how to work successfully in a team-oriented environment. This is accomplished through practicing multiple times a week, maintaining effective communication with coaches and teammates, and following through with individual responsibilities. Team members learn a variety of routines, perform at assemblies, football & basketball games, and compete at regional and national levels. **You've made a choice to work hard to be a member of this team and will be held to high standards and exemplary behavior. Thank you for your commitment!**

We want to personally invite all of you to share the vision we have for DA cheer; We are very excited about the growth of this program and our season together! We are excited for a fantastic season loaded with making memories, fun times, a lot of laughter, growth, and hard work. **Go Dolphins!**

Communication

Head Coach Alicia Ruiz

Email: aliciaruiz019@gmail.com

Cell (*for emergencies*): 602-921-3220

Assistant Coach Adrianna Ruiz

Email: ruizadrianna@gmail.com

Cell (*for emergencies*): 602-883-5675

BAND App: In addition to information relayed at practice or by email, all communications can be found on the DA Cheer Band. All parents and cheerleaders (*who have a phone*) are required to be a part of our BAND group, provide an email, & stay up to date. **It is the cheerleader's responsibility to stay up to date and communicate with parents and coaches.**

→ Communication, as needed, should be through e-mail or the BAND app.



- Coaches will do their best to respond to emails within 24 hours during the school week.
- If a Parent/Guardian has a concern, it is important they take the concern directly to the coaches as soon as possible.

Athletes and Parents are to keep all communication via text, email, and BAND appropriate and respectful to all cheerleaders, coaches, and the program as a whole.

Chain of Command: Coaches > Athletic Director > Principal

Commitment

Cheer members will be bound by their contract from the day of selection until the end of the school year. Once a cheerleader is selected their 100% commitment is expected. Quitting during the season may result in money paid being forfeited and not being able to try out the next season.

To meet team expectations, we ask participants to work schedules around cheer. Planning Vacations, appointments, and other events (*doctor/dentist/birthday dinners/etc.*) so they do not conflict with cheer practices and events.

- Repeated absences from practices/games/mandatory events may result in a different position or exclusion from performances, or dismissed from the team.
- **Athletes are expected to give 100% effort all season, even when it is difficult.**
- Athletes are expected to participate fully each day, and do not get to choose to sit out.
- Athletes are expected to maintain healthy habits - staying hydrated, fueling your body properly, taking care of yourself.

Please see the Calendar Form to let us know in advance of any prior commitments.

Academic Eligibility

- Please see the attached **Dobson Academy Student-Athlete Code of Conduct.**
 - ◆ Maintain a **“C” average** in all core subjects.
 - ◆ Grade Checks happen every Wednesday morning. Athletes not meeting the academic requirements are ineligible until the following Wednesday grade check.
 - ◆ Coaches reserve the right to retrieve any school records regarding attendance in any class.

→ Suspension

- ◆ Athletes suspended from school are also suspended from cheer events for the same duration/dates (*subject to the coaches & Athletic Director's discretion*).

NOTE: Academically ineligible cheerleaders **MUST** still attend all practices & events, and will be given the opportunity to do their school work then/attend tutoring.

Finances & Fundraising

Program Fees:

- All payments must be made on time. Financial challenges should be communicated in advance of due dates.
- If you have any additional questions regarding payments, balance, etc. please contact Coach Alicia or Audrey.

Tax Credit: AZ Tax Credit is available to pay for Cheer expenses.

Fundraising Goals:

Below is an estimated breakdown of our fundraising goals for this year. Multiple fundraising opportunities will be available for both individual and team fees.

- | | |
|----------------------------|---|
| → Competition Fees | → Program Equipment (<i>poms, megas, signs, etc.</i>) |
| → USA Jr. Spirit Nationals | → Cheer Mats |
| → Additional Team Gear | |

NOTE: Cheerleaders are expected to attend all fundraising events. Dates can be found on the Master Calendar & BAND App.

Attendance/Tardies

Attendance is MANDATORY for all scheduled practices and events.

- Members will come prepared, ready to work, and participate with enthusiasm to the best of their ability.
- Athletes should arrive at the expected/communicated time to all events.
- Failure to be prepared at the start of practice/events (*dressed, jewelry out, hair up, shoes on*) will constitute being tardy.
- Tardies may result in consequences for the cheerleader including but not limited to; benching or athletic conditioning.

Frequent or continued absences may result in cheerleaders being benched or pulled from performances/activities/competitions at the coaching staff's discretion.

- Please contact Coach Alicia as soon as possible if an emergency arises that will impact your attendance to a practice/event.
- Parents/Guardians are expected to make sure their cheerleader arrives at practices, games, and other activities at the designated time.
- Parents/Guardians agree to ensure the cheerleader has notified the coach as far in advance as possible or as soon as they know about absences or tardies to practice, games, events, etc.

All events can be found in the Master Calendar & BAND App.

Practice

- Monday - Friday, 3:30-5 Pm in Nov: 3:30-5:30
- Additional Evening & Saturday practices may be called as needed closer to performances/competitions.

Locations:

Dobson Academy

Cheer Gym (TBD)

NOTE: Practices are closed to family, friends, & siblings to maintain focus and make the most of limited time, unless otherwise specified.

Expectations:

- Come to practice on time, ready to go - that means you are already changed out, snack eaten, shoes on, ready to start.
- **CORRECT** practice attire for the day (*Schedule posted in BAND*).
 - ◆ Practice shirt + black athletic bottoms + cheer shoes
- Hair is up/away from face.
- **No jewelry. No exceptions.** (*NFHS Article 3-1*).
- Nails trimmed to a short, safe length.
- Phones put away for the entirety of practice (*Parents have coaches' cells for emergencies*).
- No gum.
- **Please bring water!**

Games

Sideline Sports: JH/Elem Boys Basketball (*October-May*)

- Athletes must be present for the majority of the school day, the day of a game in order to cheer that night.

- Cheerleaders can expect to cheer up to 3 games a week depending on the season schedule and our competition schedule.

Game Day Expectations

- Arrive at the expected/communicate time.
- Cheerleaders should arrive dressed out, water-filled, & snack eaten prior to arrival time.
- If you do not have your poms or cheer shoes you will sit out of the game.
- Athletes must wear makeup and hair correctly and must make changes if asked by a coach.
- While in uniform at games/performances/activities, the attention of the squad must remain on the game/performance/activity at all times. Coaches & captains will be the only ones communicating to call chants, cheers, stunts, or dances.
- Athletes may not go into basketball/competition stands to talk with parents or friends without receiving approval from a coach first.

NOTE: *Failure to arrive at games on time or dressed out in the appropriate attire can result in the benching and/or conditioning demerits.*

Competition

There are 3 competitions that this team can compete in, including the USA Spirit Nationals in Anaheim, California

- USA Regionals (3)
 - USA Regionals (2)
 - USA Spirit Nationals
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- **Competitions are mandatory, all-day events, and cheerleaders should plan their schedules accordingly.**
 - **Athletes are expected to be at all practices in the two weeks leading up to a competition.**
 - It is up to the coaches' discretion which members will compete. Coaches reserve the right to add/replace a student for competition.
 - Nails must be short and clean of any and ALL polish for competitions and performances. *This includes but is not limited to; traditional nail polish, gel nail polish, acrylics etc.*
 - Athletes must wear makeup and hair correctly and must make changes if asked by a coach.
 - Please keep in mind cheerleaders may have additional expenses related to competitions, including Makeup, Hair, Optional Merchandise, etc.

- Mandatory practices outside of usual practice times will be set up for competition and scheduled in advance.

All choreography & competition dates can be found in the BAND App or BAND CALENDAR.

2024-25 Competition Divisions:

- **Show Cheer:** a 2:30 minute routine including a cheer, jumps, tumbling, stunting, and dance sections

Appearance & Behavior

Cheerleaders should set an example for the student body and represent the team in a positive light. Members of the cheer team will be held accountable for their actions and behavior within, and outside the school environment (*including social media*).

- Cheerleaders will maintain proper care of the uniforms and are not to be worn outside of games, competitions, performances unless directed by coaches.
- Smoking, drug use, vape use, alcohol use, profanity at any event or at school, ditching classes, breaking school rules, inappropriate use of the internet will be addressed.
- **Social Media:** Posting/sharing inappropriate pictures/videos via social media or text messages, especially while wearing anything saying DA Cheer on your outfit or representing DA in any way will be addressed. *This includes any content with “red cups”, vape pens, drug paraphernalia, at parties, inappropriate hand & finger signs, or engaging in inappropriate behaviors.*

Safety

- **All safety rules of the NFHS are enforced.** Cheerleaders are responsible for adhering to safety rules during practice and games.
 - ◆ **ABSOLUTELY NO STUNTING ALLOWED WITHOUT A COACH PRESENT.**
 - ◆ Nails must be kept short (*not to be seen over fingertips*) AT ALL TIMES. If a cheerleader has nails that are not short they may be asked to sit out for the day.
 - ◆ **Athletes are not allowed to wear any kind of jewelry when participating.** This includes medical bracelets or necklaces that are not securely affixed to the body. (*NFHS Article 3-1*)
- **All injuries need to be reported immediately to a coach.**
- Coaches will work on a case-by case-basis to allow cheerleaders practice modifications. However, if there are recurring issues cheerleaders will be required to see a physician. **If there is no injury, the cheerleader will be expected to participate at full capacity.**
- Any new skills need to be pre-approved by coaches before performing. Coaches will be doing skills tests periodically.

While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.

Parents/Guardians

Please see the attached **Dobson Academy Parent/Spectator Code of Conduct**.

Active involvement & support from family and friends is what really helps us have such a successful program!

First Week Checklist

- ☐ **VerticalRaise Team Launch Sheet due Tuesday October 15th**
 - ☐ Friends, Family, and Potential Donors - 15 email addresses / 5 phone numbers
- ☐ Paperwork due **ASAP**
 - ☐ Program Contract
 - ☐ Calendar Form
 - ☐ Media Release Form



Parent-Guardian Info Form

- ☐ **Payments** (www.dobsonacademy.org/payments)
 - ☐ **Pay-to-Play Semester 1** - \$125 - **FRIDAY**, October 25th, 2024
(NO UNIFORMS UNTIL PAYMENT IS MADE)
SPIRIT SHIRTS WERE TAKEN CARE OF BY LAILAS GRANDMA (HUGE THANK YOU!)
 - ☐ **Tumbling classes** - Roughly around \$75-\$100 - TBD
 - ☐ **Cheer Shoes** - <https://a.co/d/ePqJf19>

When making a payment online, please specify what you are paying for under "Additional Info"

- ☐ Upload/Update student profile on **RegisterMyAthlete.com** due *(these are all digital forms)*
 - ☐ Recent physical (*within a year*)
 - ☐ concussion certificate
 - ☐ student/athlete handbook
 - ☐ injury treatment waiver
 - ☐ permission-to-travel waiver

Calendar Form

Cheerleader: _____

Please list any pre-planned vacations, events, etc. **Reminder:** Athletes may not be allowed to participate in a game, activity, or performance if practice is missed within 2 weeks of a scheduled event.

AUG	SEPT
OCT	NOV
DEC	JAN
FEB	MAR
APR	MAY

All events can be found in the Master Calendar & BAND App.

1	We have carefully read and understand all the content of the DA Cheerleading Contract and understand the time commitment, associated costs, & expectations of this program.	PARENT INITIALS_____ ATHLETE INITIALS _____
2	We understand and accept that coaches make the final decisions, and positions/roles in a routine may change throughout the season at their discretion.	PARENT INITIALS_____ ATHLETE INITIALS _____
3	We have read and understand the academic eligibility requirements for students to participate and remain on the team.	PARENT INITIALS_____ ATHLETE INITIALS _____
4	We have read and understand the financial and fundraising requirements & expectations associated with the DA Cheer Program. Failure to keep up to date with payments can result in benching or removal from the team. In the event of dismissal from the team, cheerleaders are not guaranteed a refund.	PARENT INITIALS_____ ATHLETE INITIALS _____
5	We have carefully read and understand the attendance expectations for students to participate and remain on the team.	PARENT INITIALS_____ ATHLETE INITIALS _____
7	We have read and understand the expectations for cheerleaders and parents/guardians regarding practices, games, and competitions.	PARENT INITIALS_____ ATHLETE INITIALS _____
8	We have read and understand the expectations for cheerleaders and parents/guardians regarding general appearance, behavior, and communication.	PARENT INITIALS_____ ATHLETE INITIALS _____
9	Dobson Academy, BAC, and Coaches are not responsible for any lost/stolen/damaged items.	PARENT INITIALS_____ ATHLETE INITIALS _____
10	A student may be dismissed from the squad at the discretion of the coach and/or administration for such actions set in the Cheer Contract, Student Handbook, Athlete Code of Conduct, and CAA Rules and Regulations.	PARENT INITIALS_____ ATHLETE INITIALS _____
11	I have been properly advised, cautioned, and warned by the coaching staff and administration that it is possible that I can be injured when participating in athletics. I still wish to participate. My parent(s)/guardian(s) also wish for me to participate.	PARENT INITIALS_____ ATHLETE INITIALS _____

We, the _____ family, understand the above contract is subject to change. We understand what the contract says and will adhere to the contract for the 2024-2025 school year.

Student (*printed*) _____

Parent/Guardian (*printed*) _____

Student (*signature*) _____

Parent/Guardian (*signature*) _____

Date Signed _____

Date Signed _____