



WEST ALBANY

CHEERLEADING

2025-26 Handbook

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Cheer Website:
bit.ly/wahscheerleading



West Albany High School Cheerleading Expectations

Cheerleading at West Albany High School is a deep rooted tradition, with foundations in leadership, community involvement, school spirit, and most of all – hard work.

It is the goal of the coaching staff and of the program to create and maintain a championship and leadership guided cheerleading squad with positive, well rounded cheerleaders by fostering a goal oriented squad that promotes positive school spirit, ethical conduct, accountability, fair play, good sportsmanship, school unity, and support for fellow athletes while maintaining a high level of respect for themselves, their community, and their school.

General Responsibilities

Throughout the year, cheerleaders will be responsible for attending a multitude of activities. All activities are considered to be mandatory, unless communicated otherwise. Student Athletes will be expected to attend all summer practices, summer camp, cheer class practices, after school practices, kids camps, committee work, all football games, all home basketball games, all designated playoff games, community service events, fundraisers, competitions, and all other events as designated by the cheerleading coaches. An online calendar is kept by the coach and can be accessed by squad members and their parents at any time.

Attendance

- I. Attendance at any team function is always considered to be mandatory, unless the activity is expressly designated as optional by the coach.
- II. Athletes are expected to be at the event, ready to go at least five minutes before the designated time.
- III. A job, homework, lack of transportation, or other engagements is no excuse for tardiness or absences. The only excuse for missing a practice, game, or meeting is an illness/injury, family emergency (funeral, accident, etc.), or a sport/activity conflict that is **pre-approved** by the cheer coach.
- IV. Absences must be communicated to your coach ASAP via text or in person. Sending a message through another squad member is unacceptable.

Code of Conduct

Cheerleaders are at all times representing themselves, their teammates, their parents and coaches and their school community. Their behavior is expected to reflect this fact.

- I. Cheerleaders are responsible for controlling the attitudes of the crowd as much as possible. Athletes demonstrate leadership skills by setting examples for the rest of the student body.
- II. During games, all cheerleaders not performing will stand, in uniform/warm ups, in the WAHS rooting sections at all times, and will conduct themselves in an appropriate manner while cheering and helping lead the crowd in support of WAHS.
- III. Athletes will show respect to all staff members, administrators, custodians, and students, in our own school as well as students, parents, staff and coaches from other schools.
- IV. Athletes are expected to represent themselves, their teammates, their coaches, their school, and the West Albany Cheerleading program in a positive manner. This representation is in action as well as in communication. **Inappropriate representation, including via text message or social networking, will not be tolerated.** Athletes are expected to conduct themselves in a responsible, respectful manner at all times. The school dress code should be followed and athletes should not wear clothing representing/associated with sex, drugs, or alcohol (Playboy, Virginity Rocks, Cookies, etc.) to school.
- V. If an issue arises with an athlete, they are expected to come and communicate with the coaching staff directly. Before coaches will discuss the matter with any parents involved, it is expected that the athletes attempt to communicate and resolve the issue themselves alongside the coaching staff.

Alcohol, Tobacco and Controlled Substances Policy:

WAHS Cheer has a “**zero tolerance**” policy regarding controlled substances, alcohol and tobacco. Possession, consumption, or use of any illegal controlled substance, alcohol or tobacco will be dealt with swiftly and justly, within the policies of West Albany High School, the Mid-Willamette Conference Code, OSAA, and the National Federation.

Academic Expectations

- I. In order to maintain academic eligibility, all student athletes are expected to maintain at least a 2.50 GPA, be passing five classes at all grading periods, and have a maximum of one F at all times. Failure to meet these standards will result in a contract, followed by potential suspension from activities.
- II. Squad members must attend all classes the day of a scheduled activity or game in order to perform, unless the absence is excused for a pre-arranged appointment.
- III. All team members are required to enroll in the WAHS cheerleading class.

Practice Rules

All practices, including classes, are considered to be **mandatory**. Safety is the number one concern of the West Albany coaching staff.

- I. Stunting, tumbling, and jumping **will only be done in the presence of WAHS coaches**. Failure to comply with this rule may result in the suspension of a member's participation in an event.
- II. Stunting, tumbling, and jumping will only be done on approved surfaces and using approved safety equipment and procedures including spotters, mats, and padding.

Uniforms

Cheerleaders are responsible for the purchase and maintenance of their uniforms and shoes.

- I. Uniforms must be cleaned and neat. Team athletic shoes must be worn with uniforms at all times (no Uggs or flip flops) and they must also appear to be clean and white.
- II. Uniforms will be worn during school on both home and away game days. Only the uniform designated by the coaches will be allowed at games and competitions. Teammates will wear matching clothes.
 - a. If the athlete forgets to wear their uniform on game days they will sit out of the first half of the game.
- III. If you are missing a piece of your uniform, including a hair bow and **WHITE LOW** socks, you will not be allowed to cheer.
- IV. You are not to loan out your uniform, warm ups, team t-shirts, etc. for others to wear.
- V. During practice and performances the following appearance related guidelines must be followed:
 - a. Fingernails must be kept short, whether artificial or natural. During competition season (October-February) no artificial nails are allowed. Nail color for competitions should be clear or nude.
 - b. No jewelry whatsoever will be allowed. This includes watches, rings, earrings, belly button rings, necklaces, wrist and ankle bracelets, etc. New piercings are no exception.
 - c. Hair must be worn in the determined manner for the performance or competition. For competitions, hair will be worn up/back with no hair in the face. For sideline performances hair may be worn half up or half down, as determined by the coach or designated game leader.
 - d. No visible tattoos or other body markings will be allowed.

Financial Obligation

Any money due that is not raised through fundraisers is the personal responsibility of each athlete. It is recommended that payments are made directly to Coach Wadlow before school begins. After that, payment should be made to the bookkeeper in the front office. Payments may be cash, check made out to West Albany High School (cheer in memo), or card (details on final page).

- \$300 due April 25, 2025
- \$500 payment due June 1, 2025
- \$500 payment due August 1, 2024
- \$500 payment due December 1, 2025
- Remaining balance due February 1, 2026

Individual Cost (* if cheerleader is returning they may not need this item)	
Shell*	170
Skirt (new design this year, all will need)	95
Navy Midriff (new this year, all will need)	75
Tri Color Midriff*	95
Under Shorts*	25
Outdoor Shoes	70
Indoor Shoes	95
Sweats (new this year, all will need)	45
Leggings*	40
Coat (new this year, all will need)	90
Jacket*	155
Backpack*	115
Shirt 1	12
Shirt 2	12
Shirt 3	12
Camp Shorts 1	35
Camp Shorts 2	20
Bows (2 camp, 2 comp)	20
Party/Banquet Contribution	20
Sweatshirt	40
Optional Rhinestone Sweatshirt*	45
Set of 2 Poms	65
Senior Gift/Night Contribution	10
Comp Entrance Fees Contribution	100
Choreography and Music Contribution	105
Dream Camp	500
August Bonding Event	35
OE Camp	220
Resistance Band	5
Ankle Weights	10
Tumbling Mat	45
Estimated Total	2371

Fundraisers

Athletes will be encouraged to participate in several team fundraisers throughout the year. These will cover purchases of new equipment, coach stipends and training (the district only pays for head coach and one assistant), and help to lower individual costs. We will also offer several individual fundraising opportunities throughout the year. These are optional, and funds raised will go directly to the athlete's individual cheer bill.

- Team Fundraisers (highly encouraged participation)
 - Youth Cheer Clinics- Fall and Spring
 - Sponsorship Sales- Spring
 - Possible Competition in January
- Individual Fundraisers (optional participation)
 - Presale Fundraisers- Krispy Kreme, pies, cookie dough, etc.
 - Table Sales (in front of stores)- Krispy Kreme, candy, blankets, etc.
 - Change Drives- coordinated/approved by coaches only, these are not to be done individually
 - Social Media Collections- coordinated/approved by coaches only, these are not to be done individually. Examples: Sponsor my Uniform, Sponsor my Camp, etc.

Parental/Family Involvement

Varsity parents/family will have the opportunity to volunteer for our Cheer Booster Committee. This committee will meet occasionally and communicate via email/text to plan fundraisers, team dinners, goodie bags, team parties, and bonding events. Participation on the Cheer Booster Committee is optional. JV parents are encouraged to work with coaches to form a similar committee to support their team with similar activities.

Time Commitment

- **April-August-** Pre-Season Practices 2x per week. These are not mandatory, meaning the athlete will not be penalized or removed from the team for lack of attendance. However, attendance is highly encouraged and expected unless the athlete has made prior arrangements with their coach (family vacations, another sport, work, etc.).
Overnight Cheer Camp (Dream Camps at Lewis and Clark) is July 22-25. OE Cheer Day Camp (at WAHS) is Aug. 4-5. Beginning August 18 practices will be mandatory.
- **Sept.-** Practices 1-2x per week. Football games 1x per week. JV athletes cheer at their game and are required to attend home varsity football games as a part of the student section. We will host a Future Bulldog Cheer Camp (individual fundraiser if parent or athlete participates). Varsity will spend a weekend learning state routine choreography.
- **Oct.-** Practices 1-2x per week. Football games 1x per week. We *may* send athletes and stunt groups to compete at All State. Possible Football games continuing throughout the month depending on playoffs.
- **Nov.-** Practices will be 1-3x per week. Varsity will compete at the OCCA Gameday Championships. Possible Varsity Football games continuing throughout the month depending on playoffs.
- **Dec.-** Practices will be 2-3x per week. We will likely compete one Saturday in early December. There will be practices over Winter Break and a poll will be taken to determine the best dates for attendance.
- **Jan.-** Practices will be 2-3x per week. Basketball games will be 1x per week. We will likely compete 2-3 Saturdays this month.
- **Feb.-** Practices will be 2-3x per week until competition season ends. Basketball games will be 1x per week. We will likely compete the first three Saturdays of the month, including the OSAA State Championship. Practices will be 2-3x per week until competition season ends.
- **March-April-** Basketball playoffs are possible in early March. Cheer class will continue to prepare for tryouts and next season.

STUDENT AND PARENT PLEDGE/ACKNOWLEDGEMENT

I acknowledge that I have read, understand, and agree with the guidelines and rules established for all team members of the West Albany High School Cheerleading Program as written in the West Albany Cheerleading 2025-2026 Handbook. I understand that failure to comply with these terms could result in suspension or my removal from the team. I further understand the student's role in maintaining West Albany High School's high traditions and standards, and I pledge to honor them.

Student Name: _____
(Please print)

Student Signature: _____

Date: _____

As a parent/guardian, I acknowledge that I have read, understand, and agree with guidelines and rules established for all team members, including my child, of the West Albany High School Cheerleading Program as written in the West Albany Cheerleading 2025-2026 Handbook. I understand that failure to comply with these terms could suspension or their removal from the team.

Parent Name: _____
(Please print)

Parent Signature: _____

Date: _____

IMPORTANT:

- Please return only this page to Coach Wadlow. The handbook itself should be kept by the student/family for future reference.
- This signed document of acknowledgement will be placed in a personal student file kept by Coach Wadlow.