



Dear potential Spring Woods High School Tiger Cheerleader/Mascot,

The Spring Woods High Tiger Cheer program is excited to welcome you to tryouts for our growing program! The SWHS Cheer Team is a competitive high school team while also promoting school spirit and cheering on the sideline for our Football and Basketball seasons. We are so thrilled you are interested in being a part of our team and are looking forward to seeing all the talent coming to our clinics and tryouts!

### **TIME AS A CHEERLEADER**

Athletes will be considered SWHS cheerleaders from announcement of squads until the last cheer event of the cheer season.

### **CALENDAR SEASONS**

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

<b>Calendar Season</b>	<b>Time Frame</b>	<b>Events</b>
Summer Season	May-July	Summer conditioning, UCA Cheer Camp
Fall Season	August - Mid November (Depending on playoffs)	Football games/Pep Rallies
Winter Season	November - Mid February (Depending on playoffs)	Competitions / Basketball Games
Spring Season	Typically, February - May Off season	Tryouts + Spring game for new team.

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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)
- 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)
- 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)
- 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 Spring Woods 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)
- 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 3 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.

## **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 Competitions.
- 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 the field/gymnasium for mandatory events.
  - UCA Camp and at USA/UCA 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 a 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:
  - 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.

### SUMMER PRACTICE SCHEDULE

- Three weeks before camp: Tuesdays - Thursday for about 3 hours
- Optional tumbling practices will be taught through Five Star Athletics. Additional prices will be applied through Five Star.

### SCHOOL YEAR PRACTICE SCHEDULE - Fall Schedule

- Practice every day during the class period unless otherwise.
- Tuesdays and Thursdays: Practices will run until after school 4:30pm

- Optional tumbling practices will be Sundays through Five Star Athletics. Additional prices will be applied through Five Star.

Impromptu practices may be added for additional practice.

## **GAMES AND PERFORMANCES**

One of our roles as a cheerleader is to provide support for other Spring Woods 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 30 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 SWHS coach.
- Transportation will be provided to ALL performances, unless otherwise.
- 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 football and basketball games.
- When traveling, the squad will meet at SWHS and take a school bus to location.
- 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.
- 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, unless excused, they will be set on probation and be ineligible to cheer.
- Work, hair appointments, nail appointments, family vacations, or too much homework are not valid reasons to be missing practice or games.

## **TARDIES AND ABSENCES**

### **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.

### **ABSENCES**

- Absences from practices may only be excused by a parent contacting the head coach PRIOR to the day of 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 outside of practice hours unless it is an emergency.

## **CAPTAIN: ELIGIBILITY AND SELECTION REQUIREMENTS**

- Captain selection will be decided before summer practice and UCA Camp and must be on the team the previous year.
- 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
- Captain selection will include input from all members for that given team (anonymous vote)
- 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 but not limited to:

- Make sure that members are ready for performances.
- Will work with the Coach to designate squad uniforms for games, Spirit days, and 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: 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

### **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 SWHS 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 advertise fundraiser
- 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.

### **FUNDRAISING**

We must fundraise all year long 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/Guardian Conduct**

All parents and guardians are expected to maintain respectful and appropriate behavior when communicating with coaches, staff, other parents, and cheerleaders. Disruptive, disrespectful, or hostile conduct by a parent or guardian—whether in person, in writing, or online—will not be tolerated.

Please note:

Unruly or inappropriate behavior by a parent or guardian may result in disciplinary action, up to and including the dismissal of their child from the cheerleading program, at the discretion of the coaching staff and school administration.

We are committed to fostering a positive and supportive environment for all team members and families.

### **STUNTING/TUMBLING SAFETY GENERAL RULES**

- 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 Spring Woods 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.

### **UCA CAMP**

All cheer members are to attend summer camp. Spring Woods High will be attending a summer camp. This camp is crucial to athlete stunt safety and training.

### **FUNDRAISERS**

We take fundraising very seriously; our hope is that athletes are able to fundraise the 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 all ideas for fundraising. Below is a list of potential fundraisers for this upcoming season.

#### **List of Fundraisers:**

- Text Message Blasts (directly after tryouts) - funds to individual camp fees and team account

- Football Cub Camp - funds to team account
- Tamales Fundraisers - funds to team account
- Basketball Cub Camp - funds to team account

### **UNIFORMS AND PROPS**

All Cheer squads will wear the official school colors of Black, Gold, and White.

- The Coach will select the uniform for all squads.
- ALL CHEERLEADERS will borrow the main black uniform unless you decide to purchase your uniform. Borrowed uniforms are property of the SWHS cheer program and must be returned in perfect condition at the end of the season, if otherwise athletes will be charged the full amount to replace that specific uniform.
- If you would like to purchase your own uniform, the coach will be able to assist you.
- *Varsity team will be able to borrow/rent white uniform on the day of said performance and return the uniform on the same day after the said performance.*
- The cheer team will have their own purchased poms.
- Uniforms will always be neat, clean, and in good shape.
- Athletes may not alter their uniform without prior approval from the Coach. This includes cutting shirts, sweatshirts, rolling shorts/sweatpants.
- Uniforms are not allowed to be worn to school, you must change into uniform before performances and change back to school clothes after performances.
- Athletes will not attend parties in uniforms. Uniforms should only be worn to school, school approved events, or school approved performances

### **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.

## **2025 - 2026 Spring Woods High School Tiger Cheer Packet**

**\*Keep pages prior to this one for your knowledge and turn in the rest of the packet\***

**Athlete Name:** \_\_\_\_\_

**Current Grade Level (2025-2026):** \_\_\_\_\_

### **CHEERLEADING CONTRACT AGREEMENT**

I, \_\_\_\_\_, have read the Spring Woods High School Cheerleader Contract regarding the expectations for members of the SWHS 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: \_\_\_\_\_

### GRADES AND BEHAVIOR FORM

This form is to be filled out in ink by teachers ONLY!

Period	Class	Grades		Excessive Tardies/Absences	Comments	Teacher Signature
		SM1 Grade	Current Grade			
1				Yes / No		
2				Yes / No		
3				Yes / No		
4				Yes / No		
5				Yes / No		
6				Yes / No		
7				Yes / No		
8				Yes / No		

If you (student) have any failing grades and/or excessive absences/tardies, write an explanation on the back of this page.

### BEHAVIOR

To be filled out by AP/Counselor

Tardies: \_\_\_\_\_ Unexcused Absences: \_\_\_\_\_

If you have more than 10 tardies/unexcused absences, write an explanation on the back of this paper.

Detentions: \_\_\_\_\_ ISS Days: \_\_\_\_\_ OSS Days: \_\_\_\_\_

If you have more than 10 tardies/unexcused absences, write an explanation on the back of this paper.

AP/Counselor Name: \_\_\_\_\_

AP/Counselor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Grade Explanation:

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Tardies and/or Absences Explanations

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Detention/ISS/OSS Explanation

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### Parent/Guardian Permission

I give my permission for my child \_\_\_\_\_ to participate in the Cheer clinics, tryouts and a position on the Spring Woods High Cheer during the 2025/2026 school year. I also acknowledge that my child and I have read and understand the summary of the Spring Woods High Cheer Constitution and agree to abide by its rules if she/he is selected as a member of the Spring Woods High Cheer & Stunt Team. Please sign and return this acknowledgement with the try-out packet.

I have read the Spring Woods High School Cheerleader Contract. I agree to my child's participation in the tryout and team 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 SWHS cheerleading squad, it will be necessary for me to help him/her abide by athletic rules and regulations contained in the SWHS 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 Spring Woods High School Cheerleading Squad and permanent dismissal revokes tryout privileges for the following year.

Parent's Name: \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ 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: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Permission for Treatment**

I, \_\_\_\_\_, grant permission for the cheerleading coach(s) at Spring Woods 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 2024/2025

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Media Release**

I give my permission for my child \_\_\_\_\_ to have their photograph taken and have the possibility of it posted on but not exceeding the following locations for the 2024/2025 school year:

- Any Spring Woods High affiliated social medias SWHS Cheer Social Media (Instagram, Twitter, & TikTok)
- The Spring Woods 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.



Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Financial Commitment**

This agreement outlines the financial obligations required for participation in the SWHS Cheerleading Program. By signing this document, the parent/guardian and cheerleader agree to accept full responsibility for all costs associated with the program. Participation in cheerleading includes required fees and expenses which covers, but is not limited to: uniforms, practice gear, camp, accessories, and administrative fees.

### **1. Payment Deadlines**

All cheer-related fees must be paid in full by the established deadlines. Payments must be made through the approved school/vendor payment portal or as directed by the coaching staff.

### **2. Missed or Late Payments**

If payments are not made by the stated deadlines:

- The cheerleader may be restricted from participating in practices, events, or performances until the balance is brought current.
- Continued failure to meet financial obligations may result in removal from the program.

### **3. Non-Refundable Policy**

All payments made toward cheerleading expenses are non-refundable, regardless of a cheerleader's continued participation. This includes, but is not limited to, situations where a cheerleader:

- Voluntarily withdraws from the program
- Is removed for disciplinary or academic reasons
- Becomes injured or ineligible

### **4. Financial Hardship**

We understand that financial difficulties can arise. If at any point you are unable to make a payment, please contact the coaching staff immediately to discuss possible arrangements. Open communication is essential.

### **5. Agreement to Pay**

By signing below, I acknowledge and accept the full financial responsibility for my child's participation in the SWHS Cheerleading Program. I agree to make all payments by the deadlines and understand the non-refundable nature of the fees.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_