



## ALCOA HIGH SCHOOL

1205 Lodge Street • Alcoa, Tennessee 37701

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March 28, 2018

Dear Parent or Guardian,

We are so excited that your daughter has expressed an interest in trying out for Alcoa High School Cheer! If selected there are certain obligations and financial responsibilities that you and your student must assume in order to be a cheerleader.

Enclosed you will find a copy of the Rules, a summer schedule, a permission slip, an application, and a list of financial requirements. **Please read them carefully with your daughter before signing the permission slip.** The rules will be enforced, therefore you are expected to understand them and agree to support the coaches.

The cheerleader application form, permission slip and a copy of insurance must be handed in by April 6th by 3:45pm. Without these items, your student will not be able to participate in the clinic and this will keep them from trying out. Your student will not be permitted to miss any day or time from clinic.

We look forward to working with your student during the upcoming clinic and try out.

Thank you for your cooperation,

Leslie Stevenson  
Cheer Coach

Leann White  
Assistant Coach

Cc: Josh Stephens, Athletic Director  
Becky Stone, Principal

## PERMISSION SLIP

My child \_\_\_\_\_ has permission to try out for the Alcoa High School Cheer Squad. Clinic will begin April 10th and end April 12th, 4:00-5:30 each day. Tryouts will be held April 13th at 4:30 in the high school gym.

As a parent/guardian of \_\_\_\_\_ I have carefully read the Rules and Regulations governing cheerleading at Alcoa High School. I understand the cost of being a cheerleader. If my child is selected to be an AHS Cheerleader, I agree to abide by the Rules and give my support to my child, the squad and the coach. Also, I understand the time and commitment that cheering requires.

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

\_\_\_\_\_  
Date

I have carefully read the Rules and Regulations governing cheerleading at Alcoa High School. I understand and agree to abide by them. If selected to be an AHS Cheerleader, I agree to give my support to my squad and my coach. Also, I understand the time that cheering requires.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**ALCOA HIGH SCHOOL  
CHEERLEADER APPLICATION**

STUDENT NAME: \_\_\_\_\_

PARENTS.  
GUARDIAN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PARENT CELL: \_\_\_\_\_

STUDENT CELL: \_\_\_\_\_

PARENT/  
GUARDIAN EMAIL: \_\_\_\_\_

CURRENG GRADE: \_\_\_\_\_

# Alcoa High School Cheerleading

## Rules and Regulations

### Purpose

- A. To strive to promote enthusiasm and school spirit, to encourage good sportsmanship, and to support athletes at all athletic events.
- B. To develop and learn leadership qualities as well as those skills necessary for working as a member of a team such as support, encourage, understanding, respect, responsibility and tolerance.
- C. To exemplify respect for the opposing team and cheerleading squad, game, officials, and all spectators.
- D. To represent Alcoa High School in the classroom and in the community with dignity and grace.

### Try-outs/Selection

- A. In order to try out, candidates must complete and return the AHS cheer application, signed permission slip, and a copy of insurance card. You must attend entire clinic to be eligible for tryouts. (Unless involved in another school sport/activity. Absence must be discussed with coaches prior to the day that is missed.)
- B. Cheerleaders must be re-selected each year.
- C. Cheerleaders will be selected by judges based upon performance of cheers, dance, jumps, a coaches score and teacher recommendations during tryout week.
- D. All candidates trying out must commit to all mandatory summer events including prep for camp, camp, fundraisers and any other practices and/or important dates deemed necessary by the coaches.
- E. All candidates must have a "C" average in all classes to be eligible for tryouts.
- F. All candidates must commit to cheer **BOTH** football and basketball as an AHS cheerleader before try-outs.  
**(Season: August-March)**
- G. Try outs will be judged by 3 outside judges, NOT THE COACHES. The decision of the tryout is final and NOT negotiable.

### Academics

- A. All cheerleaders must maintain a "C" average at all times in all classes during football and basketball seasons to be eligible to cheer. The coaches will review grades periodically throughout the seasons.
- B. If the cheerleader selected to the squad does not maintain a "C" average at all times, and then she is ineligible to cheer until that grade is brought up. In the event that a grade should fall below a "C", the cheerleader will have 3 weeks to bring the grade up and she must attend tutoring. After that time, if the grade is still below a "C", then a meeting between the cheerleader, coaches, teacher and principal will be held to determine further eligibility.
- C. All squad members must attend school in accordance with the Alcoa City Schools attendance policy.

### Summer Practices and Camp

- A. All cheerleaders are required to attend all summer practices. (See attached copy for dates.)
- B. All cheerleaders are required to attend summer camp. (See attached copy for dates.)
- C. Please try to schedule vacation during our dead period or off weeks. (See attached copy for dates.)

### Regular practices (violation results in italics)

- A. The coaches (prior to the beginning of the season) will make a practice schedule.
- B. Occasionally additional practices may be necessary for pep rallies, dance performances, etc. Every effort will be made to give plenty of advance notice.
- C. Practices are closed to everyone except the cheerleaders and coaches, unless otherwise deemed necessary by coaches.
- D. Be on time (dressed and stretched by time to begin) and stay for entire practice. (*Running drills after practice*).

- E. If there is a school-sponsored conflict with any practice, a note must be submitted to the coach from the faculty sponsor of the event BEFORE the practice. (*Unexcused absence if failure to do so.*)
- F. Be properly dressed for practice, including correct outfit and cheer shoes. No undergarments should be showing. NO basketball shorts or cut off t-shirts should be worn to practice. (*Running drills.*)
- G. No jewelry. (*Running drills.*)
- H. Cheerleaders are not permitted to stunt or tumble without a coaches presence. (*Running drills*)
- I. Please try to schedule appointments on practice days. (Doctor, dentist, orthodontist, etc.)
- J. No cell phones will be visible during practice times. They should remain in purses or backpacks until after practice unless permission is given from a coach.

### Games (violation results in italics)

- A. Cheerleaders cheer for all varsity football and assigned basketball games.
- B. If a bus is provided, cheerleaders will ride it to the out of town games. If they do not, they will not perform. Cheerleaders will be allowed to ride home with parent(s) or guardian only if a note is submitted to the coaches before the game.
- C. Cheerleaders must arrive dressed and ready for football games 1 hour before game time and for basketball games 30 minutes before game time. During this time, they should completely stretched and making preparations for the game. Uniform is to be buttoned and zipped at all times. Each girl should be dressed with scheduled uniform and hair bow. (*Benched if not wearing scheduled uniform. Running drills/benching if late to games.*)
- D. Cheerleaders must have all required items upon arrival, including pom-poms, headbands, gloves, etc. (*running drills or benching*)
- E. Cheerleaders should be on the field or court **in formation** one-minute prior to play. (*Running drills*)
- F. The TSSAA **strictly prohibits** the wearing of jewelry of any kind (including belly rings and earrings). Likewise, jewelry may not be worn in cheerleading pictures. (*Benching*)
- G. No gum, food, drinks or cell phones on the field or court. (*Running drills*)
- H. No glitter make-up, lotion, gel or powder and no glitter spray on uniform. Keep nails athletic length; clear, natural or french polish only. **YOU WILL NOT CHEER IF WEARING COLORED POLISH TO A GAME!**
- I. Hair should be pulled back in a ponytail with hair bow at all cheerleading events, unless otherwise instructed by the coach. Long bangs should also be pinned back and not hanging loose. (*running drills*)
- J. Stay in formation and in ready-to-cheer position during entire game. No excessive socializing while on the field or court. (*Running drills, benching*)
- K. No taunting, **cursing**, arguing with crowd, players, or officials. (*Running drills, benching*)
- L. During the playing of the National Anthem, stand at attention, looking at the flag without talking or moving during entire anthem. (*Running drills, benching*)
- M. If a cheerleader is removed from a game for injury, she will be expected to dress and sit with the team or coaches during the game. There will be no running around socializing.
- N. Know ALL sideline chants and cheers. Cheerleaders may be quizzed on these at random by coaches at any time. (*Running drills, benching*)
- O. Be RESPECTFUL, enthusiastic, cooperative, supportive, and energetic...and HAVE FUN!! This is the duty and responsibility for a selected cheerleader. (*Running drills, benching*)

### Attendance

- A. Attendance at all summer activities is required.
- B. The following guidelines apply to absences from **regular practices**:
  1. One of the coaches must be contacted **prior** to missing a practice.
  2. An **excused absence** from practice would be coach's prior notification of illness, a death in the immediate family, a school sponsored event (requires note from teacher), a medical emergency, or medical surgery (doctor's note). **NOT HAVING A RIDE TO A PRACTICE, WORK SCHEDULE, CHURCH ACTIVITIES AND OTHER NON-SCHOOL ACTIVITIES ARE NOT EXCUSED.** Appointments should not be scheduled on game or practice days.

3. If a cheerleader leaves school early on a practice day because of illness, they must notify one of the coaches of their early dismissal before leaving school.
  4. An **unexcused absence** from practice will result in benching for the first half of the next game.
  5. If a missed practice was one right before a pep rally (**excused or unexcused**) the cheerleader will sit out.
- C. The following guidelines apply to absences from **a game**.
1. The coach must be contacted by a parent/guardian prior to missed game.
  2. An **excused absence** from game would be coach's prior notification of extreme illness with doctor's note, a death in the immediate family, a school-sponsored event (considered only with prior note from teacher), medical emergency, or medical surgery. These situations must be made known to the coach, by the parent/guardian, as soon as possible before the event to be missed. **NOT HAVING A RIDE TO A GAME, WORK SCHEDULE, CHURCH ACTIVITIES AND OTHER NON-SCHOOL ACTIVITIES ARE NOT EXCUSED.**
  3. If a cheerleader leaves school early on a game day because of illness, they must notify the coach of their early dismissal before leaving school.
  4. An **unexcused absence** from a game will result in benching for the next game.
  5. More than 3 unexcused absences from games will result in dismissal from the squad.

### **General Conduct (violation result in italics)**

- A. By being part of the cheer squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is expected at all times, anywhere in the community and at all school functions where you are recognized as a representative of AHS. (i.e. NO FIGHTING, DRINKING, ETC.) (*Running drills, benching, or dismissal*)
- B. No public display of affection at school activities or while in uniform. (*Running drills, benching*)
- C. Promoting good sportsmanship by way of example is required at all times. Cheerleaders must not use foul language at practices, in school, at games, at camp. (*Warning, running drills; if pattern develops more serious consequences may be taken.*)
- D. Smoking, drinking, or use of illegal substances will NOT be tolerated. (*Dismissal*) Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member will result in meeting with the coaches, parent(s)/guardian and Athletic Director.
- E. In-school detention. (*Running drills, benching*)
- F. No distracting hair color.
- G. Any cheerleader removed from the squad for disciplinary reasons during the current cheering year will not be eligible to participate in next year's tryouts. In addition, any cheerleader quitting the squad prior to completion of the full year will not be eligible to participate in tryouts, unless a medical excuse is provided. (Nor will they receive any accolades, i.e. rings or sports banquet)
- H. Any cheerleader who is sent to the Alternative School or expelled will be removed from the squad.
- I. If a cheerleader is removed from a game for disciplinary reasons (by the coach, athletic director or any administration), she will be asked to leave. If transportation is not available, they will sit with the coaches.
- J. No visible tattoos OR facial piercings.
- K. Cheerleaders will not loan out any of their uniform to anyone. Warm-ups, camp wear and sweats are considered part of the cheer wardrobe and should also not be loaned.
- L. The Athletic Director may at anytime discipline a cheerleader for inappropriate behavior during a sporting event or during school.
- M. ANY FORM OF HARRASSMENT OR BULLYING (in person or via internet) WILL NOT BE TOLERATED AND WILL RESULT IN DISMISSAL FROM THE SQUAD.
- N. ANY CHEERLEADER WHO DISPLAYS ANY INAPPROPRIATE LANGUAGE, SONG LYRICS, OR ANY KIND OF HARRASSMENT VIA SOCIAL MEDIA (TWITTER, FACEBOOK, INSTAGRAM, SNAPCHAT ETC.) WILL BE PUNISHED.  
1<sup>ST</sup> INCIDENT-BENCHING FOR 2 GAMES WITH AN UNEXCUSED ABSENCE. CHEERLEADER WILL SIT WITH COACH DURING THOSE GAMES AND BE DRESSED IN UNIFORM.  
2<sup>ND</sup> INCIDENT-CHEERLEADER WILL BE DISMISSED FROM THE SQUAD AND MAY NOT TRYOUT THE FOLLOWING YEAR.
- M. ANY CHEERLEADER WHO HAS POSTED OR SHARED NUDE OR PARTIALLY NUDE PHOTOS THROUGH SOCIAL MEDIA OR TEXTS WILL AUTOMATICALLY BE DISMISSED FROM THE SQUAD.

## **General Information**

- A. Parents will be expected to help with fundraising events. Working as a team during fundraising helps keep the cost down for the whole team.
- B. Each girl will be responsible for keeping her locker area clean.  
The locker room is for cheerleaders and the coach only. It is not a place to have your friends meet you before or after games. If this should occur, they will be asked to leave.
- C. All fees are to be paid on time or arrangements made with the coach. Failure to do so will result in suspension from games until fees are paid in FULL. Practice will still be mandatory.

### **Punishment Definitions:**

- Warning:** a verbal or written notice from the coach regarding specific action. Multiple warnings regarding the same infraction can result in drills, benching, or parental meeting.
- Drills:** physical consequences including, but not limited to running laps assigned as result of rule infractions.
- Benching:** cheerleader will be in uniform at the game/pep rally and will sit with the coach, not socialize with friends and will only participate in stunts if told by the coaches.
- Dismissal:** cheerleader is removed from the squad. Cheerleaders who are dismissed or voluntarily quit have no rights to team awards, recognitions, etc. that are received after dismissal.  
All cheerleading items belonging to AHS must be returned immediately upon dismissal.

**ESTIMATED CHEER COSTS  
FOR 2018-2019**

CAMP	\$355
CAMP WEAR	\$120
SHOES	\$75
SWEATERS	\$75
WARM UP	\$100
BACK PACK	\$50
HAIR BOWS	\$30
TOTAL	\$805 APPROXIMATELY

**THESE PRICES ARE ONLY AN ESTIMATE.**

ALONG WITH THE COST ABOVE, EACH CHEERLEADER WILL BE RESPONSIBLE TO PURCHASE ON THEIR OWN A BLACK RAIN JACKET, BLACK GLOVES AND HEADBAND, A PAIR OF MAROON BLOOMERS, A PAIR OF BLACK BLOOMERS, WHITE LONG SLEEVE MIDRIFF AND A BLACK LONG SLEEVE MIDRIFF. THE RAIN JACKET AND BLOOMERS WILL NEED TO BE PURCHASED BY THE TIME WE GO TO SUMMER CAMP.

WE ARE OPEN TO IDEAS FOR FUNDRAISING. PLEASE LET US KNOW IF YOU SHOULD HAVE ANY IDEAS/CONCERNS.



April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Packets turned in by 3:45 to the HS.  
 Student & Parent Mtg 6:00  
 — Clinic —  
 4:00-5:30  
 • Mandatory •  
 Tournaments 4:00-6:00  
 Welcome mtg for New Squad 4-5

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Practice 4-5:30  
 Practice 4-5:30  
 Practice 4-5:30  
 Practice 4-5:30  
 Memorial Day  
 Practice 9-11  
 Practice 9-11

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Leave in the a.m.  
 TN TECH CAMP  
 Return in the afternoon  
 Mandatory  
 Practice 9-11  
 Practice 9-11  
 Practice 9-11  
 Practice 9-11  
 DEAD PERIOD

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Aug 1	Aug 2	Aug 3	Aug 4

← DEAD PERIOD →  
 School Starts  
 Atts Kiddie Camp  
 6-8pm