



2025-2026

INFORMATION PACKET



CLACKAMAS
HIGH SCHOOL
CHEERLEADING

CavalierCheer.com

Dear Parents and Athletes,

We are so excited that you are joining our Clackamas Cavalier Cheer Team! In this packet you will find guidelines and expectations for the Cavalier Cheer program. We ask that you read this packet carefully and ask any questions that may arise. This will ensure a clear and complete understanding of the commitment required for participations – for both cheerleaders and parents.

Being a part of a cheerleading team requires time commitments. During the cheer season, athletes are expected to participate in practices, tumbling and choreography during scheduled practice times, in addition to games and competitions. There will also be fundraisers and other events that we consider mandatory school activities. Only extenuating and special family circumstances will be legitimate reasons to miss a cheer activity.

We understand many athletes participate in multiple sports or activities that could potentially affect attendance. We ask that you please communicate with the coaches well in advance.

We have tried to outline the program in the most direct terms possible. We realize it may seem overwhelming at first; however, if we work together, we can accomplish all of the goals set for the coming year and minimize the financial burden on each family. The rules outlined are fairly enforced. Our coaches have the right to make any decision they feel appropriate. Additionally, all OCCA (Oregon Cheerleading Coaches Association), OSAA (Oregon School Activities Association), and NFHS (National Federation of High School Associations) rules and regulations will be enforced.

FUNDRAISING IS ESSENTIAL TO OUR PROGRAM, AND WILL REDUCE OUT OF POCKET COSTS! Estimated Expenses will be explained in further detail in this packet. Our goal is 100% participation from each of our athletes to help families to offset the costs.

We look forward to an amazing 2025-2026 cheer season at Clackamas High School!

Go Cavs!,

*Tiffani Cenicerros &
Cheylenn Wenzinger*



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MISSION STATEMENT

The mission of the Clackamas High School Cheer program is to support our athletic teams, contribute positively to the community, and encourage academic excellence while pursuing the skills and athleticism needed to be an award-winning competitive team. We center our contribution to our intersection communities by being champions of equity, diversity, and belonging.

As cheerleaders, we demonstrate and actively advocate for our communities to build equitable spaces for all. We will know we are successful when others actively join us in the process of learning and building towards greater equity and equity-minded people in the Clackamas community.

VISION STATEMENT

Our vision for the Clackamas High School Cheerleading Team this season is to foster a supportive and inclusive environment where every member can thrive and reach their full potential. We aim to inspire and uplift our school community through our dedication, teamwork, and spirited performances. By embodying the values of integrity, perseverance, and excellence, we strive to be recognized as a leading force in the realm of high school cheerleading. Through our hard work, passion, and commitment, we will create lasting memories and leave a positive impact on our school and the broader cheerleading community.

The guidelines and expectations outlined in this handbook are to help us achieve success in all we do. Through following these guidelines and working together, Cavalier Cheerleaders will realize an amazing experience that will create memories and teach lessons that will last a lifetime.

ESTIMATED TIME COMMITMENT

The following is an estimate of the practice schedule and expected time commitment for Cavalier Cheer. Please make note of the commitment level when choosing to join Cavalier Cheer. As a member of the Clackamas High School Cheer Team, we expect full participation in all activities to the end of the season (June through mid-March pending Clackamas High School basketball playoffs). Please notify your coaches as soon as possible if anything comes up that would prevent you from attending any scheduled events.

Fundraisers, Community Service, Clinics, and Team Building events will occur throughout the season. Dates and times to be determined as they come up.

Monthly team-bonding days will also be scheduled on Saturdays; everyone is encouraged to offer suggestions on activities and to attend. Cheer is a long sport and we spend a lot of time together; team-bonding is essential to the success of our program.

June - July - Practices/Camps/Clinics

- Practice 3 days a week
- Working on cheers/dances/stunts/tumbling
- Several different camps/clinics throughout the summer
- Individual commitment affects team bonding and developing skills. Missing camps, fundraisers, and clinics causes athletes to fall behind.

August - November - Football season & Game Day

- Mandatory Practice 3 days a week
- Choreography for both Game Day and selected Traditional team learned
- Cheering at all Clackamas High School Football games (home and away)
- Game Day competitions on Saturdays

December - March - Basketball season & Competition season

- Cheering at home games for both boys and girls basketball
- Game Day competitions for the whole team
- Traditional competition for selected athletes

IMPORTANT DATES

- June 16 - First Practice
- June 30-July 2 - Youth Camp
- July 4 - Happy Valley Parade
- July 23-24 - Stunt Camp @ CHS
- July 27-August 2 - Dead Week
- August 4-7 - NCA Camp @ OSU
- August 16 - MHC Clinic @ Sandy High School
- August 27-28 - Game Day Choreography
- October 14, 21, 28 - Traditional Choreography
- October 4? - MHC Cheer Competition
- October 18? - All State
- November 1? - Clackamas Cavalier Invitational Competition
- November 9? - Game Day Championships

Additional competition dates are TBD.

TEAMS

All athletes will participate in Football Sideline, Basketball Sideline, and Game Day Competition. Some athletes will be selected to join the Traditional Competition Team in addition to Football, Basketball, and Game Day teams.

- **Football Sideline Cheer** – required for all Cavalier Cheerleaders
- **Basketball Sideline Cheer** – all non-traditional competition athletes will cheer at basketball games during the competition season. Traditional competition teams will be required to cheer at games as needed.
- **Game Day Competition Cheer** – required for all Cavalier Cheerleaders. Game Day potentially can have several competitions in the fall, and then competitions January through February.
- **Traditional Competition Cheer** – selected athletes will be chosen to participate on our Traditional Competition team. This team requires complete commitment and will include athletes on the mat as well as alternates.

Placement will be selected by coaches and will be dependent upon factors including but not limited to physical ability (tumbling, jumps, stunting), and academics (grades, attendance, etc.).

PARENTAL INVOLVEMENT IS VALUED

Cavalier Cheer is involved in a variety of events throughout the course of the year. The support of family and friends is imperative to the success of our program. Without the support of each family, it is difficult to accomplish all that we set out to do. Cheerleaders and parents are required to volunteer for job(s) as Clackamas will be hosting several competitions this season. More information to come.

There will be activities throughout the season where we will NOT have a school district supplied bus, and it will be up to athletes and their families to arrange transportation. This also includes the tumbling at Empire Athletics one night a week. In these situations, IT IS NOT THE COACH'S RESPONSIBILITY TO ARRANGE TRANSPORTATION TO ALL EVENTS.


Cavalier Cheer is better when families are involved. We need parent support for activities, team dinners, competitions, fundraisers, and more. Please contact us if you are able to help out at Tiffani.CavalierCheer@gmail.com

FINANCIAL OBLIGATION

The cost for the 2025-2026 season is \$1350. \$350 will be due at registration, with the rest of the yearly fees being split into monthly payments. All fees must be paid in full by December.

2025-2026 Cavalier Cheer will receive at a minimum:

- | | |
|--------------------------|-----------------|
| • Personalized jacket | • Jersey |
| • Personalized backpack | • Practice wear |
| • Game Day uniform | • Shoes |
| • Quarter-Zip sweatshirt | • Poms |
| • Pink-Out | • Bows |



Fees for the season may be subjected due to fundraising events planned, so please do not stress about this. We work very hard to offset cheer costs with individual and team fundraisers. Fundraising is the responsibility of all athletes and their families. We will have numerous fundraising opportunities as well as sponsorships! Additionally, there are many scholarship options through Clackamas High School. We do not wish to turn anyone interested in Cavalier Cheer away on the basis of funds.

Should you need to arrange an alternative payment plan, please bring it up with the coaches as soon as possible. All fees must be paid by December.

If, for any reason, you choose to leave the program (or are asked to leave), any monies in your account will be forfeited and put into the general fund. The general fund will be used to pay for additional items for athletes, the practice area, or towards future events.

FUNDRAISING & SPONSORSHIPS

Fundraising is an important factor in making cheer fun yet affordable. Some future fundraising opportunities we are looking into include Car Washes, Chipotle, Willamette Pies, Popcorn, BottleDrop, and SnapRaise! Some fundraisers will be based on individual participation and will go directly towards individual cheer accounts, while others will collectively go towards the Cavalier High School cheer account to pay for competition costs, scholarships, new equipment, and whatever else may come up.

Business Sponsorships will start early this year, with a team goal of raising \$15,000. More information to come. There are a lot of costs that go with cheer, and raising money for the team keeps individual bills more reasonable.

TRYOUT INFORMATION

There is no prior experience in cheer or dance required to try out. The tryouts will consist of learning a cheer, dance, jumps, basic tumbling skills. All tryouts will be in front of the coaching staff and may include other cheer judges. Acceptance of a candidate shall be on the basis of ability, the coach's agreement, and acceptance of the squad rules. The format of tryouts will be decided by the coaches in a fair and open manner conducive to allowing each candidate to show his/her best abilities and potential. Tryouts will be closed to the public.

Prior to trying out, all students must complete the following:

Teacher Evaluation submitted to a minimum of 2 teachers

2025-2026 Application include current school transcript found in StudentVue

If you are injured before or during tryouts, you must still try out as-is, and you will be judged according to what you are able to do the day of judging. There will be no later tryout date or video submissions accepted. The only exceptions to join Cavalier Cheer for the 2025-2026 season would be someone moving to Clackamas from out of the area who missed original tryouts. *At this point in time, there will not be another tryout session in the fall for this season, unless the coaches decide another round of tryouts is necessary to recruit to athletes.*

COMMUNICATION

We communicate through email and the team app BAND. Information and access to the BAND group will be shared upon team announcements.

THE "24 HOUR" RULE

We understand that at times there may be a situation that as parents or athletes you may want to address. We ask that you give it 24 hours, allowing time to think about the situation, discuss with your athlete, and determine the best way to approach the appropriate chain of command. If, after 24 hours, you feel that the concern needs to be addressed with the coaches or Clackamas High School Athletic Office, request a time for you or your child to meet with the appropriate person. Discussion just before or immediately after a practice, game, or competition will not be allowed unless previously arranged.

**FOR ANY QUESTIONS, CONCERNS, OR COMMENTS, PLEASE
KNOW THAT WE HAVE AN OPEN DOOR POLICY.**



PRACTICE, GAMES, & PERFORMANCE STANDARDS

All cheerleaders are expected to attend and be on time and in correct attire (bow-to-toe) for every practice, game, performance, and any other scheduled activity with a positive attitude and ready to learn. The participation of all squad members is required for a safe performance and for the team to be complete. We require our athletes to respect their teammates, staff, the facility, and themselves.

- Be on time.
- Have a positive attitude.
- Be respectful of yourself and others around you.
- Uniforms are only to be worn by athletes of Cavalier Cheer.
- No jewelry of any kind may be worn to practice, tumbling, camps, games, performances, or any other time the uniform is worn.
- Cell phones must be silenced and stored near personal belongings. There will be no use of cell phones during practices or games. Cell phones may be used at competitions ONLY during downtimes when the coaches have said it is okay.

ATTENDANCE

- Attend and be on time to all scheduled practices, games, performances, or any other planned activity.
- Summer practices/camps are required if you are in town. Please let your coaches know as soon as possible of any summer/family vacations that may require you to miss practices as soon as possible.
- Notify coaches IMMEDIATELY if you are too sick to attend practice.
- Any member that misses practice may be subject to removal from practices, games, and/or performances at the discretion of the coaches. Athlete is still required to attend (in uniform when appropriate) to support fellow teammates.

INJURIES

- It is the athlete's responsibility to notify coaches of an injury as soon as it happens.
- Any athlete that is injured must have a doctor's note, and athlete is responsible for following the doctor's orders at all times.
- Any limitations with participation may keep the athlete sidelined, and it is up to the coach's discretion on if the athlete will be able to participate in upcoming performances.

SAFETY

- All members are required to follow and adhere to all safety guidelines, procedures, and directions given by coaches.
- Participants must not chew gum or have candy in their mouths during practice or performances.
- Jewelry of any kind is prohibited.
- Hair must be tied up and secured off the face as a safety precaution.
- Stunting of any kind is only permitted when a coach is present, even outside of practice times.
- Fingernails must be kept short, near the end of the fingers.

COMMUNICATION

- Athletes are expected to check the BAND APP schedule for any changes or updates on a regular basis.
- Athletes are responsible for all information posted on the BAND APP.
- If at any time an athlete has an issue that needs to be addressed, please have the first point of contact be directly from the athlete to their coach.
- Athletes should communicate directly with the coaching staff regarding illness, absences, team issues, and time commitments. Asking another teammate to inform a coach they will not be at practice or have quit the team is UNACCETABLE.

SOCIAL MEDIA

- Athletes agree to always set a positive example for others to follow when representing Cavalier Cheer, whether in uniform or not.
- Athletes agree to refrain from any gossip or talking negatively about members of the Cavalier Cheer team or any other programs on social media accounts, as it can lead to personal conflicts and is therefore not conducive to the success of this program.
- Athletes agree to keep their social media accounts clean with NO profanity or otherwise inappropriate conversations, abbreviations, comments, photos, etc. This also includes second accounts, a.k.a. "Sinstas" or "Spam Accounts."

We hold the Clackamas High School Cheerleaders representing our community to high standards, and expect nothing but respect from them when posting on public apps or websites.

ACADEMICS

Athletes must maintain a minimum GPA of a 2.0 with no F's in order to participate in practices, games, and competitions. Any participant who falls below this requirement will be benched until their grades improve. No exceptions!

- OSAA policy states that athletes must have passed 5 classes from the previous semester and must currently be enrolled in/passing 5 classes. Athletes must have a 2.0 GPA per NCSD. Students who fail to maintain the 2.0 requirement will become ineligible to participate. This means the athlete may NOT participate in games or competitions, or be in uniform on the sideline.
- This affects the competition team HUGELY as semester grades are 2 weeks before the state competition. If your student is showing signs of being ineligible, that cheerleader may be removed from the competition routine at the coach's discretion. If the student proves to be eligible, it is also the coach's discretion to put the student back in the routine.

Attendance

- Students needs to be in attendance for at least 2 periods to be eligible to play that day/night
- Ineligible to play if they have an unexcused absence for that day
- Consistent tardiness will result in loss of playing time
- CHEERLEADERS: it is your responsibility to keep your grades to a satisfactory level. Periodic grade checks will occur to ensure that you are keeping up your end of the bargain. Do your homework!



RULES AND EXPECTATIONS OVERVIEW

PRACTICES

- MANDATORY – only illness or family emergency will be excused. Missing practices for doctor appointments, vacations, tutors, or other events are not excused. More than three unexcused absences will lead to suspension from the team at the coaches' discretion.
- DO NOT BE LATE!
- All members MUST be in MATCHING practice gear, as determined by coaches
- No gum chewing, ABSOLUTELY no jewelry, hair secured back tightly, no long nails
- Cell phones MUST be silenced and out of sight

GAMES

- See rules regarding practices
- Arrive for game at assigned time
- Arrive in designated uniform or practice gear
- No eating, drinking, or socializing with friends or family during game time.
- Stay in assigned formation at all times
- Know ALL material and ONLY do stunts approved by coaches

UNIFORMS

- Uniform is to be worn in its entirety or not at all. This includes proper undergarments, hair accessories, socks, shoes, briefs, etc.
- Upkeep and care are the cheerleader's responsibility
- Do not lend out ANY part of your uniform – it is NOT a Halloween costume!
- When in uniform, do not conduct yourself in a manner embarrassing to yourself or team

ELIGIBILITY

- ALL cheerleaders must be passing at least five classes
- ALL cheerleaders must be enrolled in at least five classes per semester

CONDUCT

- No smoking, drinking, or drug use allowed
- No foul language
- Regular school attendance required – NO SKIPPING!
- Treat coaches, teammates, parents, and school staff with respect at all times
- Quitting the team prior to the end of the season may result in student not being allowed to return to the program the following year. Any unpaid fees are still at the responsibility of the athlete and must be paid in full.

Members may be suspended from the team for one or more of the following reasons: Suspended members may be able to practice, but cannot perform at any games, competitions, or community events.

- Unexcused absences from practice, game, or event
- Failing to pass 5 classes
- Skipping classes
- Lack of participation in team activities, as determined by coach

STUDENT-ATHLETE ATTENDANCE STANDARDS

EFFECTIVE AUGUST 18TH

Unexcused school absence during the week	Team conditioning based on the number of absences
Unexcused school absence on game day/day before competition	No game/competition participation, must still attend in full uniform
Absent for more than 2 periods on game day/day before competition	No game/competition participation, must still attend in full uniform

TEAM VIOLATIONS AND POINT SYSTEM

Every member starts with 50 points and deductions are made according to violations. Lose all 50 points, lose your letter and possible dismissal from the team!

Missing pieces to uniform or practice gear	1 point deduction per item
Arriving unprepared (hair down, no shoes, etc.)	1 point deduction per instance
Not letting coaches know in advance you are ill and will miss practice/event	3 point deduction
Unexcused tardy	1-10 minutes late = 3 point deduction more than 10 minutes late = unexcused absence
Unexcused practice (including tumbling)	5 point deduction and sit out one quarter of game
Unexcused missed game/event	10 point deduction and sit out the following game
No game/competition participation due to school attendance	10 point deduction and sit out for appropriate game/competition
More than 3 unexcused absences	Suspension and possible dismissal from the team



ACKNOWLEDGEMENT OF PARTICIPATION

- I will maintain open communication with the coaches at all times regarding scheduling conflicts, illness, injuries, and absences.
- I will follow the directions given by the coaches. I understand and agree that coaches make all program decisions..
- I understand that coaches are happy to discuss any athlete's and weaknesses to help them improve, but that the coach must also consider what is best for the team as a whole.
- I understand and agree to the payment plan and will stay up to date with my own cheer account.
- I understand that once any uniform or gear items have been purchased, no refunds are guaranteed to issued for these items.
- I understand and agree to the calendar given and realize changes can be made.
- I understand that I am responsible for learning cheer material from missed practices using the videos provided, on my own, outside of practice time.
- I understand that jewelry of any kind is not allowed to be worn while at cheer practices and events. I also understand that if I get a new piercing, I must remove it for all cheer practice and events, and that I cannot tape over my new piercing or use plastic spaces.

Signing the following sheet is your acceptance that you, as a Clackamas High School cheerleader, and your parent/guardian, have read the Rules & Expectations Overview, Student-Athlete Attendance Standards and Acknowledgement of Participation documents and agree to abide by these standards and are ready to participate in the Clackamas High School cheer program.



CLACKAMAS HIGH SCHOOL CAVALIER CHEER 2025-2026

By signing below, I/we acknowledge that we have read and agree to abide by the Rules & Expectations Overview, Student-Athlete Attendance Standards, and Acknowledgement of Participation.

Please make sure all content has been read and reviewed carefully. Student-Athletes are responsible for knowing the contents, so please take the time to discuss any areas which may need specific attention.

Please complete form and return to Coach Tiffani by June 16th.

Date: _____

Cheerleader Name (please print): _____

Cheerleader Signature: _____

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____

Parent/Guardian Email: _____

Please contact Tiffani at Cenicerost@nclack.k12.or.us with any questions.