

Welcome to Wilsonville High School Cheerleading Program!



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Varsity Assistant Coach: Madelyn Williams

Our program mission is to create a safe and positive environment both physically and emotionally for all athletes in the WHS Cheer Program. Our goal is to bring unity to school and team. Be a quality leader to our peers. Expect EXCELLENCE both on and off the competitive mat.

Time

Cheer Teams is a VERY big commitment. Our sport season can be from May-February. Expected competition teams season commitment is 3 + days a week. Team practice, game events, possible tumbling class, cheer competitions, school assemblies, poster parties, community service etc.

Due to the nature of our sport, an individual absence affects the whole team.

Attendance is Imperative for the success of the team and the program.

Personal commitment and excellent time management is KEY to team success.

Hard Work

Cheer Teams are physically demanding.

No matter where you are currently in your physical fitness, you will be expected to improve. Strength and flexibility are important with the skills we are expected to perform. Be prepared to run, condition, and watch your body become stronger.

Safety is in the strength of our athletes. Safety is our top priority!

Expenses and Fundraising

Cheer Teams can be a costly activity. There are team costs and individual expenses. All team members are expected to participate in team fundraising activities. Team funds are used to pay for team uniforms, coaching fees, team events and miscellaneous expenses.

WHS Team Information

FULL SEASON TEAMS: May-March Commitment

Both competitive teams will be cheering at games and events.

Varsity Competitive Cheer Team Season: May-March

Responsible for varsity football games (home and local away games)

Responsible for some varsity basketball games (home only)

Community/school events/ assemblies

2-3 practices a week for two hours

Tumbling Class once a week for an hour

Camp July 15th-19th

Choreography September 17th All day

Compete at local, national levels, OCCA and OSAA State Championships

Requirements: Attitude of excellence and discipline. Coachable. Positive team dynamics. Strong stunting skills or potential. Work well within stunt partnership. Intermediate -advanced tumbling skills. Both standing and running tumbling. Correct jump technique. Jumps level or hyperextended. Sharp motions and correct motion placement. Dance and performance skills in place. Some team members may not compete.

Junior Varsity Competition Team Season May-February

Responsible for JV football games (home games only)

Community/school events/ assemblies

2-3 practice per week in season

Tumbling classes once a week for an hour

Camp July 15th-19th

Compete at local competitions and at OCCA Championships

Requirements: Attitude of excellence and discipline. Coachable. Positive team dynamics. Beginner-intermediate dance ability. Strong stunting skills or potential. Work well within stunt partnership. Beginner-intermediate tumbling skills. Potential to grow in jump, dance, and motion technique. Some team members may not compete.

Program Communication:

We use the BAND APP for our team's communication. Each team will have individual Band APP. When teams are placed you will receive link via text to join the group. This is a place where teams calendar, general info posts will be found. You are welcome to upload pictures etc. All communication should be team related and positive and uplifting in nature.

All personal subjects and concerns should be addressed to Coach Shania directly or to each team's respective coach.

Wilsonville Cheer Program Philosophy and Code

2022-23

The primary purpose of Wilsonville Cheer is to generate spirit, pride, and leadership through support, performance, and personal conduct. The conduct of the cheerleaders is closely observed by many.

1. Responsibilities

- All cheerleaders will be directly responsible to their coaches/adviser or any adult supervisor for all actions at practices and performances, or whenever representing Wilsonville High school.
- Cheerleaders are subject to all the rules and regulations of Wilsonville High School. However, the WHS cheerleaders are representatives of the school and must be trusted to display appropriate conduct at all events on this campus and at locations away from campus. Always treat teammates and coaches with respect.
- Cheerleading is a team sport that requires the participation of each member at every practice, game, competition & spirit related event. To ensure our success, ATTENDANCE is considered REQUIRED at all practices, games, and competitions.

2. Eligibility

For a cheerleader to participate in the cheer program, he/she must be registered in & passing a minimum of 5 classes/credit hours. District policy reads athlete needs to be on track to graduate. Participation/eligibility in the cheer program will be determined by coaches.

All applicants must be eligible at the time of tryouts.

Transportation

Cheerleaders are expected to travel to and from away events on school-provided transportation. If this is not available, cheerleaders must travel with an advisor-approved driver, unless special permission is granted.

Appearances and Uniform

- Uniforms shall be kept neat and clean. If a uniform is damaged, lost or stolen, the uniform must be replaced by the team member.
- Under no circumstances is the cheer uniform to be worn at non-designated activities without special permission from the advisor.
- A cheerleading uniform is never to be worn by a non-active cheerleader.
- All uniform requirements must be met for each appearance (hair, appropriate shoes, correct uniform, etc.)
- For safety reasons, at practice and performances, no cheerleader shall wear jewelry and length of fingernails shall not exceed fingertips. False eyelash type needs to be approved by coaches.
- Neutral Color polish
- Uniforms provided to the cheerleader by the school shall be kept in good condition and returned at the end of the year.
- If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered. Student's school account will be charged and followed as a fine.

District Policy

As a participant in an extra-curricular school program, a student's behavior on campus, in the community, during competitions, and at other schools reflects not only on the student, but on the program and school as well. Criminal acts, violence, intimidation, or discrimination, whether at school or in the community, will not be tolerated and may be cause for disciplinary action up to and including suspension/dismissal from the program.

Disrespect in word/deed towards coaches, teammates, in person or indirectly. (Gossip, social media etc.)

Active OSAA Safety violations for example: nails, piercings etc.

Participants are prohibited from selling, possessing, or using tobacco, nicotine, vaping paraphernalia, alcohol, illegal drugs, "look alike drugs", inhalants, and narcotics on or off campus at any time. In addition, participating students who are in the presence of other students or individuals in violation of this policy are expected to take all reasonable actions necessary to leave the premises immediately where such illegal activity is occurring, even if the participating student is not using or possessing or distributing alcoholic beverages, illegal drugs, or paraphernalia.

Request, Share, Send or Post inappropriate, partial, or full nude pictures both in private and public forums.

Membership in an athletic and/or activity program is an honor that should be carefully guarded. The privilege of competing in athletics and/or activities carries added responsibility for each participant, a privilege that may be forfeited for conduct that is detrimental to the team, school, or program in general. As a participant in an extra-curricular school program, a student's behavior on campus, in the community, during competitions, and at other schools reflects not only on the student, but on the program and school as well.

A student must be in attendance for a full day of school to participate in athletics and/or activities. Consistent inability to meet time commitments (Excessive tardiness/absences)

Individuals, while attending any WLWV District High school, who violate these behavior rules, will be subject to the consequences listed below:

First Offense: Suspension from participation for a period of four (4) contest weeks (a contest week is any week that has a schedule contest or an activity-based equivalency). In the event that there are not four (4) contest weeks remaining in the season, the count will resume with the first contest or activity of the next season/year in which the student participates. The suspension may be reduced to two (2) weeks if the student complies with interventions and/or administration recommendations. With the permission of the head coach or advisor, the athletic director and the administration, the student may participate in practices and attend contests or performances during the suspension.

Second Offense: Expulsion from athletics and/or activities for one (1) calendar year beginning with the date of the second offense. Reduction of the penalty may be considered by school administration if the student agrees to be involved in and completes a certified treatment program.

Third Offense: No further participation in athletics and/or activities in the West Linn/Wilsonville School District for up to the remainder of the student's high school eligibility.

Parent and Athlete Initial and Date _____

1. Competitions

The cheer coaches will determine the size, members, and divisions of all competing teams and may adjust the competition schedule/team to allow for maximum success.

The coaches may designate certain team members as alternates to a competitive team. These individuals will be called on to compete in case of injury, ineligibility, or any other incapacitating status of the competing team member. Alternates may be added or competing members may be designated as alternates to increase or decrease the size of the competitive team based on individual competition requirements.

There are no guarantees that any cheerleader will compete.

2. Fundraising

Cheerleaders will be expected to participate in fundraising activities to maintain the program.

Other requirements:

- Cheerleaders are required to condition regularly. Students who are unable to keep up with regular conditioning risk removal from performances and competitions.
- Cheerleaders will be expected to carry out their duties until the end of the year /season for which they serve. They will make every effort to support all sports, women's, and men's, whenever asked during the regular league play.
- Quitting the team prior to the end of season may result in student not being eligible to return to the program the following year. If you have quit the program in the past, you need to meet with the coaches prior to tryouts to discuss eligibility.
- Athletes are expected to be PERFORMANCE READY with team material at game/comp time. If unprepared they may sit out of an event.
- Injuries and medical concerns should be quickly reported to coaches and evaluated by your physician. Cheerleaders will not be allowed to resume participation until they are cleared by physician in writing. Cheerleaders will be expected to see the Athletic Trainer for rehab following injuries.
- If you are aware of any athlete that has broken the code of conduct, please bring it to the coaches' attention. If you are aware of any infractions of this code of conduct, you are just as guilty.

Lettering Policy

- Varsity cheerleaders will receive an athletic letter at the end of the season.
- Lettering will be based on *performance, attitude, and participation*.
- Final decision on who letters is up to the coaches' discretion and will not be challenged.

Social Media Expectations:

Be VERY careful with social media activity. Wilsonville Cheer members do not represent themselves, their teammates or coaches in a negative way. No use any profane, negative or inappropriate media communication towards another student, coach, teammate or families.

THINK – Is it... TTrue-Helpful-Inspiring-Necessary-Kind? **“THINK” BEFORE YOU POST!**
Depending on the media infraction, the “one strike you’re out” rule will apply.

Expect to be a positive role model. Avoid the use of profane and obnoxious behavior.
Wilsonville Cheer athletes help promote good sportsmanship and will treat all coaches, teammates with respect.

Both Parents and Athlete initial:

_____ I have reviewed the entire try out packet and Wilsonville Cheer Philosophy and Code of Conduct.
_____ If needed, I have asked a coach for all clarifications of expectations.

By signing this agreement, I choose to live by these expectations to personally contribute to team success and a great positive overall experience for myself and my teammates.

Cheerleader _____ Date _____

Parent _____ Date _____

Statements of Understanding

Athletes...

- I have read and understand the expectation of the Wilsonville High School Cheer program. I understand the responsibilities and privileges of being a Wilsonville High School cheerleader.
- I agree to follow the team policies and cooperate fully with the other members of the team and coaches. I understand that all practices and events are to be considered mandatory and should only be missed for illness or family emergency.
- I have spoken to a coach about any potential schedule conflicts.
- I agree to share my grade information with the coaches.
- I understand that the coaches will evaluate me during tryouts, and I agree to abide by their decisions.
- I am physically capable of participating in all cheerleading activities.

Student Name: (printed) _____

Student's Signature: _____ Date: _____

Parent/Guardians...

- My child has my permission to be a cheerleader at Wilsonville High School for the 2022-23 season, if selected.
- I understand that my child will be evaluated by qualified, non-biased coaches. I also understand that the final selection of the team is ultimately up to the coaches' discretion. I agree to abide by this decision.
- I have read and understand the expectation of the Wilsonville High School Cheer program. I agree to support these standards and policies. I am aware that this program requires commitment and as a parent, I support this philosophy.
- I understand that practices and events are mandatory. I also realize that there may be required practices on some Saturdays and holiday breaks.
- I understand by the very nature of the activity, cheerleading can carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falling on the back, neck, or head. I understand these risks and will not hold West Linn- Wilsonville School District, Wilsonville High School or any of its agents responsible in the case of accident or injury at any time.
- I understand the cost and will pay in full by the end of the season.

Parent Name: (printed) _____

Parent's/Guardian's Signature: _____ Date: _____

MEDICAL RELEASE FOR TRYOUTS & PRESEASON PRACTICES

1. Has had injuries or medical problems requiring medical attention within the last year? Yes__ _ No____

2. Does participant have an ongoing, significant disease or chronic illness such as epilepsy, asthma, diabetes, chronic heart disease, or severe allergy? Yes____ No____

If yes, please specify:

3. We acknowledge and recognize that hazards are present in athletics/cheerleading and that injury may occur. My signature authorizes the coaches to obtain any emergency medical transportation or care that may become necessary during athletic/cheerleading tryouts.

Parent signature: _____ Date: _____

This medical release is enough for tryouts and pre-season practices only. If your student is selected to participate in Wilsonville Cheer, he/she must have a current physical & medical card filled out with the district prior to the August practice.