



## Welcome to Tualatin High School Cheerleading and Stunt Program!

Head Varsity Coach/Director: Krista Reynolds

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Varsity Assistant Coach: Patricia Mack      Partner Stunt Coach: Andy Knapp

Junior Varsity Comp: Madelyn Williams/ Brooke Wert

Varsity Sideline: Ella Reynolds      Junior Varsity Sideline: Lauren White

Junior Varsity 2: Jenae Maston

Tumbling Coaches: Brett Perkins      Strength Coach: Nathan Mott

Our program mission is to create a safe and positive environment both physically and emotionally for all athletes in the TUHS 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/Stunt Team is a VERY big commitment. Our sport season can be from May-February. Expected competition teams season commitment is 4 + days a week. Team practice, game events, 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 **MANDATORY**.

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

### Hard Work

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

Personal fundraising opportunities are available for individual costs.



## TUHS Team Information

**FULL SEASON TEAMS: May-March Commitment**

**Varsity Competitive Cheer/Stunt Team                      Season: April-March**

Rose Festival Parade. TBD

ODT Cheer Camp            July 16-20

NCA Qualifier Camp        Aug 12-13

Responsible for varsity football games (home and away)

Responsible for some varsity basketball games (home only)

Community/school events

3-4 practices per week w/tumbling

Strength Training expected for all athletes. Men have additional training expected.

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 Competitive Team**

ODT Camp July 16-20

Responsible for JV football (home only)

Work with both varsity teams to support the school

Compete at local competitions including OCCA Champs

Community/school events

2-3 practices per week plus additional practices during comp season.

**Requirements:** Attitude of excellence and discipline. Coachable. Great work ethic. Beginner to intermediate skills in stunting, motions, dance, tumbling and jumps. Potential for great improvement. Great performance presence. Some team members may not compete.

**FALL SEASON TEAMS: June-October (November play offs)**

**Varsity Sideline Team Fall Season**

Rose Festival Parade TBD

ODT Summer Camp July 21-24

Responsible for varsity football games (home and away)

OCCA Game Day Competition /September

Community/school events/ assemblies

1-2 practice per week in season

**Requirements: Attitude of excellence and discipline. Coachable. Positive team dynamics. Intermediate-advanced dance ability. Powerful execution of dance choreography or potential. Ability to execute pom, jazz and hip-hop styles of dance or potential to improve. Sharp motions and correct motion placement. Correct jump technique. Great performance presence.**

**Junior Varsity Sideline Team Fall Season**

ODT Summer Camp July 21-24

Responsible for junior varsity football games (home only)

OCCA Game Day Competition /September

Community/school events

1-2 practice per week in season

**Requirements: Attitude of excellence and discipline. Coachable. Positive team dynamics. Intermediate-advanced dance ability. Powerful execution of dance choreography or potential. Ability to execute pom, jazz and hip-hop styles of dance or potential to improve. Sharp motions and correct motion placement. Correct jump technique. Great performance presence.**

**Junior Varsity 2 Team Fall Season**

ODT Camp July 21-23

Responsible for freshman football games

1-2 practices per week w/tumbling expected

**Requirements: Attitude of excellence and discipline. Coachable. Positive team dynamics. Beginning level-intermediate level stunt /motions/dance skills. Excited to try new things and encourage those around you.**

**WINTER SEASON SIDELINE TEAMS November-March (October Try outs expected)**

**Varsity Sideline- Varsity Basketball Season**

1-2 practices a week/school events / assemblies

**JV Sideline/JV2- Winter Season**

1-2 practices a week

**Game Day Competitions, if OCCA Champs offers divisions**

## Program Cost Information

Team cost information is provided separately. Check out the sample invoices for specific team cost break down.

Team costs vary by team, new athlete, returning athlete etc.

Payment schedule is expected over June-November.

Individual accounts paid in full by November 1 / Nationals by January 10

Cost Ranges:

Varsity Comp up to 2900.00 (ladies)

Varsity Comp Men up to 2620.00 (men)

Varsity Comp will have additional team fundraising required to offset costs.

JV Comp up to 1365.00

Varsity Sideline up to 1325.00

JV Sideline up to 960.00

JV2 up to 650.00

Money is paid to the TUHS bookkeeper or the Varsity Brand Portal

Varsity Brand items will need to be paid for before the order goes into production.

Unpaid Varsity Brand accounts after June 10 have risk that the uniforms will not be here before the first football game

A 200.00 team acceptance deposit is due 1 week after team selection.

Varsity BRAND uniforms are yours to keep.

Junior Varsity uniforms are the property of the school and need to be returned at the end of the season.

### Fundraising

Fundraising will be available to help offset individual costs. All applied funds will come off your balance as fundraisers are finished. If you get behind on payments, it will prevent participation. Deposits for cheer clothes are non-refundable. If a member is removed or quits the team, they are still responsible for all items ordered.

Mandatory Program Fundraising is expected. Team Sponsorship Poster and Volunteer attendance at our hosted competition on February 6.

WANT TO HELP ORGANIZE FUNDRAISERS? HAPPY TO SUPPORT ANY IDEAS!

### 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 Reynolds directly or to each team's respective coach.

# Tualatin Cheer Program Philosophy and Code

2020-21

The primary purpose of Tualatin Cheer is to generate spirit, pride, and leadership through support, performance, and personal conduct. The conduct of the cheerleaders is closely observed by many. It is important that cheerleaders conduct themselves in a manner above reproach to bring credit and honor to themselves, coaches, families and their school.

## 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 Tualatin High school.
- Cheerleaders are subject to all the rules and regulations of Tualatin High School. However, the TUHS 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 MANDATORY at all practices, games, and competitions. There is a **ZERO** tolerance policy regarding unexcused missed practices!

## 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 district/program financial accounts must be paid in full.

**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 ASB account will be charged and followed as a fine.

## 3. Suspensions

The following infractions of cheer rules will result in program suspension: Per District Policy

Inappropriate conduct while in uniform or representing TUHS cheerleading.

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

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

Failure to follow all the rules/code of conduct established by Tualatin Cheer and Tualatin High School

## 4. Dismissals

The following rule infractions could result in dismissals: Per District Policy

Use of tobacco, alcoholic beverages, vaping, or illegal drugs at any time

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

Consistent inability to meet time commitments of cheerleading (Excessive tardiness/absences)

Any behavior excessively incongruent with the TUHS Cheerleading Philosophy as perceived by cheer coaches

Parent and Athlete Initial and Date \_\_\_\_\_

**5. 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/stuntman will compete.**

**6. Team Composition**

There will be one (1) Varsity Comp team up to 20 members, one (1) Varsity Sideline Team and (1) Junior Varsity Comp Team (1) Junior Varsity Sideline Team

Grades 10-12 may participate on Varsity Teams. Grades 9-11 may participate on the Junior Varsity team. All athletes will be placed based on skills, attitude, and team need. Ninth grade athletes may be considered for varsity level team if their skills and maturity prove to be prepared for that level of expectation. All team placement at coach's discretion. Under extenuating circumstances and at the coach's discretion, a student may try out later. If added to the cheer program, this student becomes subject to all rules of TUHS Cheer.

**7. Fundraising**

Cheerleaders will be required to participate in fundraising activities to maintain the program. You will also have an opportunity to fundraise for your own personal cheer expenses.

**All cheerleaders/one rep will be expected to attend and assist at the Tualatin Cheer Competition on Feb 6, 2021**

It is the responsibility of the cheerleader and their family to take advantage of fundraising provided for individual expenses

**1. Other expected 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.
- Daily Doubles will begin on August 5 before school starts and are MANDATORY. Cheerleaders who miss preseason practices in August will not be allowed to perform at some events during the fall season. Decisions made by the coaches of each team.
- 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.

**2. Lettering Policy**

- Varsity cheerleaders will receive an athletic letter at the end of the season. (football or basketball),
- 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. Tualatin 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.

Tualatin 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 Tualatin 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

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### Athletes...

- I have read and understand the expectation of the Tualatin High School Cheer program. I understand the responsibilities and privileges of being a Tualatin 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 Tualatin High School for the 2020-21 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 Tualatin 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 have read the financial responsibilities and understand that if my child is selected for the team, I will be responsible for paying these expenses once they have been incurred for my child to participate.
- I understand that no scholarships are available and that if there is a financial hardship it will be my responsibility to contact the coach in advance and arrange a payment plan. I also understand that only families who take full advantage of individual fundraising opportunities will be allowed to participate in payment plans.
- 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 Tigard-Tualatin School District, Tualatin High School or any of its agents responsible in the case of accident or injury at any time.

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 Tualatin Cheer, he/she must have a current physical & medical card filled out with the district prior to the August practice.*