

SUNRISE MOUNTAIN VARSITY CHEER

2021-2022 TRYOUT PACKET



Sunrise Mountain Varsity Cheer

2021-2022 School Year

Tryout Information Packet

Pertinent Information for Tryout Week

Participants will arrive on time and stay the length of the entire clinic and tryout days. They will display a good attitude throughout the three days and coaches will be looking for team players. Participants are expected to treat the current Senior members assisting with the clinic with the highest respect if coaches are unable to be present.

Important Dates to Remember for Tryout Week:

- **Virtual Parent Meeting March 26th, 2021 at 6 pm via zoom Code: 557 564 0381 Password: SMHS**
- **Tryout Clinic and Tryout Dates:**
- **Wednesday March 31st, 2021– Day 1 Tryout Clinic**
 - 4:00p.m.- 6:30p.m.
 - Sign In
 - Tryout Numbers will be given on this date and will be work throughout clinics and tryouts.
 - Learn the tryout cheer routine and basic skills needed for tryouts
- **Thursday April 1st, 2021 Day 2 Tryout Clinic**
 - 3:00pm – 6:00pm
 - Sign In
 - Routine Review and Skill Review
- **Friday April 2nd, 2021 – TRYOUT DAY**
 - 3 p.m. – 3:30 p.m.
 - Warm Up and Review of Clinic Material
 - 3:30 p.m.- 6:30 p.m.
 - Judges are introduced and tryouts begin
 - 6:30 p.m.-8:30p.m.
 - Call Backs Deliberation and Team Reveal – Scores are calculated, and the team will be cut at the “natural break” in the Judges scores. Participants will be called back into the gym in alphabetical order to be given their team placement and are to immediately leave the school. No Coach is to be contacted by any means until the parent meeting.

Saturday April 3rd, 2021- VIRTUAL Parent Meeting 8:30 a.m. Code: 557 564 0381 Password: SMHS

- **1st Payment for members will be due to Aimee Emch -TBD**

Completed Paperwork Needed for Tryouts

Please note the forms that need to be filled out online.

- ✓ Head shot

- ✓ Application (2 pages)

- ✓ Signed Social Media Contract (on school website under spiritline page)

- ✓ Signed Constitution

- ✓ Signed Photography Release (Fill out on Forms)

- ✓ Signed Athlete Medical Release Form

- ✓ Clothing Order Form (Fill Out on Forms)

- ✓ Copy of most recent Grade Card

- ✓ Letter of Recommendation

- ✓ Try Out Questionnaire (Fill out on Forms)

- ✓ COVID-19 Liability Waiver (School website)

- ✓ Current physicals are mandatory to participate in tryouts. Paperwork can be picked up at the Athletic Office: 623-487-5130

Attire for Tryout Week

Clinic Attire –March 31-April 2nd

- Should adhere to Sunrise Mountain Dress Code
- Black Tank with Black Sports Bra
- Black Form Fitted Shorts – Softee Shorts, Spandex Shorts, Running Shorts are all permitted, but must be completely black
- Tennis Shoes
- Hair must be pulled back off of face
- Jewelry and Nails must adhere to AIA rules and regulations – i.e. NO jewelry at all is permitted, no long nails or false nails shall be worn
- Tryout Number pinned to top

Tryout Attire – April 2nd

- Should adhere to Sunrise Mountain Dress Code
- Black Tank with Black Sports Bra
- Black Form Fitted Shorts – Softee Shorts, Spandex Shorts, Running Shorts are all permitted, but must be completely black
- Tennis Shoes
- Hair must be in a high pony
- Competition make up is required as the Cheer team competes in stage make up
- Jewelry and Nails must adhere to AIA rules and regulations – i.e. NO jewelry at all is permitted, no long nails or false nails shall be worn
- Tryout Number pinned to top

Sunrise Mountain Varsity Cheer

Application – to be turned in on March 31st at the Tryout Clinic

ATTACH A PERSONAL HEAD SHOT TO THIS PAGE

NAME: _____



SMHS Spiritline Teacher Recommendation

Hello,

_____ is preparing to try out for the 2021-2022 SMHS Spiritline. Please take a few minutes to complete this recommendation form. This form needs to be placed in a sealed envelope and returned to the student by the date listed above.

Using a scale of 1-4 (1 = poor, 2 = fair, 3 = good, 4 = great), please rate the student in each category. Please feel free to include any additional comments on the back of this form.

Please be as accurate as possible, as your insight is extremely valuable.

I sincerely appreciate your assistance.

Sincerely,

Hannah Vieta

Head Spiritline Coach

School Spirit	1	2	3	4
Leadership Qualities	1	2	3	4
Attitude	1	2	3	4
Behavior in classroom	1	2	3	4
Attendance	1	2	3	4

Teacher Name: _____

Teacher Signature: _____

Date: _____

Grade Check Sheet for Spring Semester 2021

Student's Name: _____

	Class	Percentage	Teacher	Teacher Signature	Comments
Period 1					
Period 2					
Period 3					
Period 4					
Period 5					

Absence Check Sheet for Spring Semester 2021

Student's Name: _____

	Class	# of Absences	Teacher	Teacher Signature	Comments
Period 1					
Period 2					
Period 3					
Period 4					
Period 5					

Athlete Medical Release Form

Must still be cleared through the SMHS Athletics' office

Athlete/Participant Name: _____

Address: _____

Phone: _____

Date of Birth: _____

Primary Contact/Parent/Guardian Name: _____

Address: _____

Phone: _____

Insurance Company: _____

Name of Policy Holder: _____

Policy Number: _____

Please elaborate on any medical condition of which we should be aware: _____

Please list any allergies (physical or food): _____

_____, (athlete's full name) has my permission to participate in the SMHS Spiritline Training/Tryout Clinic. I approve of the certified coaches who will oversee the activities. I certify that the participant has full medical insurance with the company listed above. I also certify to the best of my knowledge that the participant named herein is physically fit to engage in these activities.

Parent/Guardian Signature: _____ Date: _____

During my athlete's participation in the Spiritline activities, if any injury occurs, I hereby authorize you to obtain emergency medical care. I will assume the financial responsibility for any costs acquired through my insurance company.

Parent/Guardian Signature: _____ Date: _____

_____, (athlete's full name) is hereby given my consent to participate in the SMHS Spiritline Training/Tryout Clinic. I acknowledge that even with the best coaching and strict observance of rules, injuries are still a possibility. I hereby, for my athlete and myself, waive and release SMHS, the Spiritline Program and its staff for any injuries suffered by my athlete while participating in the Spiritline activities.

Parent/Guardian Signature: _____ Date: _____

SMHS CHEERLEADING CONSTITUTION

PURPOSE

Being a Sunrise Mountain High School cheerleader is an honor and privilege. SMHS cheerleaders are first and foremost representatives of their school. The cheer program promotes good sportsmanship, excellent athleticism, good citizenship, and enthusiastic school spirit. These responsibilities require that members of the cheerleading team must maintain a higher standard of behavior on and off campus and higher academic achievement than that of their peers. Through the development of spirit and cheer technique, leadership, cooperation, self-discipline, and sportsmanship, SMHS cheerleaders will encourage the student body and the broader community.

COACHES

- Peoria Unified School District #11 affiliation: The coach of the organization shall be employed in the Peoria Unified School District #11.
- Duties: The coaches will maintain the development of the Sunrise Mountain Spiritline, to include cheers, chants, sidelines, stunts, tumbling, dance, etc. The coach(es) will uphold the spiritline philosophy of Sunrise Mountain High School. He/She/They are coordinators and mediators as needed in helping the squad arrive at decisions democratically. The coach(es) are the official contacts for the squads along with administration. He/She/They will be included in the final decisions.
- Head Coach Hannah Watters will have final say on decision-making processes, with support of coaching staff, for all three individual teams (Junior Varsity Cheer, Varsity Cheer, and Varsity Pom).

CHEERLEADER RULES AND EXPECTATIONS:

All cheerleaders are expected to adhere to all Sunrise Mountain High School rules, the Athletic Rules of Participation, and all state regulations in addition to the rules and expectations listed below.

ATTENDANCE:

- Attendance is required at all practices, athletic events, fundraising events, and other events required by the coach. (Unless prior arrangements have been approved by the coach.) All absences must be reported to the coach in advance. Unexcused absences will result in disciplinary action as outlined for the earned demerits up to and including dismissal from the team.
- No more than 3 absences per semester.

- All cheerleaders must be in attendance at school before 11 a.m. and be in school for the remainder of the day to be eligible to participate in practices, games, and other cheerleading activities.
- Punctuality is an expectation.

PRACTICE

- At least three days of practice per week is required, provided school is in session, to participate in that week's game. The coach will determine dates and times, (Schedules will be handed out.) A coach is required at every practice. No coach, no practice. As much advance notice as possible will be given for any practice time changes. It is your responsibility to listen for announcements. Please realize that additional practices may be necessary to prepare for pep assemblies or special events. Every effort to inform cheerleaders of any additions or changes to the schedule will be made.
- All cheerleaders are expected to perform any activity planned by the coach including conditioning, stretching, and strength training in addition to building cheer technique skills. (Any activity-restriction due to injury or health concerns requires a note detailing the restrictions by a health care provider.)

GAME, PEP ASSEMBLY, OR OTHER CHEER ACTIVITY PARTICIPATION:

- All cheerleaders are always expected to be on time. This includes reporting to the school or field for home events, riding the bus to away games, and starting to cheer for the second half of a game.
- The varsity and JV basketball cheerleaders are required to be at both games.
- All cheerleaders will sit together at the games when not cheering and are expected to support each other at games and cheer-related events. This also pertains to support of the pom squad. They are as much a part of the SMHS Spiritline as the cheerleaders and will be supported by all teams to the same extent.
- Transportation to all games will be by bus/van. Cheerleaders are required to go to and return from games on the bus/van, unless going home with a parent. A note is required prior to the event that the cheerleader will be riding home with a parent (unless due to an emergency or illness) in addition to signing out.
- All PEP assemblies will be planned with all the cheerleaders involved. An agenda must be approved by the advisor and the principal.
- Attending cheerleading camp is mandatory for each cheerleader (unless the absence is approved in advance by the coach). For those who don't attend, it is their responsibility to learn camp material on their own time.

ELIGIBILITY and MEMBERSHIP:

All cheerleaders are subject to the eligibility rules and regulations covered by the SMHS Athletic Code and the Student Code of Conduct. The members of this organization shall consist of selected members. To become a member, candidates must meet and maintain school, district, and AIA requirements, as well as, participate in the annual tryout selection process. Members consist of varsity and JV cheer squads and varsity pom. All Sunrise Mountain Spiritline members will do some form of cheer/dance for events. To remain a member of the Sunrise Mountain Spiritline, candidates must maintain a 70 percent or higher grade percentage in their classes and uphold all policies as stated in the constitution.

- The varsity squad can consist of twelve to thirty (12-20) regular members.
- The junior varsity squad can consist of nine to eighteen (9-15) regular members.
- Pom can consist of one squad of eight to fifteen (8-15) regular members that may or may not be part of cheer. Dance training is required.
- Any athlete that falls below 70 percent in any class in any one week will be on probation that week. If grades are not improved, the athlete will be ineligible to participate in an interscholastic contest the following week. Any athlete ineligible three (3) times during any one season will be dismissed from the athletic team.

The following academic requirements are mandatory for all Sunrise Mountain spiritline members. Members must maintain AIA-eligibility standards of no failing grades. Failure to do so will result in immediate benching from game/event until the member is eligible. The Sunrise Mountain Spiritline holds their athletes to an even higher standard than the state. SMHS Spiritline members must maintain 70 percent or better in classes. Any grade 69 percent and below can result in suspension. This suspension could jeopardize placement in routines and competitions. Members who are academically ineligible can be removed from games, events and competitions at the coach's discretion. Academics come before anything else.

Grade checks will be done through the grade sheet eligibility form, taken by hand, to each teacher by the athlete. If requested by the coach, the form must also be signed by a parent if grades are below a 70 percent. Grade checks will be done weekly throughout the season, and must be completed to participate in training. If grade checks are not done, this will result in demerits.

All members must be enrolled in classes for more than 50 percent of the day (2

classes) for both semesters of the year. Members must commit to this at the beginning of the season before tryouts.

RESPONSIBILITIES & REGULATIONS:

Members of the cheerleading squads are responsible for providing:

- a. A physical form on file with the athletic director.
- b. An insurance form on file with the athletic director.
- c. An emergency medical form for the advisor.
- d. A completed and signed Demerit/ Merit Program agreement.
- e. Any fees to be paid to the Athletic Department

DUTIES AND RESPONSIBILITIES:

- All cheerleaders will actively participate at football and basketball games.
- They will give full support to all sports and encourage other students to do the same, including sporting events they do not physical cheer at.
- They will share equally the duties of making signs, designing and making the run-through for home games, making and hanging locker decorations, and decorating locker rooms, senior scrapbooks etc.

INJURIES

All members must seek medical treatment for injuries that limit participation in practices or any other cheer-related event within 48 hours of the injury occurring (school trainer or doctor). If a member does not seek medical attention, they will be expected to participate in all cheer-related practices and events.

- Withholding one's injury can be detrimental to the injured, along with fellow teammates (depending on injury) and is strongly discouraged. The coaching staff always seeks to maintain the health and wellness of all members and must be made aware of injuries. A doctor's note must explain the injury and be specific regarding limitations, expectations, time frames, medications, therapy, etc. This documentation will go to the coach and trainer (nurse if applicable). Incomplete notes can limit the member or cause more harm to their bodies. It is at the discretion of the coach to determine if a spot can be held for the injured member. All members must have written trainer's or doctor's clearance/release for all functions of spiritline in order to be reinstated after an injury. At the time of an injury on the varsity team, a JV member may be promoted to take the injured member's place until the member is cleared to return to practice. If a JV member is injured, it is possible that the coach may hold a tryout during the season to fill the position or promote the next highest scoring applicant from the previously held tryouts. At the time the injured member is cleared, the coach has the discretion to

determine when the member is conditioned enough to return to sidelines, halftime routines and competition routines. The member may be expected to practice for an allotted time before they are allowed to begin cheering at events in the lineup. It is possible that the injury could result in a private tryout for the promoted member and/or immediate demotion of the injured member to the JV squad for the remainder of the season. Should the member chose not to accept the demotion, all balances for the season will need to be paid in full and all of the guidelines listed in section XIII.

Parent Involvement

Please know that we appreciate and encourage parent involvement in support of Sunrise Mountain High School, the spiritline, and above all, your student-athlete.

- Parents are asked to volunteer their time and energy throughout the season as announced at meetings. Sign-ups are often used to enable parents to choose dates, times and capabilities that are most comfortable to them. Should a parent choose not to participate in their volunteered duties, they will receive a buy-out option in place of their time. Those parents who would like to volunteer in any further capacity (financial or time) are welcome; please contact Coach Watters, as well as, the current Booster Club president.
- Parents are responsible for transportation to and from practice. Be prompt upon pick up. It is the responsibility of the parent to make sure the athlete has transportation to and from all spiritline-related events, practices and training classes.
- Communication protocol: Please first reach out to your athlete's direct coach. If unresolved, the parent and/or coach should contact Coach Watters. If still unresolved, parents and Coach Watters may consult with administration.
- Please call or reach out in person regarding concerns. Concerns or problems will not be addressed via text messages. Emails should only be used as a method for asking informational questions. Coach Watters will not entertain "middleman", indirect, or second-hand questions or complaints, but will readily address situations in a direct manner.

General Conduct:

A cheerleader, whether in uniform or not, is representing the SMHS cheerleaders and must hold herself/ himself to a high standard of behavior.

- ❖ Be positive and friendly.
- ❖ Be respectful of all parents, teachers, coaches, students, and administrators, and of course, EACH OTHER.

- ❖ Follow all requests of your advisor and captains - CHEERFULLY!!
- ❖ Be cooperative and dedicated to the team effort.
- ❖ NO GOOFING AROUND AT PRACTICE OR GAMES (this could result in unnecessary injury).
- ❖ No use of inappropriate language during any cheerleading events, including practice.

UNIFORMS AND APPEARANCE:

- Each cheerleader is responsible for the care for any uniform and equipment needed during the season, either provided to them or obtained by them.
- Uniforms must be kept neat and clean. Any uniform or equipment returned damaged is the responsibility of the cheerleader to financially replace at the item(s) cost.
- The advisor will approve all uniforms.
- No part of the uniform (including shoes) may be worn during the season other than for a game or approved cheerleading activities.
- All hairstyles must be pulled back and away from the face while cheering.
 - During basketball, hair will be worn up in a ponytail with bows/ribbon.
 - Natural hair colors during season is required.
- Make-up must be natural or pre-approved by the coach.
- No more than one (1) post earrings per ear may be worn to practices or games. (NO HOOPS ALLOWED.)
- No necklaces may be worn while cheering.
- Only one ring per hand is permitted while cheering. Absolutely no male class rings are permitted.
- A cheerleader may not eat, or chew gum while on the field, court, or during practice, (water bottles are permitted on the sideline.)

EXPENSES & FINANCIAL RESPONSIBILITIES:

- Cheerleaders and their parents are responsible for the financial obligations of being a cheerleader.
- Financial obligations include purchasing the warm-ups, shoes, and other necessary equipment or supplies. Cheerleaders will finance their own way to cheerleading camp in the summer and competitions during the season. These costs include camp registration fees and outfits to wear at camp and during the season.
- In accordance with the pay-to-participate policy, cheerleaders will also be considered under these regulations, forms & payment are given to the athletic director.

- The SMHS Spirit Boosters will fundraise throughout the year for SMHS squads to assist with associated costs.
 - All cheerleaders and parents are **REQUIRED** to assist in raising funds to cover expenditures for projects the cheerleaders undertake.

Members will provide financial assistance through monthly dues as outlined in the financial commitment with the potential to raise money through fundraising activities. **In the event, your child leaves the team for any reason all funds collected are non-refundable.** Any questions or concerns contact the current Treasurer Aimee Emch spiritlifterstresury@gmail.com

COMPETITIONS

The Sunrise Mountain Spiritline is a competitive squad that will participate in competitions throughout the season.

- If the coaches decide to have the members compete, a competition schedule and competition regulations will be distributed to squad members on the monthly calendar of events.
- In extenuating circumstances, it may be necessary to promote a JV member for a varsity competition. Each member who is a match (flyer, base, back spot) will be considered by the coaches to determine the best fit for the position.
- As each team is competitive in its own division, it is required that the member compete with the team they make. As in any sport, if a member is unable to fulfill his or her technical responsibilities (physical and emotional) he or she may be demoted or removed from the competition. If a JV member exceeds the expectations, and at the discretion of the coaches, he or she may be promoted to the varsity squad at any time. If a varsity member does not meet the competitive standards of the team, he or she may be demoted to the JV team, unless he or she is a senior. JV members who do not meet competitive standards may be removed from the competition routine at any time.
- Being a part of the Sunrise Mountain Spiritline is a responsibility and a privilege. Any member that makes a team must understand that they are not entitled to their position and status on the team. He or she must demonstrate hard work and integrity throughout the season to retain their position. Academics, school spirit, and competitions are just some of the priorities of the Sunrise Mountain Spiritline.
- The number of team members may exceed the number of persons competition rules allow on the competition floor. Therefore, the competition squad will be selected by the coaches based on the talent, dedication, attitude, and reliability of each individual person.

- Although competition season runs from November to March, the teams will be strongly instructed to practice during the summer in to condition, train and learn required elements that they will be using for their upcoming camp visit and routine. Members who are absent from intended summer practices may still participate in camp, but will not perform in the learned camp routine for their safety. The summer session is important for the team members and the coaches. During this time, coaches will make determinations of where each spiritline member is placed.

OFFICERS

Captain and co-captain(s) will be decided by coaches, but the coaching staff does have members vote on who they believe will be good leaders, so that their opinions are acknowledged, respected, and highly considered when making final decisions. Captain and co-captain positions are not mandatory. These positions will be utilized at the coach's discretion. Officers can be removed from their position at any time at the coach's discretion. Should an officer not meet the responsibilities as outlined in the constitution they will lose their title, as well as, receive strikes just as any other team member.

***MUST HAVE A MINIMUM OF 1 YEAR VARSITY EXPERIENCE TO BE ELIGIBLE FOR VARSITY OFFICER.**

LETTERING

Receiving an athletic letter is an honor earned from dedication, teamwork, athleticism, and self-discipline for varsity teams only. Letters are received in year one and pins each following year.

Requirements are as follows:

*Recommendation by the coaching staff.

*Participant must be an active member of the varsity team the entire season.

*Member must uphold the handbook to an acceptable standard.

*Athletes must be eligible and participate in 100 percent of the season (exceptions may include injury and academic obligations).

*Demerits, suspensions, and academics will effect lettering recommendations.

Discipline and Behavior Consequences

Cheerleaders are required to adhere to the rules and expectations of the coaching staff as outlined in the Cheerleading Merit/ Demerit Program documents. This document must be signed by the cheerleader and parent prior to the cheerleader participating on the team. Clarification of some discipline actions are:

Benching: Benching is the temporary removal from performing or participating at a game or performance, at the coach's discretion.

Probation: Probation is a designated period of time in which the athlete may participate in limited organizational activities as determined by the coach. A probation contract may be written for the athlete who should be notified of his/her probationary regulations. Probation is the time for the athlete to earn merit points for reinstatement.

Dismissal: Dismissal involves the loss of membership from the cheerleading team. All school-issued equipment **and uniforms must be returned and all financial obligations must be cleared within one week of dismissal.** Once an athlete has been dismissed, he/she loses all privileges of the cheer program. Students may not wear any part of the SMHS cheerleading uniform.

Resignation: Resignation shall be defined as a choice made by the individual athlete that he/she no longer desires participation in the cheer program. Resignation procedures involve a conference with the cheer coach and a letter of resignation from the resigning athlete, signed and dated with the parent/guardian signature. **All uniforms, clothing and equipment must be turned in and financial obligations must be cleared at the time of resignation.** Students may not wear any part of the SMHS cheerleading uniform. **The cheerleader will be held financially responsible for any balance due. No refunds will be made.**

- Once resignation or dismissal from the cheer program occurs for reasons other than academic, reinstatement will not be allowed during the current school year. Tryout eligibility for the following year will be established only at the discretion of the coach and administration and will include the acceptance of strict guidelines and a probationary status. Before the tryout, the terms of probation are to be agreed upon by the student, the parents, and an administrator.

The coach, athletic director, or principal has the authority to discipline a cheerleader as outlined in the Merit/ Demerit Program **and in addition:**

- The coach, athletic director, or principal retains the right to suspend or remove a cheerleader from the squad for **any negative behavior** not covered in the above outlined rules and expectations.

CHEERLEADING TRYOUTS:

Any student may try out to be a member of the Sunrise Mountain High Cheerleading Team. Candidates will be judged by no less than 3 judges (Providing judges don't call right before, unable to make it).

- Each candidate must return the following items before attending the tryout clinics:
 1. Signed application for cheerleading tryouts.
 2. An Emergency Medical Form.
 3. Signature portion of the Cheerleading Constitution.
- Each candidate must attend the clinic sessions prior to the tryout date (unless cleared with advisor in advance, due to obligations set prior to the announcement of tryout dates, etc.)
- Each candidate will perform the necessary skills during tryouts. (Special considerations for injury will be made ONLY with a letter of restricted activities from the candidate's health care provider.)

The judges' decisions are final and are not grounds for the formal grievance process.

The advisor has the right to make the final decision on the number of members on each squad.

- The number of cheerleaders on the various squads may change from football season to basketball season. Also, the number of cheerleaders on the various squads may change from one school year to the next.

PERFORMANCE/ACTIVITY DETERMINATION

Coach Watters will determine and have final say in squad participation in all activities. Varsity squads will be involved in a larger percentage of activities than JV. Previous year participation, member or parental desire to attend or participate in an activity does not dictate current year participation. Members who are unable to participate in required, scheduled practices will be removed from performance activities per coach's discretion.

Typical activities/events for the season include:

- ✓ After school practice that may include weight lifting, conditioning, and tumbling sessions.
- ✓ Saturday competition practices.
- ✓ Summer practices.
- ✓ Camp/clinics.
- ✓ Football games: varsity home and away; JV home and freshman home.
- ✓ Basketball games: home for boys and girls.
- ✓ Squad activities and team-building.
- ✓ Pep assemblies.
- ✓ Fundraisers.

- ✓ Competitions.
- ✓ Tumbling/stunting with private gym.
- ✓ News, interviews, etc.

BOOSTER CLUB

The Sunrise Mountain Spiritlifters Club is organized exclusively to provide positive moral support to benefit the Sunrise Mountain High School Spiritline. Club membership is for the parents/guardians or other relatives of spiritline members interested in the program's progress and development. Each member is required to participate in fundraising activities. In addition, all members must pay a fee at the beginning of the season. Contact the current secretary or any current board member for further Booster Club information.

EQUAL OPPORTUNITY PROGRAM

This is an equal opportunity organization assuring that selection and opportunity is done without regard to race, sex, religion, or national origin.

Contact Information:

Head Spiritline Coach:

Coach Hannah Vieta

JV Coach: Paulina Alaniz

Pom Coach: Belen Andreski

sunrisemountainspiritline@gmail.com

sunrisemtn.jvcheer@gmail.com

sunrisemountainpom@gmail.com

Social Media:

Sunrise Mountain Spiritline Facebook Page:

<http://www.facebook.com/sunrisemountainhs.spiritline>

Instagram:

Smhs.spiritline

Smhs_Pom

Address:

21200 N. 83rd Avenue
Peoria, AZ 85382

School Phone:

(623) 487-5125

This constitution may be revised at any time.
In the case of a revision, all members and parents will be notified before revisions are put in place.

SMHS CHEERLEADING CONSTITUTION
Signature Page

This page **must** be signed and dated as indicated below and turned in with the cheer application to participate in cheerleading tryouts.

My child and I have read, understand, and will abide by the above outlined SMHS Cheerleading Constitution.

Signature of Parent / Guardian

Date

Printed Name of Parent/ Guardian

Candidate Signature

Date

Printed Candidate Name

Sunrise Mountain High School Spiritline Merit System

In order to create a team that is responsible, reliable, respectful, and honorable, the coach has implemented a merit and demerit system to set expectations for a guide behavior and participation. Merits and demerits can be issued by the coach and are not negotiable. Every cheerleader is responsible for their own actions- **no one else**.

<i>Positive Behavior Rewarded</i>	<i>Merits</i>
Making extra spirit signs	1
Helping with equipment when not assigned	0.5
Helping with game clean up when not assigned	0.5
Receiving/ Providing Tutoring after school (Must get documentation from sponsoring teacher before you get credit)	1

Participating in Pep-rally themes or spirit days	1
Participation in fundraiser	0.5
Volunteer extra time/ Participate in additional events	2
Additional Practice with a Squad Captain to improve skills/ knowledge of routines	1

<i>Offense</i>	<i>Demerits</i>
Drug use, smoking, drinking or fighting	15*
Any conduct resulting in an arrest by law officials	15*
Any behavior/ conduct that requires immediate dismissal outlined in the school handbook	15*
ALC, OSS	10
Inappropriate media (phone pictures/ videos, Twitter, Facebook, Instagram, etc.) : pictures/ language, Bullying(see attached definitions)	10
ISS for misbehavior, Friday School	5
Unfavorable publicity to the school -or- cheer program	5
Unapproved wearing of uniform outside of school functions	2
Stunting or tumbling without direct approval or supervision	2
Unsportsmanlike conduct at games, pep-rallies, and school functions	2
Unexcused absence from game, practice or other function	2
Leaving game, practice, or event early without pre-approval	2
Talking or distracting behavior during games on the sideline or practice (for example: combing hair, talking to people in stands or players, cell phone usage)	2
Inappropriate Public display of affection at school or any other school related event	2
Poor sideline display (sulking, not saying cheers, not using proper motions, chatting between cheers, not in proper position)	2
Turning in forms, money etc., past stated deadline	1
Not in appropriate dress (any one of the following) <ul style="list-style-type: none"> ● Missing wrong color hair bow ● Wrong uniform ● Wearing unapproved jewelry (this includes at practice) ● Dirty uniform/shoes ● Wrong socks ● Wrong spankies 	1
Failure to make, post, or clean up assigned responsibilities at practice, special events or games	1
Unexcused late to practice (10 minutes), meeting, game, back from halftime or after break	1
Failure to know material (cheers, chants, dances) by deadline	1
Slandering or being disrespectful to fellow cheerleaders, coach or administrator	1

*Immediate Dismissal

Consequences:

2 Demerits	Written Warning from the coach
5 Demerits	The accumulation of five demerits will result in a one-game suspension. Practice and all other cheer activities will still be required but the cheerleader will be 'benched' at the next game.
10 Demerits	Any Varsity Cheerleader will be moved to the JV squad and be on a 2 week probation. JV Cheerleaders will be "benched" for 2 games and be on a 2 week probation.
15 Demerits	The accumulation of fifteen demerits will result in permanent suspension from the team.

Note: Excusable absences from practice or events are 1) illness (if you are excused from school you are excused from cheer) and 2) other school-sponsored event w/ exception 3) Other Pre-Approved school excused absences. The cheerleader must still bring a doctor's or school activity sponsor's note to the next practice and must also notify the coach 2 weeks *ahead* of time for any scheduled event that requires pre approval. If the coach is not informed 2 weeks prior of any event (besides a death in the family or cheerleader needing medical attention) the cheerleader will gain demerits.

Cheerleaders may earn Merits while in the probationary period to earn back lost points. If enough points have been earned to replace all the demerit points given the cheerleader's previous status will be reinstated. If no merit points are earned during the probation period the Demerits will remain in place and any additional demerits will accumulate from that total.

Any Captain that earns enough Demerits to be on probation will lose the title of Captain for the remainder of the season.

Types of Bullying that will addressed with the Merit System

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm

- Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other peers not to be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public
- Sometimes referred to as emotional bullying or the “mean girl” phenomenon, relational aggression involves social manipulation such as excluding others from a group, spreading rumors, breaking confidences and getting others to dislike another person.
- Physical bullying involves hurting a person’s body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone’s things
 - Making mean or rude hand gestures

Application for SMHS Cheerleading Tryouts

Student Name: _____ Current Grade: _____ Cumulative GPA: _____

**Must be a 2.0 or*

higher

Please print neatly. Please initial the acknowledgment statements listed below along with signing that your child has permission to participate in the SMHS Cheerleading Program.

My child, _____ has my permission to try-out to be a cheerleader at Sunrise Mountain High School. I understand that he/she must abide by the rules and regulations set forth by the coach, athletic director, and administration of SMHS. I have read the current SMHS Cheerleading Constitution document. I understand the rules and expectations for my child and myself if participating in the SMHS Cheer Program. I understand that all forms attached must be completed and submitted by **Wednesday August 1st** to the Head Coach, Hannah Watters, or my child will not be allowed to tryout.

_____ I understand that my son/daughter will be evaluated by a panel of judges and we agree to abide by the

FINAL decision of the coach and judges.

_____ I have read and understand the scoring criteria that has been presented in the Tryout packet attached.

_____ I have read, understand, and agree to abide by the Cheerleading Merit/ Demerit Program Form.

_____ I understand all costs involved. I understand that nonrefundable deposits/ payments for cheer items

are to be paid by the dates set by the coach.

_____ I understand that my child must attend all tryout sessions, or my child may miss any required materials

needed for tryouts and will lose attendance points given by the coach.(unless absence is pre-approved)

_____ I understand by the very nature of the activity (cheerleading) carries 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 falls on the back, neck, or head. I understand these risks and will not hold Sunrise Mountain High School, instructors, coaches or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian Signature _____ Date: ____ / ____ / ____

Application for SMHS Cheerleading Tryouts: Student Portion

I, _____ am interested in participating in the SMHS Cheerleading Program. I have read the criteria for try-outs and understand the expectations of the skills required and my responsibilities. I have checked off below the Cheer Teams that I am trying out for.

_____ I understand that I need to attend all tryout sessions, or I will miss required materials needed for tryouts and miss being evaluated by the coach. (unless prior arrangements made with coach)

_____ I have read and understand the scoring criteria that has been presented in the Tryout Packet.

_____ I have read, understand, and agree to abide by the Cheerleading Merit/ Demerit Program Form.

_____ I understand that I am agreeing to participate on any team that I have marked based on my score.

Please indicate which team/teams you are trying out to participate on by **initialing the box in front of it.**

2021-2022	_____ Varsity Game Day Team	_____ Varsity Competition
Team	_____ Junior Varsity	

Student Signature: _____
/_____

Date: ____ / ____

Parent/Guardian Signature _____
/_____

Date: ____ / ____

SMHS Junior Varsity Cheer

The JV team will be open to all athletes trying out with the exception of Seniors. The JV program will benefit athletes who want to cheer and improve their skills but do not yet meet the Varsity requirements but does allow the athlete to still learn the program requirements, coaching styles, and be involved as the Sunrise Mountain Spiritline. JV members will be responsible for attending and participating in ALL football games (home Freshmen and JV games), and attending all required basketball games during the winter season. As well as, all fundraisers, pep rallies, and mandatory events. JV will also compete in a minimum of 2 competitions to best prepare the for future spots on the Varsity teams. JV athletes must attend summer camp as it is **MANDATORY**. **The coaching staff will select 1-2 JV captains for their squad at Summer Camp and this will be announced following camp.**

Minimum Requirements for JV Cheer:

- ability to learn a minute long routine with facials and stage presence
- loud and clear voice

- Single Spot Back handspring or higher skill
- Proper cheer motions and technique
- prep full down by homecoming
- extension cradle/full down by end of football season
- inversion entrance by homecoming
- full up and half up to prep by homecoming
- prep level Liberty by homecoming
- Straight ride baskets by end of football season
- single spot BHS athletes need skill by homecoming
- Tumbling athletes Need an increased pass by end of football season.

*If athlete doesn't meet requirements by due date then they will be put on probation for 1 month, if athlete doesn't have skill by end of probation then they will be dismissed.

SMHS Varsity Cheer

Game Day Team

The game day team will be open to all athletes trying out. The game day program will benefit athletes who do not want to compete or do not meet the competition requirements, but does allow the athlete to still learn the program requirements, coaching styles, and be involved as the Sunrise Mountain Spiritline. Game day members will be responsible for attending and participating in ALL football games (home and away), and attending all required basketball games during the winter season. Football games are Friday evenings and basketball games are typically Tuesdays, Thursdays, Fridays. As well as, all fundraisers, pep rallies, and mandatory events. Game Day athletes must attend summer camp as it is **MANDATORY**. **The coaching staff will select 1-2 Game Day captains for their squad at Summer Camp and this will be announced following camp.**

Freshmen and Sophomores will only be considered for Varsity if they are interested in competing and make the Competition Team. As a game day member, the athlete will be responsible for attending all competitions as a spectator to support their competition team. ***All Game Day members will be required to learn the competition routine as they will be considered alternates in case they are needed. This is not optional.**

Minimum requirements for Game Day Team-

Clean skill to back handspring (tucks are recommended)

Standing Tucks required by Homecoming

Running tumbling with a minimum of series to tuck (higher skills are recommended)

Strong voice and spirit

Confidence/potential in stunting

180-degree toe touch or higher with proper technique

Tight and technical motions

Ability to learn at least a minute long routine and sideline cheers

Clean Toe and Pike basket

Bases must be able to main and side

Extension Full Down by First Football Game

Lib Full down by First Football Game

Full Up to Top by First Football Game

Switch Up by First Football Game
Standing Tucks required by Homecoming
Inversion to Top by Homecoming
Cartwheel Tuck by Homecoming
Heel Stretch must be at Ankle
Jumps to Tuck by End of Football Season

* If skills with due date are not accomplished by due date, athlete will be on probation for 1 month, if skill is not accomplished by end of probation athlete will be moved to lower team. They will still practice with Varsity but will perform with JV.

*There will be an option for trying out for both game day AND/OR competition team in the tryout packet. Should an athlete only want to commit to one squad they will need to indicate accordingly on the tryout packet. It should be noted, if an athlete checks ONLY competition team and does not consider game day, he/she will not be placed on Game Day team if he/she does not qualify for Competition Team. This is the athlete's choice, so please consider all possibilities/financial commitments.

Game Day Financial Requirements

Camp hotel and fees for USA Summer Camp
Three Spiritline Tank Tops for camp and the fall/winter season
One winter Spiritline hoodie
Four game day bows- purple, gold, white, and pink (Breast Cancer Awareness)
Warm up jacket and pants (if new member)
Game day shoes
Game Day poms
Three pairs of shorts for camp and practice
1 pair of all black Nike Pros 3" for game day spandex.
White Uniform- Seniors Only

Game Day Practice and Requirements

Daily Conditioning Schedule (summer)

All assigned games

Study tables

In season work outs

Practice Tuesday and Thursday 2:45-5

Any fundraising or mandatory event

SMHS Varsity Cheer Competition Team

The competition team will be open to all athletes trying out. The competition team will be exclusively for those athletes who show heightened cheer techniques and ability to compete at the State (division 2) and National (advanced) level in cheer. Competition members will be responsible for attending all practices, fundraisers, competitions and mandatory events. The competition team **will NOT** be attending any sporting events (football and basketball). *This is non-negotiable.* The competition team will have practices Monday, Wednesdays, and Fridays during the school year and practices as scheduled in the summer and some Saturdays. All competition members will attend camp this summer with the Varsity Game Day team as it is **MANDATORY!** Competition team is strictly competition and will not cheer at games. *This is non-negotiable.*

Freshmen and Sophomores will only be considered for Varsity if they are interested in competing and make the Competition Team.

***If an athlete chooses to do Competition or both they will not be able to compete All-Star.**

Minimum requirements for Competition Team-

Solid, Consistent, and Clean standing tuck

Minimum of a Toe to Tuck (3 jumps to tuck is recommended)

Clean and Consistent running tumbling (minimum- series tuck)

180-degree or higher to touches with proper technique

Pike and Hurdler with significant flexibility and proper technique

Confidence/Potential in stunting (minimum full up to extension, 1 leg full down, clean and high basket)

Proper cheer technique and motions

Top notch performance level to include facials and knowledge of competitive level

technique and execution.

Full Up to One Leg

Power Hurdle to series Tuck (higher skills recommended)

Inversion to One Leg

Bad Leg Lib

Heel Stretch at Ankle

Competition Financial Requirements

Camp hotel and fees for USA Summer Camp

Entry fee to the State Qualifier competition in November

Entry fee to the National Qualifier competition in December

Entry fee to State competition in January/February (if team qualifies)

Entry fee to Nationals in Anaheim, California (for all routines show cheer and all girl)

Hotel and Disneyland fees for the National Competition in Anaheim, CA

Possibly two additional competitions

Four Spiritline Tank Tops for camp and the fall/winter season

One winter Spiritline hoodie

3 bows- two practice bow, one competition bow

Warm up jacket and pants (if new member)

Practice shoes

Competition shoes

Competition Poms

Competition Uniform (if new member)

Three pairs of shorts for camp and practice

Nationals shirts

Competition Sports Bra

Competition Practice and Requirements

Daily Conditioning Schedule (summer)
Study tables
In season work outs
Practice Monday, Wednesday, and Friday 2:45-5
Any fundraising or mandatory event

SMHS Cheerleading 2021-2022 Try Out Clinic **SCORE SHEET**

This score sheet will be completed by the **COACH** on the last day of Tryout Clinic.

CONTESTANT #: _____

Attendance: (1-5)- loss of points for absence or late (unless pre- approved) Score:

5 pts- miss 0 days
3 pts- miss 1 day
1 pt- miss 2 days

Attitude: (1-5) stays involved, pays attentions, participates, enthusiasm Score:

Coachability: (1-5) Takes directions and makes corrections, asks for help/

Score: _____
additional information when needed and appropriate, follows directions,
listens while given instructions

Teamwork: (1-5) contributes to the group cheers, listens to others ideas, Score:

completes tasks as assigned, positive attitude toward all members of the
assigned group.

Total Clinic Score:

ONLINE FORM

