

Dear Cardinal Cheer Candidate:

Thank you for your interest in becoming a Fort Worth Christian Cheerleader. Enclosed you will find information regarding:

- * VIP Dates
- * Cheer constitution
- * Cheer contract, to be signed and turned in to school office no later than March 26, 2015.

FWC Cheerleading is an intense amount of work, from pep rally and game prep to numerous activities during the week – **deciding to be on the squad is an important decision that you and your family must take seriously.** You will be expected to be at every scheduled event unless it is arranged in advance and cleared by your cheer coach.

Because this is a leadership position, all candidates must meet leadership evaluation requirements to be eligible to try out. It is your responsibility to give a leadership evaluation form to each of your teachers to fill out.

At this time, the *approximate* cost for cheerleading will be:

\$1000 Middle School

\$1800 –\$2200 High School

This figure does NOT include camp cost of \$350.00.

Camp cost must be paid to sponsor by May 4, 2015. You can bring your camp payment to uniform fittings. This has to be paid separately and can NOT be covered by ad sales.

If you should have any questions, please feel free to contact your cheer coach.

satkinson@fwc.org (middle school)

bpolk@fwc.org (high school)

kmiller@fwc.org (assistant)

Thanks,

Shirley Atkinson, MS Cheer Coach

Brittany Polk, HS Cheer Coach

Kylie Miller, Assistant Cheer Coach

Fort Worth Christian High School
Fort Worth Christian Middle School
Cheerleader Constitution
2015-2016

FWC Cheer Vision

The vision of the Fort Worth Christian cheer program is to promote school spirit and encourage athletes and students to perform to the best of their ability. FWC cheerleaders pledge to lead by example and proudly represent the Cardinals while glorifying God.

Requirements for all Cheerleaders

Must be enrolled for the upcoming school year (15-16) prior to try outs.

A good and positive leadership attitude will be exhibited at all times.

School rules and dress code must be followed.

When cheerleaders have a meeting or a function, all members are to be present unless previously excused by the coach.

Abide by all rules in the athletic handbook.

A signed *FWC Cheerleader Parent & Student Contract* must be on file, stating the student and parent understand the criteria and policies, no later than March 16, 2015

Candidate Leadership Evaluation: confidential evaluations from teachers with a minimum score of 3.5 on a scale of 0 – 5 needed. The evaluations will include scoring in the areas of responsibility, leadership, personality, attitude, enthusiasm, and Christian character. Each candidate will give each of their teachers a Teacher Evaluation Form. This means that some students will have more evaluation forms than others, depending on the number of activities in which a student participates. The faculty and staff will then return the evaluation forms directly to cheer coach, Shirley Atkinson. Students must have no more than one “N” in citizenship. The school principal/athletic director has the discretion to consider a wider scope of conduct using detention and/or referrals to the school office to determine eligibility.

Tryouts: scores are determined by qualified NCA judges; however, to proceed to this phase of the selection process all previous requirements must have been met. Candidate must have an average score of 3.5 on teacher evaluations in order to proceed to tryouts. Once a candidate gets to tryouts they are chosen based 100% on judges score.

No one will be considered for a squad after cheerleader tryouts unless approved by the Athletic Director.

Middle School: We will have 7th and 8th grade teams which may be divided into Red and Black squads. This is all dependent upon total number of candidates that try out and judges scores. Practice is after school one day a week.

High School: We will have Junior Varsity and Varsity squads. JV will consist of Freshmen, Sophomores and Juniors; Varsity will consist of Sophomores, Juniors and Seniors. Running or standing back handspring is required to be eligible for Varsity.

Transfer Students: This policy is for students who transfer to Fort Worth Christian in the summer or fall and miss the formal tryout required for all cheerleaders. Seniors would only be eligible for the Varsity squad. Juniors would be eligible for Junior Varsity or Varsity squads. Sophomores and freshmen would only be eligible for the Junior Varsity squad. Transfer students will only be eligible to try out thru the fall semester. They must also meet the following requirements:

1. Must meet all requirements in the cheer constitution regarding grades, teacher recommendations, and judge's scores.
2. Must pay all cheerleading fees
3. Must cover any additional try out fees
4. Must master all content learned at cheer camp, stunt clinic, choreography camp and previous practices.

Financial Responsibilities: If a candidate tries out and makes the cheerleading squad, they will be financially responsible for the entire amount of the cheer cost for the year. Voluntary or involuntary withdrawal from the squad will not dismiss the charges incurred. In other words, if you drop out or are dropped from the cheerleading squad for any reason after tryouts, you will be responsible for the full cheerleading amount by the appropriate due date. Cheerleaders will not be allowed to represent the school at any events (i.e.: pep rallies, games) until all money is paid.

Practices and Attendance

1. Cheerleaders must be on time for every practice and performance.
2. A cheerleader will be considered tardy if she is more than five minutes late.
3. Cheerleaders must dress out for every practice.
4. Cheerleaders must attend pep rally practice to be involved in the scheduled pep rally.

5. Absences occur. All member illnesses/absences must be accompanied with a note from a parent or doctor. The member's parent must notify the coach at least twenty four hours prior to the game, practice, or other activities of the cheerleader's expected absence. Notifying the coach does not constitute an excused absence. Unexcused absences will affect the participant's grade.

Performance

1. Cheerleaders should arrive at all activities in full uniform, including required hair style and hair bow.
2. Cheerleaders must stay in one general location as designated by the coach.
3. No other persons will be allowed on the field or on the court with the cheerleaders unless approved by the coach.
4. Cheerleaders must pay attention to the game and/or activities.
5. Cheerleaders must maintain good conduct while at the game and/or activity.
6. There will be no excessive talking between cheerleaders during the performance.
7. While on break, squad members are expected to conduct themselves in a mature, responsible manner.
8. The coach will determine scheduled breaks and their lengths.

Out of Town Games

1. All cheerleaders will ride to the games on school provided transportation unless extenuating circumstances prevail and written permission is granted from FWC administration and given to the sponsor prior to the travel date.
2. If not riding home on school provided transportation, parents must sign cheerleader out with their sponsor before leaving the game.

Camp and Summer Practice

1. Each member must attend cheerleading camp and summer practices.
2. Summer practices and summer camp will be scheduled well in advance so that families can plan on summer vacations.
3. Cheer camp is mandatory for all cheerleaders. This is a time to learn new material that will be used at games and pep rallies and bond as a group.
4. Parents are strongly encouraged to be present in the evenings for show-offs and the last evening/last day to encourage the squads.
5. All high school members are required to attend summer stunt and chorography practice daily the week before school starts.

****Camp will be held this summer at TWU. High school and middle school will attend at the same time. The camp date is June 10-13. Camp money and paper work is due by May 4, 2015.

Uniforms

1. Each member is responsible for purchasing the portion of the uniform not funded by FWC program sales. **All monies/ad sales will be turned in no later than July 15, 2015.**
2. Parents are encouraged to be at uniform fittings. Any charges for uniform returns due to improper fit will be the responsibility of the member and her parent or guardian.

3. Uniforms must be ordered responsibly for proper fit and must not be altered unless approved by the coach.
4. Any articles ordered by the members that cannot be returned will be the financial responsibility of the member and her parents/guardians.
5. Uniforms are expected to be clean at all times. Members are responsible for cleaning their uniforms.

Conduct and Expectations

Cheerleading is a support group that will support all sports in a variety of ways. This may include attending a softball or baseball game or making goodie bags for the tennis or golf teams as well as cheering at the football and basketball games.

Cheerleaders will follow the conduct and expectations found in the Athletic Handbook.

High School Only:

Class (Cheer/Athletics)

All squads will be under the FWC Athletic Program. All cheerleaders will be enrolled in athletics.

Cheerleaders that participate in other team sport(s) will do so with the understanding that the team sport takes precedence over cheerleading.

Cheer-Athletes must understand that being a cheerleader and an athlete requires tremendous sacrifice, time, and commitment; often times, it is not easy.

Cheer-Only:

Cheer season is from the beginning of school through the end of basketball season.

During cheer season, cheer-only cheerleaders will practice 7th period daily. There will also be days that you will be required to stay after school to practice with the cheer-athlete cheerleaders.

During cheer off-season, cheerleaders will have three days of off-season workout including one day of cheer-specific conditioning. The remaining two days are regular cheer practice.

Cheer-Athletes:

Cheer-athletes will practice with their sport during 7th period and with cheerleading after school when your sport is in off-season. You will learn all of the cheers and routines and will be able to cheer at games and participate in pep rallies. Once athletes' seasonal sport(s) begins, they will go to that sport only.

Mini-Cheer Camp

JV and Varsity cheerleaders put on a mini-cheer camp for elementary students 3-4 days in the summer. (June 3-5)

Cheerleader Captains Varsity captains will be determined by their overall score from teacher evaluations and judge's scores. JV captains will be determined by teacher evaluations, judge's scores and the cheer coaches' discretion. Varsity captain **must** be a returning FWC varsity cheer member. Captains may not play volleyball or basketball. Other considerations are: past years performance, how helpful was the candidate to fellow candidates during clinic, attitude, attendance at clinic, etc. We are looking for true leadership abilities.

Responsibilities

1. Must be at practice and have practices start on time.
2. Must show no partiality.
3. Is the leader of the group and will help make decisions concerning formations, stunt groups, and any other responsibilities as designated by the coach.
4. Is in charge of all pep rallies and ball games.
5. Make sure all cheerleaders are informed of game time, pep rally time, etc., and see that all girls are there at the appointed meeting time before the event. She is also responsible for notifying each cheerleader as to the correct uniform to wear for each event.
6. Meet and work with coach in all cheerleading activities.
7. Make sure each cheerleader is properly outfitted for each event including, but not limited to shoes, bows, and no extra jewelry.
8. Stay enrolled in after-school athletics throughout the school year. (HS)
9. Other duties assigned by coach.

Competition Squad

High school will have a competitive squad composed of JV and Varsity cheerleaders. You must be a cheer-only athlete to be eligible. This squad will compete in the TAPPS 2-day competition in October, 2015. Additional practices will be required. There will also be some travel expenses. Competition squad will be chosen by judge's scores. If you are interested in being considered for the competition squad, please indicate on the space provided on the cheer contract.

FWC Cheerleader 2015-2016
Parent & Student Contract

Please initial on the blank lines. This is due to your cheer sponsor initialed and signed no later than March 16, 2015.

_____ I have read and understand the cheerleader constitution governing the cheerleading selection process for the 2015-2016.

_____ I have read and understand the Athletic Handbook.

_____ I understand the selection criteria and tryout process.

_____ I understand the athletic ads or full payment are due no later than July 15, 2015. I understand that I will not be allowed to cheer at pep rallies or games until full payment is received.

_____ I understand the commitment necessary to represent Fort Worth Christian School in this capacity.

_____ I understand that if I make the squad and drop after tryouts that I am responsible for **the full amount of the cheerleading dues.**

Parent

Student

Date

_____ I would like to be considered for the competitive squad.