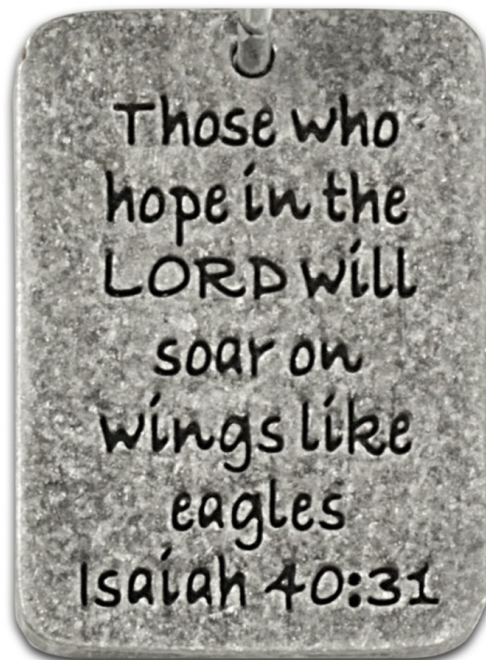


LAYTON CHRISTIAN ACADEMY

HIGH SCHOOL CHEERLEADING 2015-16



Purpose: "Let the word of Christ richly dwell within you, with all wisdom, teaching and admonishing one another with psalms and hymns and teaching spiritual songs, singing and thankfulness in your hearts to God. And whatsoever you do in word and in deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father." -Colossians 3:16, 17

Philosophy: At LCA we're not just cheerleaders, we're CHRISTIAN cheerleaders. We believe that we have GOD given talent and we strive to exemplify Christ-like characteristics at all times. We are thankful to the Lord for all He has given us and strive to glorify Him in all we do. We believe that God can operate through our team to produce desired character qualities of leadership, loyalty, love, and faithfulness. We are aware of our individual responsibility to each other and to the Lord, and believe that "We can do all things through Christ, who strengthens us." -Philippians 4:13

Dear Parents/Guardians and Cheerleader Candidate:

Thank you for your interest in the LCA High School Cheerleading Program. This handbook is written so that you will be familiar with some of the policies, requirements, and regulations for the LCA Cheerleading Team.

Before committing to tryouts, please read through this entire handbook carefully and discuss it with your family. Prayerfully consider everything cheering for LCA entails. Being a cheerleader is a rewarding experience, however it is a responsibility that is time consuming and requires hours of extra work. Cheerleaders are expected to be at all games, practices, pep rallies, camps, charity events and any other school events that may arise. On top of all this, you will be expected to keep your grades up and uphold all the rules and moral standards set forth in the following pages. Cheerleading is full of early mornings and late nights. It's physically demanding and, at times, emotionally draining so make sure this is something you can handle for the next year.

After reading the information in this handbook, if you agree to all the conditions of being a cheerleader at Layton Christian Academy, please prepare a tryout packet and bring it to the tryout clinic on April 9th. The following items need to be included in the tryout packet:

- 1. Grades (3rd Term)
- 2. Attendance (3rd Term)
- 3. Student Agreement Form (signed and dated)
- 4. Parent Permission Form (signed and dated)
- 5. Cheerleader Information Sheet

You must turn in all items of this packet before you will be allowed to tryout.

If you have any further questions please feel free to contact Coach Jaime Call at 801-336-6039 or jaimecall@live.com.

TRYOUT INFORMATION

ELIGIBILITY

- Candidates must be returning to LCA for the 2015-16 school year and be entering grades 9-12.
- Candidates must have at least a 2.0 GPA and no more than one F at the time of tryouts.
- Candidates and at least one parent/guardian are required to attend the Parent/Student Information meeting on April 6th at 6:30pm. If you are unable to attend this meeting please contact Coach Jaime and make arrangements to talk with her. No one is allowed to tryout until their parents/guardians have made contact with Coach Jaime.
- Candidates must have all paperwork turned in before being allowed to participate.
- Candidates must attend the mandatory tryout clinics on April 8th & 9th.
- Any remaining cheerleading expenses from past seasons must be paid and cleared with the business office.
- Candidate must be able to attend morning practices during the summer as well as during the school year. LCA Cheerleading is a year-long commitment.

MANDATORY PARENT/GUARDIAN/CANDIDATE INFORMATION NIGHT

Candidates and at least one parent must attend in order to get information on the LCA Cheerleading program. This meeting will be held on April 6th at 6:30 pm in the Children's Center.

MANDATORY TRYOUT CLINIC

The clinic will be held on April 8th & 9th from 6am-8am in the Children's Center. All participants must wear appropriate shorts and t-shirts (no tank tops), good athletic shoes, no jewelry, hair pulled back. Candidates will be taught a cheer and dance as well as be given the opportunity to work on their jumps and tumbling. Due to the limited time of our clinic the dance can be found on this site <https://vimeo.com/album/2437027/video/123011205> (the password is eagles). All candidates are encouraged to take advantage of this opportunity and learn the dance at home before clinics.

OFFICIAL TRYOUTS

April 10th at 3:30pm in the LCA High School gym

*All paperwork must be turned in **before** you can participate.*

TEAM PLACEMENT

After careful consideration of the judges' scores, the cheer coaches will decide who will be on the teams. If you are not willing to take a JV position should you be offered one, please make sure to let the coach know on your cheerleader information sheet included in your tryout packet. The coach reserves the right to move a cheerleader up to Varsity or down to JV anytime throughout the year should they feel the cheerleader's performance shows reason for the move. Cheerleaders are encouraged to continually work to improve their skills.

FINANCIAL COMMITMENT

Although I have done my best to cut the cost of cheerleading this year, cheerleading is still an expensive activity. Please consider carefully the financial responsibility before trying out for cheerleading. The

estimated total costs for the 2015-16 season is \$550-\$843 depending on if the girls are returning cheerleaders. Girls will be given the opportunity to fundraise to help with cheer costs.

COST BREAKDOWN

<i>Item</i>	<i>Cost</i>	<i>Date Due</i>	<i>Notes</i>	
Cheer Camp	\$200	4/15/2015	UCA 3-Day Cheer Camp held at LCA (Camp costs are all inclusive) **	
Cheer Gear	\$397	5/15/2015	Camp/Practice Gear \$100	
			Shoes \$55	
			Cheer Bag \$35	*
			Warm Ups \$135	
			Hair Bows \$15	
			Pom Poms \$20	
			Music/Choreography Fee \$25	
			Spankies \$12	*
Uniform	\$246	06/15/2015	Shell \$116	*
			Liner \$65	*
			Skirt \$65	*
TOTAL COSTS	\$550 - \$843			

*If you are a returning cheerleader, who already has the above marked item, you will not need to purchase them again as long as they fit appropriately and are in good condition.

**Camp estimate is based on 12 girls participating. If less than 12 girls make up the team, the cost of camp will go up accordingly. We will be attending UCA's 3-day summer camp on May 26th – May 28th at LCA. All transportation, accommodations and meals are included in the camp price.

NOTE: *In addition to the cheer costs a one-time sports participation fee in the amount of \$80 will be billed to your account in August. This fee will only be charged once for all fall sports, you will only be charged one time even if they participate in more than one fall sport.*

PAYMENT PLAN OPTIONS

If you are in a position to pay your cheer account in full, we encourage you to do so. Any fundraising done would then go towards your school account. In the event that your school account is also paid in full, you would be reimbursed any fundraising money raised by you.

\$300 due April 15, 2015. This payment will reserve our camp and cover some cheer gear.

\$297 due May 15, 2015. This payment will cover the remainder of the cheer gear.

\$246 due June 15, 2015. This payment will cover the uniform.

*The final payment could change slightly based on the final cost of camp and whether we were able to get things at an additional discount. Adjustments to accounts will be made as we go along and you will be informed of your remaining balance prior to this payment's due date.

Failure to pay on time will result in your account being charged a late fee as well as your items not being ordered. Because we order in bulk, we are able to pass the discount on to the team members. If your items are not ordered with the team, you will be financially responsible for the difference in costs. Cheerleading fees are non-refundable should you decide not to cheer once you have been selected.

IMPORTANT: When a payment is made on your account for cheer related expenses you **MUST** provide a copy of the receipt to the coach. After making a payment please ask the accounting office to make a copy of your receipt and either put it in the cheer box in the office or bring a copy to your coach.

TIME COMMITMENT

Cheerleading takes a great deal of commitment, not only from the athlete but also from her family. Cheerleading is a year round commitment starting in April and ending the following March. There will be a few weeks off, spread out between summer, Christmas break and the end of basketball season. Other than that, cheerleading is full-time.

PRACTICE SCHEULE

Practices will start in May please see the attached calendar for more details. During the school year practices will be every Tuesday and Thursday morning from 6-8am. We would like to give the girls time to vacation and spend time with their families so we will not have any practices during the month of July. The girls will resume practices in August. Practices will consist of conditioning, stunting, technique, and learning cheers and dances. **ALL** practices are **MANDATORY!** If you cannot make the practice days/times, do not tryout. The coach reserves the right to schedule additional practices if necessary for an upcoming performance/event.

ATTENDANCE

-Cheerleaders must attend all practices, activities, games and any other assignments as scheduled by the coach. The cheerleader must be on time to all activities. If the cheerleader must miss an activity **ARRANGEMENTS MUST BE CLEARED THROUGH THE COACH.** Any game missed **WITHOUT** an excuse will cause the cheerleader to be placed on probation. The cheerleader will not be allowed to cheer at the next home activity; however, she will dress in uniform and sit with the coach. Remember, cheerleading is a team activity. There is no bench to pull from and if you aren't at practice or a game, the **ENTIRE TEAM** is affected. Please see demerit/credit system below for more information on attendance.

-Any cheerleader participating in an athletic event is required to attend at least four (4) periods of class on the day of the event in order to be eligible to participate. Friday school attendance will be required for Saturday games or events. Any deviations to this policy must be made with the approval of a principal or administrator.

-**IMPORTANT:** If a cheerleader misses the last practice prior to a game, **no matter the reason,** the cheerleader will not be placed in that game's half-time performance.

PARTICIPATION IN OTHER SPORTS

At LCA we encourage our students to participate in as many activities as they feel they can handle. Many of our cheerleaders are also soccer, volleyball, and basketball players. While we support your choice,

should you choose to play another sport, in addition to cheerleading, please understand our expectations:

-You are required to be at all practices regardless of how late you got home the night before or how much homework you have. A late night is no excuse for missing cheerleading practice.

-If we have a game to cheer at and you have a practice with your other sport, you will be expected to cheer and miss practice.

-Rightfully so, should you have a game with your other sport and a game to cheer at that same night, you will be expected to miss cheer and go to your game.

STUNTING

-Stunting is a mandatory part of cheerleading. All participants must be willing to learn whatever position of a stunt team the coaches feels they best fit. Make sure you are willing to be a flyer, base or backspot or all of the above before trying out. At the beginning of the new season, stunt teams will be formed and each team will go through a mandatory progression to ensure safety to the best of our ability. Positions are given based on size and strength of each participant each year. Just because you were a flyer last year, doesn't mean you'll be one this year. If you have an issue with any being placed in any position, the coach needs to know before tryouts.

-Stunting is the most dangerous part of cheerleading and even though the highest precautions are taken, injuries can still occur. NFHS Spirit Rules will be enforced at all times. **NO STUNTING IS EVER ALLOWED WITHOUT A COACH PRESENT!**

BEHAVIOR

-Cheer teams serve as support groups for the athletic program within the school, therefore playing a very important role in athletic contests. Each team shall strive to boost school spirit, promote good sportsmanship, and develop positive crowd involvement.

-Being highly visible and recognizable representatives of the school, cheer teams are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and team cohesiveness demonstrate these standards. The team should focus on creating a cooperative spirit among the cheer team members, athletes, and student body.

We believe in two core values:

❖ Respect yourself

- This means taking responsibility for our own actions
- Always giving 110% of your effort
- Having a positive encouraging attitude
- Respecting those around you
- Knowing what the expectations, schedule and details are for all events

❖ Respect your team

- This means working together at all times
- Encouraging one another to give your best and have a positive attitude
- Standing up for each other
- Hold each other accountable and push each other to be better
- Communication with one another and work out your differences in a constructive way

Why we do what we do:

We believe cheerleading should teach teamwork, discipline, setting and reaching goals, hard work, sacrifice and determination. We believe those who have character, work hard, and have a good attitude

are the most successful in whatever they do. We believe learning these qualities in high school prepare you to succeed later in life. These rules are made so we can have fun, be safe, work hard, and develop character qualities and make us successful.

We have discipline so everyone will be safe.

We have discipline to maximize the use of team time and create a team atmosphere.

We have discipline to foster respect and build character.

Members of the LCA cheerleading team will display exemplary conduct and good moral behavior at all time both on and off campus. Dishonesty, bullying, drug/alcohol use, and disrespectful behavior towards coaches, fellow team members, spectators, and/or athletic opponents or school will not be tolerated. In order to achieve maximum success as a squad, each individual must demonstrate a good work ethic and be willing to work toward the benefit of the entire team. Respect for other team members and the coaching staff is imperative! The same is for parents towards other kids on the team and the coaching staff. Ongoing negative behavior may result in suspension from participation in one or more games, and potentially in dismissal from the team. This includes behavior on social media websites.

SOCIAL MEDIA

All cheer team members are expected to uphold all of the standards outlined in the school handbook and will positively represent LCA and its cheer program in the school and in the community as well as on the Internet. Members will not post pictures, statuses, nor be involved in any social networking conversations that negatively represent himself or herself, LCA or its Cheer program. Members will not post or be associated with posting involved with smoking, drugs, alcohol or sexual content. Members will not post or be associated with postings/conversations that are negative in regards to their school, the cheer program, its members or it's coaches. Cheer members may not engage in any ambiguous association such as re-tweeting, sub tweeting, favoring, liking, reposting, etc. of inappropriate material in regards to this code of conduct in this handbook. Members will not engage in cyber bullying, slander or harassing behavior. Failure to follow this policy **can and will** result in demerits, benching/probation or removal from the team. If you think it could get you in trouble by your coaches or parents then **DO NOT** post, take a picture or comment on it.

CONFLICT

As being a member of a team, it is important that you maintain good relationships with your teammates. Keep open communication with each other and address problems in an appropriate way. If a problem cannot be solved amongst yourselves, consult with your coach and she will step in. You may not always agree with your coach or why things are done in a certain way, but please address issues **WITH YOUR COACH** before seeking help from other individuals. If the problem cannot be resolved between cheerleader and coach, then a parent meeting with Administration may be called with the coach to help solve the problem. We want to keep open communication between the cheerleaders, parents and the coaches. We are all in this together!

UNIFORM GUIDELINES

The appropriate practice clothes must be worn to practice (these are the outfits we order for camp and once camp is over, they become practice outfits). In addition to the proper practice clothes, all cheerleaders must have appropriate cheer shoes and hair pulled back and **NO JEWELRY**. The following are rules stated in the National Federation of State High School Associations Spirit Rule Book:

- Rule 2, Section 1 Art 12, Participants must not chew gum or have candy in their mouth during practice or performance
- Rule 2, Section 2 Art 1, Jewelry must not be worn except for Religious or medical medals which shall be taped to the body (without a chain) under the uniform
- Rule 2, Section 2 Art 2, Fingernails must be kept at an appropriate length (short, near the end of fingers) to minimize risk for the participants. No artificial nails.
- Rule 2, Section 2 Art 3, the hair must be worn in a matter to minimize risk for participant

Cheerleaders are expected to have every piece of their uniform with them for all games. This includes: shell, liner, skirt, spankies, shoes, no-show socks, hair bow(s), warm-ups and cheer shoes all in the designated cheer bag. All cheerleaders are expected to wear their hair as designated by the coach on game day. No extra hair accessories other than the designated hair bow (and a thin headband, closest to your hair color) will be allowed. Again, no jewelry or nails are allowed. Nails should be painted a clear color and nothing attention grabbing. If a cheerleader loses or ruins any part of her uniform she will be responsible for the immediate replacement of that item. PLEASE KEEP ALL YOUR CHEER ITEMS IN YOUR CHEER BAG AT ALL TIMES.

GAME EXPECTATIONS

-All cheerleaders are expected to be "full out" and positive, the entire game, regardless of the score. A game is no place to display any personal issues you may be dealing with; you are expected to be professional at all times. While I want you to have fun, there should be no excessive giggling or talking while on the field/court. If you are not cheering, you are expected to be standing "at ease", hands behind back and being attentive to the game. As a team, you should know which cheer/dance you will be performing for upcoming timeouts. Remember, you are the leaders- if you don't show spirit and enthusiasm, your crowd won't either.

-Cheerleaders should be in position, ready to cheer, with 1 minute left on the clock. This pertains to the beginning of the game as well as after halftime. Please eat BEFORE the game, you will not have time during the game.

-Regardless of whether you are on the JV or Varsity team, you may be asked to cheer at ANY of the games.

-Cheerleaders cheer FOR their own team and never AGAINST the other team. If your crowd is booing and being negative, you are expected to start a positive cheer to try to redirect them. Never show emotion when a bad call is made. It is your job to respect the officials at all times, regardless of what you think of their decision. Never laugh at or mock the other team, its' cheerleaders, coaches, or fans.

-Any cheerleader sitting out for any reason (injury, benched, etc.), will be expected to sit WITH THE COACHES and cheer from the sidelines. You will not be allowed to be up in the stands with your friends.

-Cheerleaders are required to ride to and from away games on school provided transportation. Cheerleaders may ride with her own parents following an away game only with approval from the coach. IMPORTANT: A Cheerleader may not ride with anyone other than her own parents.

ELIGIBILITY

If a cheerleader falls below the minimum 2.0 GPA at the end of a 1st quarter grading period the coach will decide whether to suspend the cheerleader from the team or place the cheerleader on probation. If the cheerleader is placed on probation they must still attend ALL activities and practices but will be unable to cheer at games. During the probation period, cheerleaders may not wear their LCA uniform. If a cheerleader is suspended from the team due to ineligibility they will be removed from all cheerleading events, this includes practices, parties, pictures, etc.

DEMERIT & CREDIT SYSTEM

In order to keep disciplinary actions consistent for everyone we will be using a demerit/credit system. The point system will be calculated and managed throughout the entire cheer season by the cheer coach. The coach will stay in communication with the cheerleader and her parents/guardians if points are issued. The main purpose of this system is to make sure that everyone is treated fairly. Remember that good communication with the coach will almost always prevent demerits from being issued. If the cheerleader accumulates 10 points they will be placed on probation until they can clear their demerits.

<i>Demerit Points</i>	<i>Reason for Demerits</i>
1	Unexcused tardy (more than 5 minutes) for practice
3	Unexcused tardy (more than 5 minutes) for any assigned activity (games, fundraisers, etc.)
5	Unexcused absence from any assigned activity or practice
10	Unexcused absence from a game
2	Unpreparedness (uniforms or assignments) ex: missing part of uniform, etc.
3	Non participation in cheering during an event or activity
1-5	Unacceptable conduct/behavior
5	Not following NHFS safety rules

<i>Credit Points</i>	<i>Reason for Credit</i>
2	Making extra posters as needed per approval by cheer coach
3	Working extra shifts at fundraisers, cheer activities or other school events
3	Parent volunteering to help with fundraisers, cheer activities or other school events
3	Attend another practice (Middle School or Eaglettes) and assist the coach with their practice per approval by both cheer coaches
4	Community Service as appointed by the cheer coach
1-5	Misc. assignments as made by the cheer coach

COMMUNICATION

Communication is key to any successful team. Cheerleading is a fast moving, often over scheduled, ever changing event; especially during basketball season. If you won't be at practice or a game, it is your responsibility to let your coach know ASAP.

Because we would like to keep you informed, we will text you often. Please make sure that we always have a current cell phone number for parent(s) and cheerleaders and any other adults who might need to know of your daughter's cheer schedule. Our team will also have a group message on Facebook to send out reminders and information to the team.

I will also send emails periodically and post information on our website. New team members and their parents should become members of our website, www.lcaceerleading.webs.com, as well as become a fan of our Facebook page, Layton Christian Academy Cheerleading.

STUDENT AGREEMENT FOR LCA HIGH SCHOOL CHEERLEADER

I am interested in becoming a cheerleader at Layton Christian Academy for the 2015-16 school year. I have read the LCA Cheerleading Handbook. I understand and agree to follow the regulations set forth by the in this handbook as well as and rules made by my cheer coach(es) and the administration.

I have checked the calendar and spoken to the cheer coach about any potential conflicts. I agree to share my grades with my cheer coach.

I understand that I am required to attend camp, all practices and events as scheduled by the cheer coach.

I understand and accept the eligibility requirements and the financial responsibilities described.

I understand the selection process and agree to abide by the decision made by the outside judges and cheer coach.

I understand and agree to refrain from negative comments and/or actions towards other candidates during the tryout process.

I understand that if I tryout and make the team, then later choose to quit the team or I am released of my cheerleader duties by the cheer coach, principal, or administrator, no monetary refund will be issued.

Date

Printed Name

Signature

PARENT PERMISSION FOR LCA CHEERLEADER TRYOUTS

_____ has my permission to tryout for cheerleader at Layton Christian Academy for the 2015-16 school year.

I have read the Tryout Requirements and the Cheerleader Handbook. I understand that she must abide by the rules and regulations set forth by the administration and cheer coach at LCA and must be present for all practices and games. I understand that the violations of any rules stated in the Cheerleader Handbook may lead to temporary or permanent suspension from the team. I understand and accept the eligibility requirements, and the financial costs as described.

I understand the selection process and agree to abide by the decisions made by the judges cheer coach evaluations.

I agree to remain positive in my words and actions towards other candidates during the tryout process.

I will work with my daughter to support her decision to be a part of this program.

I understand that if my daughter is selected to the team, I will help my daughter abide by the rules and regulations set forth.

I agree to remain positive in my actions and attitude when present at any cheer event in which any LCA cheerleader is participating.

Date

Printed Name

Signature of Parent/Guardian

Cheerleader Information Sheet

Cheerleader: _____ Grade _____

Email: _____ Cell: _____

Birthday: _____ Locker #: _____

Address: _____

City: _____ Zip: _____

Parents/Guardians:

Cell: _____ Cell: _____

Email: _____ Email: _____

In case of emergency, best person to call:

_____ Phone: _____

Are you currently taking any medications? _____ If so, please list _____

Are you currently being treated for any injuries? _____ If so, please list _____

Are you currently a member of any club, organization, or team requiring extra practice time?

If so, please list _____

What are the dates, if any, that you will be out of town during the summer? _____

Please add anything else you would like me to know about your daughter:
