

Rancho Bernardo High School
Cheer Application
2021 - 2022

Cheer Tryouts: Must attend all five days:

(on the RBHS football field)

Monday, June 21 - 4:30 pm - 7:00 pm (Field)
Tuesday, June 22 - 4:30 pm - 7:00 pm (Field)
Wednesday, June 23 - 4:30 pm - 7:00 pm (Field)
Thursday, June 25th - 4:30 pm - 7:00 pm (Field)
Friday June 26 - 9:00 am - 12:00 pm (Gym)

Rancho Bernardo High School
Cheerleader Application
(Bring to the first day of tryouts.)

Section I

Name _____ Current Grade _____ Birth date: _____

I certify that I am a current PUSD/RBHS student (Initial) _____

Are you a transfer student? _____

Yes No

If so, has your transfer been approved by PUSD Office of Attendance/Discipline? _____

(If transfer has not yet been approved, you may not tryout)

******You must provide letter from PUSD showing approval of the transfer******

I would like to tryout for, select one or more: ___Varsity ___Junior Varsity

- Freshmen – may check JV only
- Sophomores & Juniors – may check JV & Varsity
- Seniors – may check Varsity only

Would you like to be considered for captain of your squad? _____

Yes No

Are you interested in participating on the Competition Cheer Team? _____

Yes No

(Please note, there are additional costs for the comp team and additional tryouts will be held later in the year.)

Address _____ City _____ Zip _____

Phone Number _____ Parent's Phone _____

Parent's E-mail _____

Parent(s) First and Last Name _____

Student's Email _____

Current School _____

Do you have a physical on file at RBHS? _____ When does it expire? _____

Section II (Parent Section)

My student, _____, has my permission to participate in the cheerleader workshops and tryout in the gym at RBHS on the dates noted on page #1. I understand that they must submit this application, be enrolled as a student at RBHS, have current physical & athletic packets (downloaded from the RBHS website), a copy of their most recent Report Card, cheer contract, teacher evaluations and parent permission form on file at RBHS by June 21, 2021.

(Parent Signature) _____

Section III:

ATTACH A COPY OF YOUR LAST 2 QUARTERS/2nd SEMESTER REPORT CARDS TO THIS PAGE.

Section IV:

Cheerleader

Please **TYPE** an original **PARAGRAPH** explaining why you will be a productive and positive member of the cheerleading team. Include your leadership experience, qualities you can bring to the cheer squad, and your motivation for being a cheerleader. If you are a returning cheerleader, please explain why you are trying out again.

List social media handles:

Instagram: @_____

TikTok: @_____

Twitter: @_____

Other: _____

Rancho Bernardo High School Cheer

Cheer | Constitution

NAME: Rancho Bernardo High School Cheerleaders

PURPOSE:

1. Promote school spirit.
2. Develop team responsibility, self-confidence & enhance self-capacity through team participation.
3. Promote a sense of good sportsmanship among students and adults. Strive to build better relationships between schools.

ELIGIBILITY:

1. A cheerleading candidate must be a student currently enrolled and attending Rancho Bernardo High School, enrolling for the 2021-2022 school year, or have an interdistrict transfer approved prior to tryouts for the school year.
2. During each grading period, in their season of sport, students must attain a **2.0 grade point average** (based on a 4.0 scale) and be passing **more than 50% of their classes**. The student must take a minimum of **2 classes**.
3. If cheerleaders do not attain a 2.0 grade point average and pass at least 2 academic classes in the previous grading period, one of two things will occur:
 - a. The athlete will be placed on **probation** (which allows them to participate).
 - or
 - b. The athlete will be **ineligible** (if they have used their probation or are not passing 2 classes).
4. A student may only be placed on probation once during their freshman year and once during the subsequent three years.
5. Changes in athletic eligibility become effective the day after school-wide distribution of grades. The grades that will be counted for eligibility are **quarter grades & end of term grades**. Summer school grades may be computed to improve Spring Term grades.
6. If cheerleaders do not bring their grades up to a 2.0 grade point average at the end of the probationary period, they will be ineligible to participate for the following grading period. One probation is allowed throughout the athlete's freshman year. One probation is allowed throughout the athlete's Sophomore through Senior years. After that probation is used, the athlete will be ineligible to participate in all athletics. (per CIF rule)
7. All CIF eligibility rules still apply.
8. Ineligible athletes may not be released early from the school day for athletic events.
9. An athlete must attend more than half of their classes of the school day depending on the number of classes currently being taken (2 out of 2 classes, 2 out of 3 classes, 3 out of 4 classes) in order to practice or play in any athletic contest at any level. An exception may be granted if the Cheer Advisor is informed prior to the absence.
10. District rules of residence eligibility (District transfers) will be in effect for all candidates.

TRYOUTS:

1. Tryouts will be held once a year.
2. The candidates will be evaluated on the following items:
 - A. Non-physical
 1. Teacher Evaluations (30)
 2. Grades (calculated GPA x5) (20)
 - B. Physical
 1. Spirit (20)
 2. Jumps (20)
 3. Fight Song (20)
 4. Dance Routine (20)
 5. Tumbling (standing) (10)
 6. Tumbling (passes) (10)

DEFINITION OF SQUADS:

Squad members will be selected each year on the basis of total points earned during the tryout process, **However, current cheer coaches will ultimately determine squad placement.**

1. Varsity squad will consist of Seniors, Juniors, or Sophomores.
The students (Seniors, Juniors, or Sophomores) earning the most points will be on the Varsity Squad.
2. Junior Varsity squad will consist of Juniors, Sophomores, or Freshmen.
The students (Juniors, Sophomores, or Freshmen) earning the next highest number of points will be on the Junior Varsity Squad.

ATTENDANCE/PARTICIPATION REQUIREMENT:

The following ABSENCE/TARDY policy will be in effect:

1. If a cheerleader is not at school for more than half of their classes of the school day, the student is ineligible to participate in practice or event that day or evening. (per CIF rule)
2. **If a cheerleader has an unexcused absence from practice, an event, or a game s/he will be benched for a portion of the next game.**
3. **If a cheerleader has an excused absence at a practice prior to a game, the Advisor/Coach will determine if the cheerleader is properly prepared to participate at the next game.**
4. **If a cheerleader misses all practices the week of a game they will be benched the whole game.**
5. Any cheerleader who is tardy (or leaves early) to/from a practice, game, or event will be subject to squad disciplinary action.
6. Injuries: If a cheerleader feels s/he is unable to participate in practice, game or event, a doctor's note will be required before resuming participation. Regardless of physical participation, all cheerleaders are required to attend all practices, games or events in designated uniform (by coach).
7. All cheerleaders will be required to pass a cheers evaluation in order to prove knowledge of all cheers before being allowed to participate at games. If this test is not passed s/he will be benched until the test is passed.

CAPTAINS/SQUAD LEADERS:

A. Varsity Captains:

1. Start cheers and chants at games.
2. Work closely with the Coaches in planning cheer activities and practices.
3. Act as liaison between Coaches/ Advisors and Varsity cheerleaders and Junior Varsity Captains.
4. Call/Text squad members as directed by Coaches.
5. Teach and lead dance routines when necessary.
6. Act as a role model to teammates.
7. Problems may, at the discretion of the Cheer Advisor, result in demotion of captainship.
8. Position may be revoked at any time.

B. Junior Varsity Captains:

1. Work with the Coaches to organize Junior Varsity practices.
2. Start cheers and chants at games.
3. Act as liaison between the Coaches/Advisor and Junior Varsity cheerleaders.
4. Call/Text squad members as directed by Coaches.
5. Teach and lead dance routines when necessary.
6. Act as a role model to teammates.
7. Problems may, at the discretion of the Cheer Advisor, result in demotion of captainship.
8. Position may be revoked at any time.

SUMMER CAMPS/SUMMER PRACTICES:

1. **TBD according to CDC guidelines and PUSD regulations on school sanctioned practices.**
2. We are hoping to attend a UCA/NCA summer camp between the dates of 8/03/2021 and 8/08/2021
3. Summer practices are expected to start the week of July 19th, 2021 to give 2 weeks of preparation for camp

PRACTICES & GAMES:

1. After School Practices

- A. Cheerleaders will report appropriately dressed and ready to practice at the time designated by Coaches. Practices will be approximately two hours and will be scheduled by Coaches.
- B. **WORK AND ALL PERSONAL BUSINESS, including doctor/dentist appointments, MUST BE SCHEDULED AROUND PRACTICE DAYS, or the absence will be UNEXCUSED.**
- C. **Any anticipated absence from practice or events must be reported to the Coach at least 24 hours prior to the absence. Jobs, appointments, etc must be arranged to avoid conflict with practice and events.** Unexcused absences will result in sitting on the bench for a portion of the next game. If all practices are missed prior to a game the athlete will be benched the whole game.

- D. To be eligible to practice, squad members must attend more than half of their classes scheduled each school day (2 of 2, 2 of 3, 3 of 4)
- E. All formations, music, and routines must be approved by the Coaches prior to the game.

2. Games:

- A. Varsity Cheerleaders must attend & cheer all Varsity football games, all Varsity Basketball games, CIF games, and any other events as determined by Advisors/Coaches.
- B. Junior Varsity will cheer at all Junior Varsity football games, all Junior Varsity Basketball games and any other events as determined by the Advisors/Coaches. Junior Varsity cheerleaders will attend the Varsity home football games through the third quarter. At the Varsity football games, the Junior Varsity will report to the Coaches during the second quarter of the game, and will cheer during the third quarter of the game. Junior Varsity cheerleaders are to help with spirit during Varsity football games and any other events as determined by Advisors/Coaches.
- C. Cheerleaders must check in with the Coaches at the designated location, one hour before game time, unless otherwise specified.
- D. When arriving at a game, cheerleaders will wear **specified cheer attire and cheer shoes**.
- E. When cheering, the squad will wear the official uniform designated for that game or event. If any part of the uniform, including poms or bow, are missing, the cheerleader will not perform at the game.
- F. All cheerleaders when not performing will sit in full uniform in the area designated by the Coaches and will actively support the squad that is performing.
- G. Cheerleaders must wear specified cheer attire to school on game days or any other events as determined by Coaches/Advisor. If any part of the specified cheer attire is missing at school or game, the cheerleader will not perform at the game/event.
- H. For away games, if a bus is provided, cheerleaders must ride to and from the game on the bus. The Coaches/Advisor must be contacted directly 48 hours prior to the game if this presents a problem, and it will be up to their discretion on how to handle the specific situation.
- I. All cheerleaders who are benched/injured will sit in full uniform in the area designated by the Coaches/Advisor and actively support the squad that is performing.

EXPECTATIONS & STANDARDS:

1. Appearance:

- A. All parts of the uniform must be kept neat and clean.
- B. Hair must be out of the face (no wispsies) and off the shoulders. HAIR MUST BE ARRANGED BEFORE ARRIVING AT THE GAME OR EVENT. NO GROOMING IS ALLOWED IN THE STANDS.
- C. NO JEWELRY WILL BE ALLOWED at practice and/or games! No chains, earrings, necklaces, bracelets, watches, nose rings, earring plugs, or tongue piercings. LEAVE ALL JEWELRY AT HOME. If worn, you will be told to remove jewelry before you begin. Repeated requests to remove jewelry will result in disciplinary action.
- D. If a belly button ring is worn, it must be taped down.
- E. If a cheerleader has a hickey they will not be allowed to cheer.
- F. Hair and makeup should be done prior to performance. (* Make-up must look natural.) Do not apply makeup or comb hair in public view. You are representing your school at all times.
- G. Cheerleaders will arrive in full uniform prior to each event unless otherwise specified by Coaches/Advisor. NO SLIPPERS OR SANDALS OR BOOTS.
- H. When in cheer attire, ANY tattoos should be fully covered BY BANDAGE prior to practice, an event, game, or school.
- I. Cheerleaders will keep their fingernails at an appropriate length to perform skills safely.

2. Attitude/Conduct:

- A. A cheerleader must be a willing worker and perform all duties, including conditioning, without complaining or indifference.
- B. A cheerleader must work as a team member (WE NOT ME!)
- C. Cheerleaders must be patient and helpful with each other at all times, and especially when learning new stunts.
- D. A cheerleader must be willing to take constructive criticism, reprimands and suggestions with grace.
- E. Cheerleaders must avoid derogatory conversation regarding RBHS, the Cheer program, the Advisors/Coaches, RBHS staff, students or other cheerleaders. Such negative behavior can result in removal from the squad. All constructive comments are welcome and should be communicated directly to the Advisors/Coaches independently.
- F. No food or beverages (except water) are to be consumed while cheering.

- G. No chewing gum at any time while cheering. This includes practice! (Safety issue)
- H. **No reference to alcohol or drugs on social media (such as Facebook/Twitter/Instagram/Snapchat/Tiktok) will be permitted and will result in suspension, parent conference, and/or removal from squad.**
- I. **Any offense that involves law enforcement contact will result in parent conference, suspension, and/or removal from squad.**
- J. **No P.D.A. (Public Display of Affection) at school, games, or any other events when in uniform.**
- K. **AS AMBASSADORS OF THE SCHOOL YOU AGREE TO: NO SMOKING, DRINKING OF ALCOHOL OR USE OF DRUGS AT ANY TIME!** Cheer squad members are advised to not attend student parties where alcohol, tobacco and other drugs may be present.
- L. Problems with poor attitudes or poor conduct at any event whether it is school related or not, may result in suspension, parent conference, and/or removal from the squad.

UNIFORMS:

- 1. At no time will a cheerleader allow another person who is not an RBHS cheerleader to wear any part of their uniform. (This includes warm-up Jacket).
- 2. ABSOLUTELY no PDA while in uniform.
- 3. **Uniforms must be purchased from Varsity Spirit on the day of fittings.**
- 4. If a cheerleader quits for any reason after uniforms have been ordered, s/he will be financially responsible for items/camp.
- 5. If a cheerleader loses any part of the uniform, s/he will not be allowed to participate until the item is replaced/re-purchased.

TRANSPORTATION:

- 1. Cheerleaders will travel independently if there is no bus provided by school.
- 2. Cheerleaders must arrive at all events at least one hour before scheduled game/event, unless otherwise specified by Coaches/Advisor.
- 3. Cheerleaders must ride to and from games/events on the bus, unless an alternate transportation request is filled out and approved by the head coach 48 hours prior to the game.

RESPONSIBILITIES:

- 1. A student who earns and accepts a cheerleader position is expected to complete a full term in that position. For current Seniors, a term does not end until **after** workshops and tryouts are held for the following year. For current Freshmen, Sophomores, and Juniors, a term does not end until the day prior to workshops begin. Any cheerleader not completing a full term or missing more than three games/mandated events will be ineligible for any award. **This includes a Varsity letter.**
- 2. A student who has accepted a cheerleading position may not hold a position within or outside the school that would be in conflict with the duties and time requirements of a cheerleader.
- 3. The rules and regulations of this constitution and the decisions of the Advisors, Coaches, Director of Activities, Athletic Director, and/or the Administration shall be final.
- 4. Per the coaches: 1 tardy = 1 quarter benched, 1 missed practice / game = benched ½ game.
 - a. If a cheerleader accumulates up to 1 game missed due to tardies, etc. disciplinary action will be taken.

SUSPENSION/DISMISSAL:

Problem Area	First Occurrence	Repeated Occurrences
Unexcused tardy to an event/practice	Subject to disciplinary action by coach/advisor, including suspension from games	Removal from Squad
Unexcused absence from event/practice	Subject to disciplinary action by coach/advisor, including suspension from games	Removal from Squad
Unsatisfactory Citizenship or grades @ school, practice, or event	Mandated Tutorial, Subject to disciplinary action by coach/advisor, probation or ineligibility	Removal from Squad
Attitude/Conduct Problem	Subject to disciplinary action by coach/advisor, including suspension from games or immediate removal from squad	Removal from Squad
Improper Social Media Activity (Facebook, YouTube, Twitter, Instagram, Snapchat, Tiktok.)	Subject to disciplinary action by coach/advisor, including suspension from games or immediate removal from squad	Removal from Squad
Ethics Code and/or Law Violation	Subject to disciplinary action by coach/advisor, including suspension from games or immediate removal from squad	Removal from Squad

REVISIONS:

- A. This constitution will be reviewed each spring.
- B. The Advisors reserve the right to make decisions or deletions at any time to this Constitution with the permission of the Administration. If changes should occur in the Constitution, cheerleaders and their parents will be notified.

Revised June 2021

**cc: Principal Hans Becker - RBHS Principal
Asst. Principal Kellie Moore - RBHS Assistant Principal
Cheer Advisor Kurt Trecker - RBHS Teacher/Coach**

RBHS | Cheerleader Contract

I have read the Cheerleading Constitution of Rancho Bernardo High School and understand the responsibilities of being a cheerleader. **I agree to abide by these rules and regulations if selected as a cheerleader for the upcoming school year.**

I will cooperate fully with the advisors, coaches and all persons and organizations concerned to promote school spirit and good sportsmanship at Rancho Bernardo High School.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents myself, the students, and the faculty at Rancho Bernardo High School.

I, _____, have read this contract, fully understand it, and agree to abide by its contents. I realize that if any rule is broken, I am in breach of this contract.

Date: _____

Student Name (Print): _____

Student Name (Sign): _____

Parent/Legal Guardian (Print): _____

Parent/Legal Guardian (Sign): _____

Advisor's Signature: _____

**Parental Permission for
Student to Participate in
RBHS Cheerleading Clinics / Tryouts**

_____, (Student's Name)

has our permission to try out for cheerleading at Rancho Bernardo High School for the upcoming school year. If selected, my student has permission to participate as a member of that squad for the year. _____ (Initials)

I have read the Cheerleading Constitution established for all cheerleading squads and understand the responsibilities of being a member. I will assist in every way to see that these rules and regulations are adhered to. _____ (Initials)

I understand that the school, advisors, and coaches assume no financial obligations due to the expenses incurred by the individual cheerleaders, including uniforms and camp. _____ (Initials)

I understand that the school, advisors, and coaches assume no responsibility for any accident or injury that might occur at school during practice or an event away from the school grounds at any time, including travel. _____ (Initials)

I understand that the RBHS Cheer program is funded by the parents through donations and fundraising. I also understand that my cheerleader and I will be responsible for making the necessary donations to the program or fundraising and volunteering to help offset those donations. _____ (Initials)

I do hereby give my consent for my child to be a member of the cheerleading squad of Rancho Bernardo High School. _____ (Initials)

Date: _____

Parent/Legal Guardian Signature: _____

Advisor's Signature: _____

Student Program Costs | 2021 - 2022

Below, please find the estimated costs involved per cheerleader:

Individual Cheer Expenses | Payments Made to the RBHS Cheer Program

❖ Camp \$475.00	
❖ Coaching Stipends \$300.00	
❖ Program Costs \$200.00	
❖ Transportation (<i>For the year</i>) <u>\$ 40.00</u>	
	\$1,015.00

Note: The above pricing is an approximation & varies yearly according to team size, camp cost, transportation needs, and other factors.

Individual Cheer Expenses | Payment Made Directly to Varsity Spirit

❖ Shell \$149.00	
❖ Liner \$81.00	
❖ Skirt \$96.00	
❖ Briefs \$25.00	
❖ Warm-up Jacket \$101.00	
❖ Shoes \$77.00	
❖ Friday Jersey \$64.00	
❖ Camp Shorts \$33.00	
❖ Monogramming <u>\$30.00</u>	
	\$656.00

Camp Items: (other vendor)

❖ Hair Bows \$50.00	
❖ Poms \$40.00	
❖ Camp Tees x3 <u>\$60.00</u>	
	\$150.00

Optional Items:

❖ Hooded Sweatshirt (<i>Fundraiser</i>) \$60.00	
❖ Warm-Up Pants (<i>Varsity Spirit</i>) \$64.00	
❖ Cheer Backpack (<i>BSN</i>) <u>\$70.00</u>	
	\$194.00

Note: The above pricing is an approximation & varies yearly according to Varsity Spirit pricing.

Total | Cheer Expenses:

- ❖ Donations to the RBHS Cheer Program = \$1,015.00
- ❖ Payment made directly to Varsity Spirit = \$656.00 (*appx. + Camp Items = \$150*)
- ❖ Grand Total = \$1,822.00

Donations to RBHS Cheer Program can be made monthly via check or PayPal.

- ❖ Checks MUST be payable to: RBHS Foundation.
 - *Donations made through the RBHS foundation are tax deductible.*
 - *Many companies offer matching contributions; check with your employer.*

Cheerleader Checklist

PLEASE READ CAREFULLY!!!

Applications are due on the first day of tryouts at check in, June 21st, 2020 at 4:30pm

****NO APPLICATION PACKETS WILL BE ACCEPTED AFTER THE DEADLINE.****

ALL CHEERLEADING APPLICANTS

- Distribute three Teacher Evaluation Google Forms links (these forms are confidential)
- Please copy this link and email it to the teachers of your choice
https://docs.google.com/forms/d/1xFRCDatWT1o3kQI2o-D9o2L4FrFGPGM26k9fbkq3eW8/viewform?edit_requested=true
 - **One form to a current Academic teacher.**
 - **Second form to a current elective teacher.** (If no elective, choose another academic teacher)
 - **Third form to one additional teacher of your choice.**

Teachers are to complete evaluation forms **June 20th, 2021.**

- **ALL students must provide a current and completed physical and athletic packet**(downloaded from the RBHS website) with the application no later than June 20, 2021 or applicant will be ineligible to participate in workshops and tryouts.
- Application, cheer contract, parent permission, completed physical and athletic packet, and a copy of your 1st Term Report Card are due to the Rancho Bernardo High School front office, no later than the 4:30pm check in on June 21st for the first day of tryouts.

No late packets will be accepted !

- ***No parents, friends, etc are allowed on or around the field - POINTS WILL BE DEDUCTED!***
- **Cheer Tryouts** athletes will be evaluated each day of tryouts, stunting will be evaluated at all times athletes are stunting, jumps will only be evaluated on Wednesday, standing and running tumbling will only be evaluated on Thursday, and the dance and fight song will only be evaluated on Friday. Cheer tryouts are closed. No family, friends, etc. are allowed in or around the gym. **JUDGING AND SCORES ARE CONFIDENTIAL.** Material for tryouts will be taught at cheer tryouts.
- Notification of the cheer squads for the 2021-2022 school year will be posted on the RBHS instagram on Saturday, June 26th at 5:00pm.
- **ALL CHEERLEADERS MUST NOTIFY THEIR LEVEL COACH AND THE CHEER ADVISOR THAT THEY ARE ACCPETING THEIR SPOT ON THE SQUAD. FAILURE TO NOTIFY THE COACH AND ADVISOR BY 5:00PM ON SUNDAY, JUNE 27TH WILL RESULT IN REMOVAL FROM THE SQUAD.**
- **UNIFORM FITTINGS:**
 - TBD
- **CHEER CAMP – TBD- Looking at two options between 8/3/2021 and 8/8/2021**
- **Summer vacations should be taken from June 25th through July 18th.**
- **Practices are projected to start the week of July 19th**