

2019-2020 Winter Cheer – Porter Ridge High School

www.porterridgeabc.com

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Welcome to Winter Cheer! We are going to have a fantastic season and I look forward to getting started.

Below are some of the requirements for Porter Ridge High Cheer:

Team types – JV and Varsity and Competition

- General:
 - Good Academic Standing – 2.0 or higher
 - Except for Physical Form all forms will be complete online. You must have a Tryout ticket to tryout, and all forms must be complete to get ticket
 - Demerit Form – PRABC Registration
 - Social Media Form – PRABC Registration
 - No Freshman on Varsity/Juniors are eligible for JV
 - No tumbling is required for JV or Varsity
 - Tryouts are required and there is no makeup – if you cannot be present October 28-30, you will need to wait a year to tryout
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- Practice
 - Each squad will practice at least once a week
 - You are to be dressed and ready to go at the beginning of practice. If you **do not have proper shoes or clothing you will be asked to leave**. You will receive Demerits. **If it happens more than three times you will be dismissed from the squad.**
 - No jewelry at practice including but not limited to: Earrings of any kind, necklaces, bracelets, rings, toe rings, anklets, nose rings, tongue piercings, eyebrow piercings, bellybutton rings, back piercing any other piercings on the body. If you have a medical alert tag, you must make the Coach aware of your Medical Condition. Any tags must be secured to the skin with appropriate tape. If you get a piercing during season, you will be required to remove it before you are allowed to practice or cheer at a game. If you miss a game or practice because of a piercing, you will receive demerits for missing that game/practice as well as demerits having jewelry. **NO BANDAGES OR PLASTIC STUDS MAY BE USED.**
 - **No fingernail polish except clear or White French tips.** Nails must be kept short, you should not be able to see them when looking at your palm. You will not be allowed to wear any type of artificial nails during season. **THIS IS A CHANGE FROM PRIOR YEARS**
 - You are to stay until practice is over.
 - Schedule all doctor appointments, driver's education classes, other extra-curricular activities around cheer.
 - **DURING SEASON – HS CHEER takes precedent over OUTSIDE Cheer Squads; i.e. AllStar Cheer.** If you miss a Game for AllStar you will be dismissed.

- Make sure that you have sufficient water for practice. Any snacks must be eaten before or after practice, not during, even on water breaks, unless I have a doctor's note on file explaining your circumstance. Bring a water bottle
 - No cell phones at all – if this becomes an issue I will collect them and you will get it at the end of practice
 - You must be present at every practice. If you are not, you need to let the coach know ASAP. Demerits will be given for missed practice unless excused.
- Games
 - If a home game, plan to be back at the school no later than 45 minutes before game time, dressed and ready to cheer
 - If an away game you will be told what the game day protocol is by your Coach – VARSITY ONLY
 - While in uniform you must be completely in uniform. You may not substitute shoes, pants, bows, etc. If you take your skirt off you must replace your shell with another top. And vice versa. No other footwear of any kind is allowed except you cheer shoes
 - Nails and Jewelry requirements for practice remain the same for games
 - There is to be no Public Displays of Affection with significant others while in uniform
 - You may not talk to your family or friends, and they may not talk to you while you are in the middle of the game. This includes waving, signaling etc. If there is a need for communication you can go through one of the coaches. This includes pregame, timeouts, and quarter changes. You may visit before pregame, halftime and after the game.
 - You must bring sufficient water to games. No eating is allowed except before pregame, halftime and after the game.
 - You must always have in your cheer bag – your warmups - jacket and pants. If one person does not have them, none of the team can wear them. Please also have your poms at all times.
 - No cell phones at all. If this becomes an issue I will collect them and you can pick them up after the game.
 - You must be present at every game. If you are to be absent, you must let the Coach know ASAP. Demerits will be given for unexcused absences.
 - Playoffs Games are required for Varsity. You may have to cheer into March – please plan accordingly.
 - You cannot miss any combination of two mandatory events (scheduled practices and games). If you miss more than two your will be dismissed from the squad.
- School & Home
 - You must wear what the coach/captains assign to wear on game day or other days. If you are not, you will receive demerits.
 - You must participate in any themed day i.e. Homecoming Week, the school has while you are a cheerleader. You are a role model and representative of the school. You are the epitome of School Spirit – you must participate. Otherwise you will receive Demerits. This includes off season – i.e. participate in Pirate Palooza.
 - At all times you are to be respectful to your Administration, Teachers, Coaches, Fellow Athletes, Fellow Students, Opposing Teams and Parents and any other adult and or peer. Failing this, you will receive Demerits.