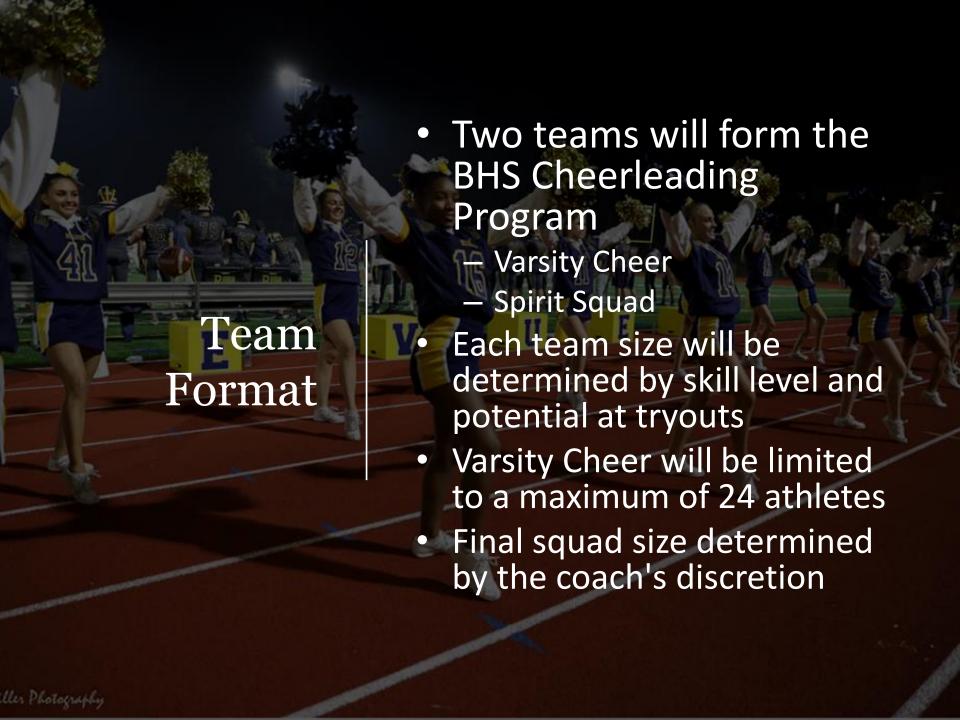


Bellevue High School Cheerleading

Tryout/Program Meeting Monday, April 15th, 2024





SPIRIT SQUAD

- Spirit and Recognition team
 - Open to all skill and experience levels
 - No previous cheer experience required
- Focus on BHS Spirit and recognition of other sports/activities at BHS
- Will cheer Varsity Basketball Games and support/recognize other teams/activities at BHS
- Close connection with other leadership programs at BHS

VARSITY CHEER

PERFORMANCE TEAM

- Varsity Football sideline (basketball optional)
- Competition team selected from this team
- QUALIFICATIONS:
 - Previous cheer, dance, or gymnastics experience encouraged
 - TUMBLING: Back handspring encouraged, round-off rebound required
 - STUNTING: Intermediate to Advanced skills including but not limited to, extended skills, release skills, and/or twisting variations required
 - OTHER: Exceptional technique in Jumps, strong sharp sideline skills, infectious spirit and energy

Practices

SPIRIT SQUAD:

Tuesday & Thursday 4pm-6pm

*Thursday practice may be cancelled if team has recognition event that week

VARSITY CHEER:

Monday, Tuesday, and Thursday

4pm-6pm



Spring & Summer Events

- Uniform Fittings
- Spring Practices
- Summer Practices
- Summer Camp

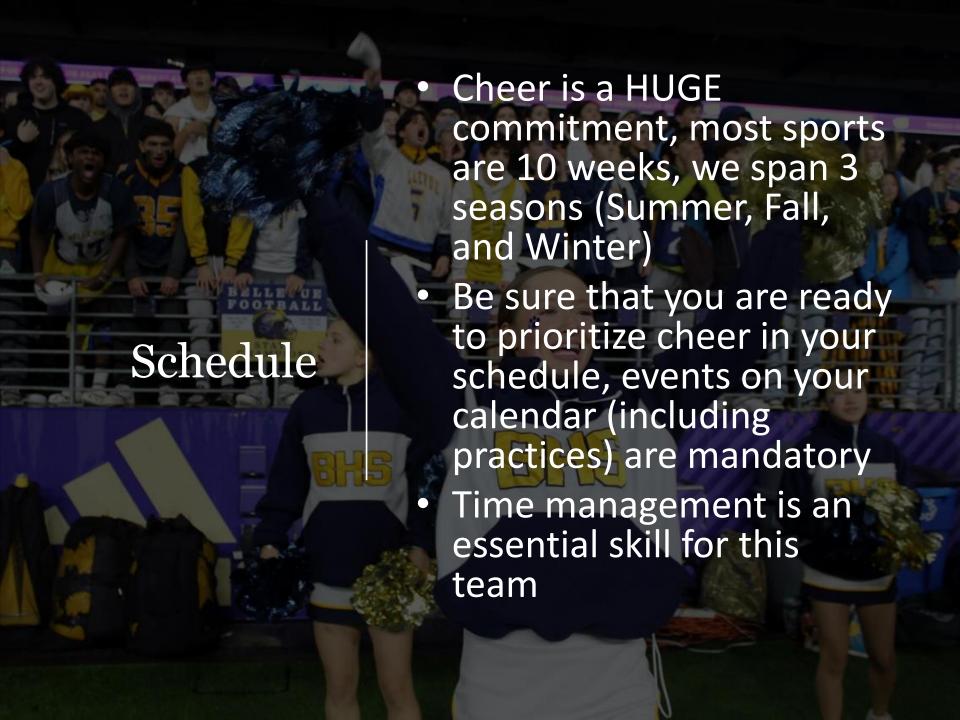
Fall Events

- Practice
- Recognition of Fall Sport teams
- Welcome Back Assembly
- Fall Recognition Assembly
- Varsity Football Games
- Homecoming week activities
- Begin Competition Season



Winter Events

- Practice
- Recognition of Winter Sport teams
- Local Competitions
- WIAA State Competition
- USA National Competition
- Home Varsity Basketball Games
- Varsity Playoff Games
- Winter Recognition Assembly



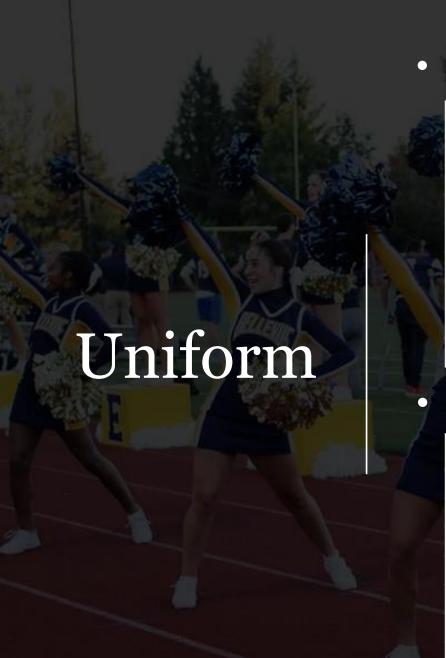
• Uniform:

- Each cheerleader is responsible for the cost of her/his uniform
- Uniforms are paid for via online portal directly to the vendors before the uniform order is placed
 - New member cost: ~\$1600
 - Returning member cost: ~\$600
- If you need financial assistance, you need to contact the BHS Accounting Office BEFORE uniform fittings

Other Costs:

- Paid to BHS Accounting Office before event:
 - Camp
 - Nationals (competition team only)





• VARSITY CHEER

VARSITY BRAND	BSN	OTHER
Navy Uniform	Shorts	Letterman Jacket
White Uniform	Team T-Shirts	
Black Uniform	Team Warm-ups	
Shoes	Optional Sweats	
Backpack		
Bows		
Fleece		
Poms		

SPIRIT SQUAD

VARSITY BRAND	BSN	OTHER
Navy Uniform	Shorts	Letterman Jacket*
Black Uniform	Team T-Shirts	
Shoes	Optional Sweats	
Backpack		
Bows		
Fleece		
Poms		



Rules and Guidelines

- All student athletes must adhere to BSD Athletic Code 2151
- Students must maintain academic eligibility
- Cyber bullying and social media issues will be immediately referred to the school administration
- Smoking, vaping, and the use of alcohol or illegal drugs will be handled per the BSD Code of Conduct. The use of any illegal substances is not tolerated.
- Coaches have the right to suspend any cheerleader from the team in situations that they deem appropriate

Can I do a second sport at BHS? Only Spring sports. Practice and event schedules do not allow for BHS Cheerleaders to participate in other Fall or Winter sports We do have events into the beginning of the Spring Sports season, BHS Cheer takes priority until we end our season Can I be on an All-Star cheer team? Yes, however BHS Cheer ALWAYS comes first. Athletes will not be allowed to arrive late, leave early, or miss any practices/events for an All-Star activity. We will not allow crossovers with All-Star programs that have a competition the day of WIAA State Can I have a job during the school year? Yes, however BHS Cheer ALWAYS comes first. You cannot miss practice or events due to work activities. We would suggest a job that is very flexible with work hours



- Are all games and competitions required?
 - Yes, unless listed otherwise all BHS Cheer practices and events are MANDATORY
- How many practices can I miss?
 - Absences at practice will only be excused for illness or required school activates. All other missed practices may result in removal from routines
- When will Captains be selected?
 - The coaches will begin the captain application process after tryouts. We will have captains during summer practices

Tryout Qualifications

MUST BE CLEARED BY THE ATHLETIC DEPARTMENT

- Open to incoming freshmen, current freshman, sophomores, and juniors
- Register with Final Forms
- Complete Cheer Tryout Packet
- Have current sports physical on file and no outstanding fines
- IMPACT Tested
- Physically able to perform



Tryout Packet Attendance Attitude **Tumbling** Judging Stunting Physical Tryout Including jumps, dance, cheer, and overall presentation Squad Size determined by the coaches

