



# **Bellevue High School Cheerleading**

**Tryout/Program Meeting**

Monday, April 15<sup>th</sup>, 2024



# Program Purpose

- Leaders at School
- Promote School Spirit and Pride
- Compete and perform skills
- Lead the crowd at Athletic Events
- Good Sportsmanship

A group of cheerleaders in blue and yellow uniforms are performing on a red track at night. They are holding pom-poms and have their arms raised. The background shows a stadium with lights and other people.

## Team Format

- Two teams will form the BHS Cheerleading Program
  - Varsity Cheer
  - Spirit Squad
- Each team size will be determined by skill level and potential at tryouts
- Varsity Cheer will be limited to a maximum of 24 athletes
- Final squad size determined by the coach's discretion



# 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





# Schedule

- Cheer is a HUGE commitment, most sports are 10 weeks, we span 3 seasons (Summer, Fall, and Winter)
- Be sure that you are ready to prioritize cheer in your schedule, events on your calendar (including practices) are mandatory
- Time management is an essential skill for this team



# Cost

- **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)

# Uniform

- 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		

A photograph of three women smiling together in a room. The woman in the center is wearing a dark-colored t-shirt with the word 'BELIEVE' printed on it in a light, blocky font. The woman on the left has dark hair, and the woman on the right has blonde hair. The background shows a window with light-colored curtains and a bed with white linens. The entire image is dimmed with a dark overlay, and the text 'Parent Booster Club' is superimposed in white. A vertical white line is positioned to the left of the text.

# Parent Booster Club



# 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

## FAQs

- 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 cross-overs 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



# FAQs

- 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 activities. 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





What are  
we looking  
for?

- Commitment
- Athleticism
- Integrity
- Kindness
- Positive Attitude
- Outgoing
- Potential

# Judging

- Tryout Packet
- Attendance
- Attitude
- Tumbling
- Stunting
- Physical Tryout
  - Including jumps, dance, cheer, and overall presentation

Squad Size determined by the coaches



*Thank you!*