



Bellevue High School Cheerleading
Program Guide 2024-2025

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FORMS TO BE RETURNED:

- IV. Application Form & Short Answer Questions
- V. Student Agreement & Parent Permission Form
- VI. Skill Information Form

COMPLETED TRYOUT PACKETS (Pages 7-10) MAY BE RETURNED TO THE BHS MAIN OFFICE OR EMAILED TO:

BELLEVUECHEER@GMAIL.COM

(Make sure you email the completed packet a PDF or Word file, do not send a picture of the packet)

ALL TRYOUT PACKETS DUE BY TUESDAY, APRIL 16th AT 3PM

- I. Program Purpose:
 - 1. Cheerleaders shall promote and lead school spirit and pride at school, in the community, and at athletic events both at the league and state level.
 - 2. They shall lead the crowd involvement during athletic games.
 - 3. All Cheerleaders will have the opportunity compete and perform skills.
 - 4. They shall demonstrate the "team concept" by following the guidelines as set by athletic governing bodies.
 - 5. Cheerleaders should promote good sportsmanship-like conduct and school spirit through cooperation with other students, teachers, and administrators.
 - 6. Cheerleaders shall cooperate with the coach, game officials, and other squad members.

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II. Tryouts:

▪ Qualifications and Standards:

All candidates must be cleared through the Athletic Office before tryouts begin.

(John Hill AD, hillj@bsd405.org, Kelli Mayer Athletic and Activities Assistant, mayerk@bsd405.org)

- a) BHS Cheer tryouts are open to all incoming freshmen, current freshmen, sophomores, and juniors.
- b) Complete and submit the cheer tryout packet.
- c) Register with Final Forms - <https://bellevue-wa.finalforms.com/>
- d) Have a current physical on file with the Athletic Department (good for two years). To update you can email the physical form to Kelli Mayer, mayerk@bsd405.org.
- e) Must be in good standing with the accountant on campus with no fines.
- f) Complete IMPACT testing – *Wed 4/3 @ 2pm in the lower aux gym (classroom 302) or Mon 4/15 @ 3:30pm location TBD, no registration, please bring BSD laptop.*
- g) All cheer squad candidates will be evaluated on the following skills include timing, rhythm, vocal strength, ability to jump, dance and stunt.
- h) Cheer squad members must be in good health and stamina. A good member needs to perform actively as well as practice long hours to attain perfection. Yearlong conditioning will be required, including aerobic activity, weightlifting, and conditioning.

▪ Selection Judging and Scoring Process

a) Application (20%)

- Registration completed, on time, with all signatures– 2 points.
- Short answer questions in Tryout Packet – possible 8 points.
- GPA Grade Scale: 4.0-3.7 = 10 points, 3.6-3.3 = 8 points, 3.2-2.9 = 6 points, 2.8-2.5 = 4 points, 2.4-2.0 = 2 points, 1.9-0 = 0 points

b) Coach's Evaluation & Practice Attendance (5%)

- Coach's evaluation: attitude, participation, ability, commitment, and coach ability.
- Attendance will be monitored during tryouts. If you must miss a practice, be sure the coach knows why.
- Attention will be focused on your attitude at practice (spirit, hustle, enthusiasm, and cooperation).

c) Tumbling (15%)

- Judging will be on both difficulty of skills and mastery of technique.
- While advanced tumbling is not required, we are looking at the potential of progressing skills.

d) Stunting (15%)

- The intent of stunting at tryouts is to determine a person's ability and what position they would/could do.
- Both difficulty of skills and mastery of technique will be evaluated.
- Judging by coaches will be based on a person's ability to stunt in different positions and a person's potential to stunt (effort, growth, etc.).

e) Jumps (10%)

- Jumps will be scored during the physical tryout.
- Scoring will be based on the technique of skills.
- For safety reasons, any jump to tumbling skill performed during tryouts must first be demonstrated to one of the coaches and approved during tryout practices.

f) Panel Judges Vote (35%)

- A panel of judges will be scoring each candidate during the final tryout.
- Judges will consist of people with cheer/spirit experience and outgoing senior cheerleaders.
- During tryouts, participants will perform a dance, cheer, and the fight song that will be taught at tryout practices.

III. General Conduct and Responsibility

A. Uniforms and Appearance

1. Uniform (including warm-ups or outerwear) shall be worn at (to) all games and events. Travel apparel is decided per event. (No flip-flops, UGGs, slippers, street shoes, or non-issued clothing)
2. Each cheerleader is responsible for care and maintenance of all uniform pieces; anything lost must be replaced immediately. Missing uniform pieces result in no participation for the event.
3. Uniform and additional team items are to be purchased and kept by the cheerleader. Uniforms are not to be loaned out or borrowed by any non-team members.
4. Cheerleaders must follow all NFHS rules.
 - I. Hair must be out of the face and off the shoulders at all times, including bangs and wispsies. Hair should be a natural color when performing.
 - II. No jewelry may be worn at practices or events. Includes all earrings, watches, necklaces, etc.
 - III. Fingernails must be kept short; this is for the student's safety. In addition, nails must be kept a neutral color for games and performances.
5. Any tattoos should be able to be covered by the uniform when performing.
6. It is required that all stunting be supervised by a coach, be it a practice or at a game. No stunting shall be done outside of designated game or practice time.
7. While in uniform, a cheer squad member is a representative of the school and should act accordingly. Members should maintain proper behavior (i.e., NO swearing, vaping, smoking, drinking, gossiping, or public displays of affection, etc.).
8. Cheer squad members are leaders of the school in and out of uniform. The districts' drug and alcohol policy will be strictly followed all year.

B. Cost

- There are costs associated with being a member of the cheer squad, coaching staff will try to make this program affordable to everyone.
- UNIFORMS:
 - Uniforms will not change every year. However, the coach does reserve the right to change a piece of the uniform, there is also a chance that any of our uniform pieces can be discontinued by the supplier at any time.
 - Each cheerleader is responsible for the cost of her/his uniform.
 - The coaches will select uniform pieces.
 - No student is turned away due to an inability to pay for their uniform (please contact the School Accountant or Athletic Office, *before uniform fittings*, if payment assistance is needed).
 - All costs are WITHOUT FUNDRAISING; the team can fundraise as much as the cheerleaders and parents want to. Parents are invited to participate in these fundraisers.
 - i. For new members, the uniform cost is approximately \$1600.
 - ii. For returning members the uniform cost is approximately \$600.
 - All uniforms payments are due to vendor by credit card before the uniform order will be placed.
 - Payment due by May 3, 2024.
- CAMP:
 - Camp must be paid for in advance by cheerleader.
 - Payment due by June 18, 2024.
- NATIONALS:
 - Costs vary year to year; average approx. cost is \$1600 per athlete.
 - Deposit will be due in October 2024 (non-refundable), final payments will be due prior to departure (February 12, 2025).

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C. Schedule:

The BAND app is our main communication tool, and where our schedule is housed. Attendance is required at all events (unless otherwise specified). Please note, additional activities & events will be added throughout the year as they are scheduled, and dates/times are subject to change.

1. Events:

- Spring & Summer

- Spring Practices
- Summer Camps: August 7-11, UCA Camp at Auburn Mountainview HS (Varsity Cheer)
- Summer Practices – No team events scheduled in July, events will start August 1st

- Fall

Not all cheerleaders will be required at all events, coaches will determine which cheerleaders attend which events:

- Practices: Monday, Tuesday, and Thursday from 4:00pm-6:00pm
- Football Games
- Spirit and Recognition
- Begin competing at WIAA State Qualification Competitions

- Winter

Not all cheerleaders will be required at all events, coaches will determine which cheerleaders attend which events:

- Practices: Monday, Tuesday, and Thursday from 4:00pm-6:00pm
- Local and National Competitions
- Varsity Basketball games (both boys and girls, home and playoff games)
- Spirit and Recognition

2. Practice/Activity Attendance

- Cheer practices are Monday, Tuesday, and Thursday 4:00pm-6:00pm during the school year.
- If practice times change, they will be communicated on BAND.
- Additional practices may be added, if deemed necessary, by the coach.
- Students will wear team practice wear.
- Attendance must be for the entire length of the practice.
- During the week of a performance, if there is an absence, you may be removed from the routine.
- Even if an athlete is injured to unable to participate, their attendance is required at all team activities.
- All members are to follow the BSD calendar, vacations extended beyond those days will be considered unexcused.

Attendance is extremely important for cheer to function at its best. If you are absent from a practice, routines may be altered so the team can continue to practice.

Cheer members are a very select group of school leaders, so chosen because of their ability to understand the priority that must be placed on attendance at practices and games. If this seems strict with a heavy emphasis on attendance, it is because the team cannot fully function with even one member missing.

Rules on Absences and Tardiness:

- To excuse an absence or tardy the cheerleader needs to email bellevuecheer@gmail.com as soon as possible, as the absence may change practice plans.
- Absences will only be excused for illness or mandatory school activities.
- More than 3 unexcused absences in the season will result in disciplinary action, including but not limited to removal from performances or team.
- The attendance office checks school attendance daily. If you are absent from more than 2 classes on a regular 7-period day or more than one class on a block schedule day, you are not allowed to participate in any practices, games, or performances that night (no participation on Saturday if school was missed on Friday). In these circumstances, you may only be excused by a school administrator.

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D. Parent Booster Club & Fundraising

Information to be given in the Program Guide after team selection.

E. Team Leadership

- Captains: An application process will select Captains and Co-Captains.
- These positions and any others will be filled before school begins in the Fall.

F. Discipline

- Inappropriate Behavior/ Not Adhering to Guidelines
 - a) Cheer squad members must adhere to Bellevue School District Athletic Code 2151
 - b) The coach has a specific plan for each practice and often has a vision for the methods used that the cheerleader may not understand but should always follow.
 - c) First offense: counseling with coach and possibly suspension from one game participation, parent notification.
 - d) Second offense: one to two game suspension from game(s) participation and contact with parent/guardian.
 - e) Third offense: dismissal from team for the remainder of the year.
 - f) Smoking, use of alcohol, and/or illegal drugs will be handled per the Bellevue School District code of conduct. Use of any illegal substance is not tolerated.
- Academic Probation:
 - a) Grade checks will be done periodically through the athletic office, for all cheerleaders, if a member is not in compliance with the required 2.0 GPA or passing 6 classes then they will be put on academic probation (if only taking 6 classes, must be passing all).
- Social Networking Sites
 - a) Do not post any pictures or comments on social networking sites or websites that could be construed as inappropriate.
 - b) If cyber bullying is occurring, it will be referred to the school administration.
 - c) Please remember that your profiles are not only a representation of yourself, but also of your entire team and school. Please be responsible and display a high level of integrity and self-respect.



BHS CHEERLEADING APPLICATION FORM 2024-2025

Name: _____ Student ID #: _____

Student Email address: _____ Birthdate: _____

Circle **current** grade: 8th - Freshman - Sophomore - Junior

Current Accumulative GPA: _____

Cleared to Participate?

- | | |
|--|---|
| <input type="checkbox"/> Registered in FinalForms. | <input type="checkbox"/> Completed ImPACT test. |
| <input type="checkbox"/> Current Physical on file. | <input type="checkbox"/> All BSD fees and fines paid. |

SHORT ANSWER QUESTIONS

Select 2-3 of the below questions, **type your answers**, and submit them to bellevuecheer@gmail.com or in hard copy to the BHS Main Office. The perspective cheerleaders must answer these questions. If it is found that anyone else, including parents, have answered the questions, the answers will be voided.

- Why do you want to be a member of the Bellevue High School Cheer Squad?
- What is your definition of a 'Cheerleader'?
- How will your personal qualities strengthen the team?
- How would you promote positive relationships within the team to create more team unity?
- How will you balance the commitments of the BHS Cheer squad with all your other daily requirements and obligations?
- How do you stay motivated during challenging times?
- *Returning members only:* What has been your biggest contribution to the Bellevue Cheer program?
- *Returning members only:* How do you continue to improve as a cheerleader?

BELLEVUE HIGH SCHOOL CHEERLEADING TERMS AND AGREEMENTS

I _____ have read, understand, and agree to the following for the 2024-2025 season:
(Student)

Agreement	Student Initials	Parent Initials
<ul style="list-style-type: none"> I have read and understand the Selection Judging and Scoring Process for the Cheerleading Tryouts (page 3). 		
<ul style="list-style-type: none"> If selected, the student is accepting a position on the Bellevue High School Cheer Squad and committing for the entirety of the 2024-2025 Bellevue High School Cheer season. 		
<ul style="list-style-type: none"> I understand and am able to perform the physical requirements necessary to participate on the cheerleading squad. 		
<ul style="list-style-type: none"> I have carefully read the Bellevue High School Cheerleading Rules and Guidelines. I also realize that failure to comply with these rules and guidelines will warrant discipline as outlined. 		
<ul style="list-style-type: none"> I understand that Bellevue High School Cheer will be a priority in my schedule during the Fall and Winter seasons. 		
<ul style="list-style-type: none"> I have read and understand the Rules on Absences and Tardiness 		
<ul style="list-style-type: none"> I attended the Student/Parent tryout info meeting or have reviewed all supplied documentation from the meeting. 		

PARENTAL PERMISSION FORM FOR BHS CHEERLEADING

I/we _____, the parents/guardians of _____
(Parent/Guardian Names) (Student)

give our permission for our child to tryout and participate in the BHS cheerleading program.

I/we understand there are certain financial obligations inherent in this program that we must fulfill if our child qualifies for the program.

I/we also understand that failure to follow the rules and guidelines could mean suspension or dismissal from the cheer squad.

I/we have read, understood, and will support the BHS Cheerleading Rules and Guidelines.

(Parent/Guardian Signature)

(Date)

CHEER SKILL INFORMATION

Please fill out this questionnaire to the best of your ability, and please be truthful! This is only an inquiry and will not affect your tryout scores. This will be very important in knowing what skills need to be taught during tryout practices.

Name: _____ **Date:** _____

Stunting:

Do you have any stunt experience? YES or NO

What positions have you learned? Base Back-Spot Flyer/Top

What position are you most comfortable with: Base Back-Spot Flyer/Top

What is the highest level of skill that you have mastered? (Examples: prep, one-legged stunts, 360, full downs, etc.)

Tumbling:

Do you have any tumbling experience? YES or NO

What type of tumbling training have you had? (Gymnastics, cheerleading, etc.) _____

Please check the below as they **currently** apply to you:

<u>Running Tumbling</u>	<u>Don't Have</u>	<u>Working</u>	<u>Mastered</u>	<u>Standing Tumbling</u>	<u>Don't Have</u>	<u>Working</u>	<u>Mastered</u>
Forward-Roll	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Forward-Roll	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back-walk Over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round-off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Front-walk Over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front-walk over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back-hand Spring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Side Ariel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tuck	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front Ariel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hand Hand Tuck	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back-hand Spring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Full	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____			
Layout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Full	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Other: _____							

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Dance:

Do you have any dance experience? YES or NO

If so, where/ how long have you trained? _____

Any specific dance skills or styles that you have mastered? Please list: _____

Other:

Have you ever been on another cheerleading team (competitive or rec)? YES or NO

If yes, which one/for how long? _____

Have you ever been on a dance team? YES or NO

Have you ever competed as a gymnast? YES or NO

Have you ever been on a sports team? YES or NO

If yes, what sport and at what level? _____

Any other information that you think would be important?
