

Pine Creek High School

# 2025-26 Cheer Handbook





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## Varsity & JV Cheer Teams

Welcome to the 2024-2025 cheer team. This team has an established reputation... one to be proud of. We take on new challenges and are excited to grow together. This program requires hard work and commitment all year long. Our main goal is to grow and work together to become a better team each year.

The following handbook describes the duties and expectations of being a Pine Creek Cheer Team Member. Please read it thoroughly! Ask questions and understand all aspects behind the development of **your sport**.

Each member **must** commit themselves to hard work, dedication, and **team unity**. We recognize the purpose of the program as being one of promoting moral, physical, mental, social, and emotional well-being of athletes. In return, we expect members to be responsible for committing themselves to the program and our coaching philosophy.

Our Main Goals This Year Include:

1. To learn something new at each practice.
2. To challenge ourselves to be better people and better athletes.
3. To continue to promote spirit at Pine Creek High School.
4. To be acknowledged and respected by our peers.
5. To work together as a cheer team to support the Athletics Department.

In order to reach our goals, each team member **must** meet high standards in academics and athletics. Our season is long and plentiful. **Our number one goal is to unite, to be better athletes, and to be classy, successful young adults.**

Welcome, and may your journey be a rewarding one!

Coach Danielle, Coach Ashli, & Coach Kristina



## What is a Cheerleader? What Do We Do? Why Are We Here?

This squad is here to increase overall spirit at events that support Pine Creek High School. Such events would include athletic activities, games, and assemblies.

Our spirit comes in many fashions. We cheer on players, the student body, and we motivate others to cheer on our teams. We motivate and encourage athletes, while recognizing their accomplishments. And we strive to be the best we can at our **sport** overall.

### The Specifics:

- Summer
- Practice 3 times a week
- Participate in team building activities
- Participate in kids camp
- Cheer Camp
- Choreography
- Fundraising

### Fall

- Practice 3-5 times a week
- Attend 1-2 games a week
- Varsity competes at, at least 3 competitions
- Participate in kids camp
- Homecoming activities
- Fundraising

### Winter

- Practice 3-5 times a week for state competition
- Attend 1-2 games a week
- Varsity attends Nationals in Florida
- Participate in kids camp
- Fundraising

### Spring

- Practice 1-2 times a week
- Tryouts for next year
- Fundraising



## Purpose

1. Promote and uphold school spirit.
2. Represent Pine Creek High School to the highest degree.
3. Set an example of positive behavior at all times, in uniform or out of uniform, in class, at games and at all school functions.
4. Promote friendships with schools with whom we compete. E. Promote friendships between members of the squad.

## Requirements

1. Pine Creek High School cheer squads will consist of all grade levels.
2. Team members **MUST** attend **ALL** required activities, such as practice, games, competitions, shows, fundraising events, unless the team member is ill or has an excused absence due to another verified Pine Creek High School event. Failure to attend a mandatory event will result in a benching for the next event. Unless noted, all events are mandatory.
3. Student must maintain a grade point average and eligibility above what is set by CHSAA and Pine Creek High School. You may not participate unless you carry at least a 2.8 GPA.
4. Cheer is a Pine Creek sport and athletes may not be on two sports teams at once.
5. If you participate in other All-Star programs or other outside athletics you **MUST** communicate that with us before the season so we can evaluate if being on the Pine Creek cheer team is a commitment you want to make. You are signing our contract and making a commitment to this team and your teammates, and we will hold you to that commitment, or you risk removal from the team. Varsity athletes will not be allowed to miss any practices or events for extracurricular activities such as all-star cheer, dance, gymnastics or any other on-going activity.
6. Athletes will be required to pass a sports knowledge test to be able to cheer at football and basketball games.
7. All members must have a physical each year prior to tryouts.
8. Being on the cheer team for one year in no way guarantees placement on the team for the following year. All members must go through the tryout process.

## Tryouts and Making a Team

1. Tryouts will be a weeklong process consisting of learning cheer, dances, the fight song, jumps and stunting. These skills will be evaluated all week and at a final tryout by a panel of judges from outside of PC and PC coaches.
2. Athletes will be scored at tryouts and that will be a portion of the decision of which team, if any the athlete is placed on.



3. We place athletes by needs of the team, skill and most important, maturity; can the athlete handle the pressure and work required to be a sideline and competitive cheerleader? Age, grade level, years on the team and skill are not the deciding factors if an athlete makes a team in our program. Tumbling is only a bonus and not the focus of which team an athlete is placed.
4. The placement of an athlete on a team is ultimately up to the coaches discretion.
5. It is rare for a freshman or a sophomore to make Varsity. Exceptions are made in some extreme cases.
6. We are happy to meet with athletes to review scoresheets the following Monday after team placements are announced. Coaches decisions are final and we will not tolerate any coercion or bullying in an attempt to persuade the coaches to move an athlete an athlete to another team.

## Conduct

1. By accepting the privilege/honor of being a member of the Pine Creek High School Cheer team, each member accepts the fact that her/his actions, are more prominent then those of persons not associated with such activity.
2. Proper appearance is required at all times, and with clothing appropriate to the occasion.
3. Members must not use **foul language**, at practice, in school, at games, camp, competitions, etc.
4. Excessive **public display of affection** is never considered appropriate, especially in uniform, at games, or in school.
5. **Smoking or drug usage (including alcohol)** is not allowed at any time, either on or off campus. Even being with people who are in possession of alcohol or drugs could result in disciplinary action.
6. Demerits will be issued for dealing with minor infractions.
7. Demerits will be issued for such offenses as and tardiness over 10 minutes, missing practice or other mandatory activities, wearing jewelry, cell phones, talking, chewing gum, not having trimmed nails, missing props or uniform items such as sock, bows, shoes, proper practice wear, not providing required videos to the coaches, failing to listen to instructions, not checking Band, stating any derogatory comments about team members and or coaches gossip or bullying arguing with coaches deciding not to dress out with the team on game day.
8. Every attempt will be made to discipline fairly and equally and make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of the offenses may dictate harsher actions
9. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coaches and administration.



10. Poor conduct/ behavior under any of the above circumstances could result in warnings, demerits, plus suspension/removal from the squad.

## Uniforms and other Expenses

1. Uniforms, Warmups, Poms, Practice Wear, & Bows, shoes, backpack, extra gear for State and Nationals.
2. Summer Camp
3. Choreography and music
4. Required weekly tumbling/stunting with Colorado Cheer Development
5. Food for holiday parties, team dinners, end of season banquet
6. Squad members must pay for National competition fees and Travel.

If a squad member quits or is removed from the squad, he/she will be held responsible for all costs. No refunds!

If a squad member is delinquent in fee payments and has not made arrangements with the coaches, the team member may be benched and/or not receive gear.

Estimated cost: New Varsity Cheerleader 3,500. Returning V cheerleader 1,700. New JV Cheerleader 2,000, returning JV cheerleader 1,500, JV to V cheerleader 2,400.

Varsity Cheerleaders **will** attend Nationals in Orlando, FL, Anaheim CA or Dallas, TX. This will be an additional cost. Estimated \$2,800.00 paid in full by December 1<sup>st</sup> 2025.

Initial cheerleader fees may be paid all at once May 15<sup>th</sup> or broken into two payments. One May 15<sup>th</sup> and one August 15<sup>th</sup> 2025.

If fees are not paid on time the athlete will be pulled from the team.

I will coordinate a Double Good popcorn fundraiser in October to help pay for Nationals.

## Learning/Teaching Routines

1. Members are expected to be attentive and cooperative when learning cheers and routines. Repeated disruptions, especially during the same practice, will result in warnings, demerits, and possible removal from the next game or performance. Continued problems will result in calls to parents, additional game suspensions, and possible removal from the team.



2. Constructive criticism/suggestions in a polite manner are welcomed. Complaining and or rudeness to the coaches or team members are disruptions that will carry demerits.
3. Coaches reserve the right to pull an athlete from a performance at any time, if they do not know the material to the coaches satisfaction.

## Practices

1. Mandatory after and before school practices will be held. You will receive an email for each week.
2. Additional practices may be scheduled as needed. This will be done with as much notice as possible.
3. Missing a scheduled practice before an event will result in the team member not cheering or performing for that event and may receive a benching for the following event as well. A benching will not occur if the member was ill or at another school function that was scheduled ahead of time.
4. If a member does not know the cheers or routine by the practice before the game, they will not be cheering or performing at the event.
5. Members must dress out in practice attire for all practices unless otherwise notified. No baggy shirts/pants are allowed.
6. Members must not leave practice early unless given prior approval: this will carry a demerit. **Don't schedule work or other activities too early!**

## Games and Events

1. These are required and missing for another sport or activity is not allowed. We do our best to give you a calendar before the season begins, but some things will come up as we go.
2. Missing a game or event for any reason will count as a demerit. If you do not attend the required games for the season, you may not be eligible to try out the next season.
3. We dress as a team on game and event days, this is a requirement for all athletes.
4. If an athlete comes to a game unprepared the coach may bench them.
5. Varsity athlete must cheer at 75 percent of football and basketball games and attend all competitions to receive a varsity letter. JV must do the same to be considered for Varsity in coming seasons.

## Know the Rules

- Members of the team are responsible for knowing all rules
- Breaking rules **will** result in demerits.
- 3 demerits will result in a benching.





- 5 demerits will result in dismissal from the team.
- Each case will be judged individually and is at the discretion of the coaches.

## Coaching Expectations for Cheerleaders

1. Must be a good **sportsman** and always show good **character**.
2. Must be totally and constantly **committed**.
3. Must be **skilled** in your sport.
4. Must be **physically fit**.
5. Must be punctual. **Be on time**. Be productive at practice.
6. Must show **respect** for each other and the coaches.
7. Must be a good **communicator** with coaches and peers.
8. Must be **respectable**.
9. Must be **organized** and love calendars.
10. Must be a **team member** in all aspects of the team.

## Teamwork

- Teamwork is the ability to work towards a common vision
- The ability to direct individual accomplishment towards organized objectives
- It is the fuel that allows common people to obtain uncommon results

## Team Captains

The coaches will select team captains.

Team captains are selected on:

- How well they work with the coaches.
- Demonstrated ability in their sport.
- How well they communicate with others.
- How well they listen and do as they are asked.
- Captains are not selected by: Popularity, team opinions, or length of time on the team
- Coaches need a captain they can trust and count on. They are the right hand to the coaching staff.

Captain positions are not up for discussion! Remember you must learn to follow before you can lead.

## Communication – Talk To Us



Communication is the essence/driving force behind a successfully managed team. BE RESPONSIBLE for all lines of communication. For yourself, the team, and the coaches. (don't assume)

- **Be reliable.** Complete and follow through with your responsibilities for yourself and your team.
- Contact a coach in case of emergency (any emergency)
- Notify a coach immediately if an **injury** occurs.
- Notify a captain of all of the above in the coach's absence.
- The coaching staff uses the **open door policy** of management. (come to us about anything)
- Utilize the team chat, to be a **clear communicator**.
- **Our door is always open**

Remember, lack of planning on your part does not mean an emergency on our part.

## Practices and Rules

### Practices

- All practices are **mandatory**.
- It is each team member's responsibility to know practice schedule, attend, and be on time. Contact a coach in **advance** if you will not be at practice. Call and leave a message if we don't answer. We will need to hear from athlete **and** parent for an absence to be considered excused.
  - The phone numbers are:
    - Coach Danielle- Phone # (719) 300-9199
    - Coach Ashli- Phone # (719) 464-6281
    - Coach Kristina - Phone # (970) 260-0413
- Selected Mandatory extra practices may be called for competition season.
- Team members who miss practice or arrive late may jeopardize their spot at the next game or spot on competition team. If you miss practice the week before a game or competition, you will lose your spot.
- Injured team members are expected to come to practice and watch.
- Please do not plan vacations during Thanksgiving or Winter Break that are longer than the allotted school breaks. All practices before and directly after the breaks are **mandatory** and any absence will result in dismissal from the competition team.

### Practice Rules

Team members should **not bring**:

- Food



- Gum
- Jewelry (Take it out before you get to practice)
- Cell phones (these need to be put away and out of sight for duration of practice)
- Boy Friends- Girl Friends-Friends-Family
- Long nails
- A bad attitude

Team members **should bring:**

- Water Bottle
- Assigned practice wear including cheer shoes
- Poms or other assigned props
- A good attitude

## Teamwork

It is a fact that in the right formation, The lifting power of many wings can achieve twice the distance of any bird flying alone.

## Team Conduct

- All team members are required to stay through the **entire duration** of a game/event/practice.
- **No gum** chewing and eating in uniform during an event or practice.
- **Avoid** group and private discussions that are derogatory in nature. They reflect upon the reputation of the entire squad.
- All must **focus** their attention on the game/event at all times. Don't talk to each other or others in the stands while on the field/court. Stay at attention at all times.
- **No visiting** with spectators or boyfriends/girlfriends during the game/event.
- **No jewelry** can be worn. **Ever.**
- No drinking alcohol. No smoking.
- At all events, team members must arrive **45 minutes prior** to a game or event, unless otherwise noted.
- **Be professional.** You always have an audience, even if you're not at a game or performing.
- **No foul language. Ever.**

Failing to follow this code of conduct will result in demerits being implemented.



"A reputation once broken may possibly be repaired, but the world will always keep their eyes on the spot where the crack was." ~ *Joseph Hall*



## Parent Code of Conduct

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We will lead by example and teach our athletes how to carry themselves on and off the field.

I therefore agree:

1. I will not force my child to participate in sports.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will not reach out to the coaches to discuss another athlete.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, directors and spectators at every game, practice or sporting event.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, director, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, directors, coaches, officials and spectators with respect.
9. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
10. I will emphasize skill development and practices and how they benefit my child over winning or being front and center.
11. I will promote the emotional and physical well-being of all the athletes ahead of any personal desire I may have for my child to win.
12. I will respect the coaches and their authority and will never question, discuss, or confront coaches at practice or games and will take time to speak with coaches at an agreed upon time and place.
13. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
14. Before I email, call, text, or confront coaches I will ask myself the following questions:
  - Has my child already tried to address this on their own with the coaches?
  - Am I getting the full story?
  - Am I remembering that while I advocate for my child, the coaches have to advocate and do what is best for the entire team?



- Will this conversation actually be beneficial to my child and the team?
15. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
  16. Practice and Games are MANDATORY. If your child misses practice, they will be benched for next game and/or performance. If your child misses a game they will be benched for the next game. Exceptions are contagious illness or family emergency.
  17. No talking between girls at the games unless there is a break.
  18. All fees must be paid by the due date as set by the coaches. NO Exceptions! If fees are not paid by the due date your child may not be allowed to participate in the cheerleading program.
  19. I will not swear or use foul language at the coaches. And I especially will not engage in this behavior in front of athletes and children, during games, and/or practices.
  20. I will not demand/instruct/discuss the placement of an athlete or request special privilege for my athlete related to the location of my athlete in a formation or argue with a coach about the placements of the athletes in any team formations.
  21. I will not enter a practice, game, or any other team event, and inappropriately yell, cuss, try to 'coach' the team, distract the athletes, encourage any of the athletes to listen to you and not the coaches, and/or otherwise demand that the coaches change their instruction.
  22. I will not publicly gossip, bad mouth, lie, slander, participate in defamation of character, maliciously prattle, or intentionally smear the coaches, athletes, or the program. Such behavior may result in the athlete's removal and/or the possibility of legal action.
  23. I will not threaten, coerce, blackmail, or persuade a judge or coach to place my athlete on a particular team, in a particular position, or any other related aspect of this program.
  24. I understand that All-Star Cheer and gymnastics are both VERY different from high school cheer. I understand that my athlete may be able to tumble well, or might have experience cheering on an All-Star team, but these skills are only negligible in reference to the many different skills required for a Nationally competitive high school team.

Anyone that does not follow the rules noted in the Parent Code of Conduct will jeopardize their child's spot on the team.

I have read and understand the Parent Code of Conduct and that if I violate any of the above, it could jeopardize my child's spot on the team.



Parent Signature\_\_\_\_\_

Date\_\_\_\_\_



## Tumbling and Stunting

Tumbling and stunting are necessary activities in this sport. As in any sport we will take all precautions to see that athletes do things correctly and stay free from injuries. However, as in any sport, injuries sometimes occur. Please understand that your child will be participating in these activities as a part of this sport. **Safety will always come first!**

### Tumbling Requirements

#### **SAFETY WILL ALWAYS COME FIRST!**

It is a general rule that a stunt must hit safely and accurately at least 10 times straight before it will be allowed at a game or event. Additionally, for safety reasons, nails must be cut to safety standards, hair must be completely up, no jewelry on, and the athletes must have safe and well-maintained shoes. The ground also needs to be safe. This means that if the track is wet and/or slippery during a football game, it may be unsafe to stunt and tumble during that game.

#### **TUMBLING REQUIREMENTS:**

JV and V will participate in a weekly required tumbling class with Colorado Cheer Development. This will happen at PC on Thursdays. The Tumble/stunt class will be paid for up front. The fee is part of the total cheer fee. This is \$480 for the whole season.

## Performance and Competitions

### Performance

- Attendance at all assigned games, and scheduled events are **mandatory!**
- Football, homecoming and other things assigned to support the athletics department happen in the fall. Basketball and competition season is during the winter. Spring is light practice, team building, and tryouts. All team members are expected to attend the game/competition for the **entire duration** of the event, regardless of whether you are cheering/performing or not.
- If assemblies are conducted at the school, we may participate in these. We will participate in all school unity programs as well.





- Schedules will be emailed out every week with updates as needed. Team members are expected to wear the **appropriate uniform and hairstyle** to all games/events. Bring water bottles and warm-ups to all games/events.

## Competition

We will be participating in UCA regionals in October, one league competition and two/three pre-state competitions in November (or December for JV), the State Competition, usually the first or second weekend in December (or January for JV), and Varsity will be going to a National competition in February. Plan around these dates now. Not all team members are guaranteed to compete. This is a privilege and not a right. The primary responsibility of PCHS cheer is to provide sideline cheering for the athletes. All competitions are EXTRA and a privilege if chosen to compete. We will adjust competitive team numbers as necessary to be successful and competitive. It is solely up to the discretion of the coaches to place athletes in competition routines and in particular spots within those routines. Opinions from parents on where they would like their athlete placed in a stunt or routine will NOT be considered when making these decisions. All coaches have a highly respectable history of successful competition routines and scores and will create a routine that is best for the TEAM.

The price of greatness is **responsibility**.

## Discipline

### Demerit Policy

- An athlete will be notified upon receiving a demerit.
- On the 3<sup>RD</sup> demerit, parents will be notified and student will be benched.
- On the 5<sup>TH</sup> demerit, the athlete will be removed from the team for the year.

### Excused Absences

- Illness - the parent **and** team member must notify the coaches by phone
- **Prior** to practice or designated event.
- Family emergency or death in the family - parent notification is required.

### Unexcused Absences

An unexcused absence occurs if a member is more than 15 minutes late or they leave more than 15 minutes early, without prior notice, for any practice or designated event.



- First offense: 1 demerit
- Second offense: 1 demerit
- Third offense: 2 demerits

### Unexcused Tardies

- First offense: 1 demerit
- Second offense: 1 demerit
- Third offense: 2 demerits

### Miscellaneous

- Inappropriate dress for practice, events, games, or school = 1 demerit
- Inappropriate behaviors during practice and games/ events = 1 demerit
- Derogatory comments about team, other team members or coaches = 1 demerit

### Severe Discipline Problems

Problems with a team member on any of the following will immediately be evaluated. A mandatory conference with the team member, parent, coaches, and Athletic Director will be called. Evaluation, suspension, and possible expulsion will be reviewed and determined.

- Drinking
- Drugs
- Smoking
- Attitude

A team member may be suspended/ benched from the squad for the following:

- Failure to maintain eligibility required by CHSAA and Pine Creek High School
- Disciplinary problems with the team or coaches
- Has received 3 demerits in a season
- If this occurs the athlete must still be at all scheduled games/events on the bench with the coaches.

A team member may be **removed** from the squad for the following:

- Has received 5 demerits, suspension, and previous evaluations.
- Team member is under the influence of alcohol or drugs in uniform or at a school event.
- If an athlete quits at any point in the season, they are **ineligible** to tryout the next season.



A coach or school administrator reserves the right to dismiss a team member from the squad at any time if deemed necessary. All disciplinary rules will apply to **all** team members **in and out of season**.

Team members are expected to refrain from use of illegal drugs, alcohol, and smoking, etc. Choosing to disregard these expectations in school or out of school will result in disciplinary action. Contact and notification will be made to parents, Athletics Director, and administration. Results of these actions may lead to expulsions from the team.

**A winner is someone who sets their goals, commits themselves to those goals, and pursues those goals with all their ability.**



## Topics of Discussion

Periodically during the season we will discuss areas of concern regarding the team. Discussion of these topics will help you become a better team member.

- Team Image
- Nutrition/diet and physical conditioning
- School
- Homework
- Grades/Eligibility
- Communication
- Manners/Respect for others
- Injuries/Prevention
- Behavior with other athletes and ourselves
- Competition season

These discussions will provide you with the necessary information to guide your actions during your high school career, to help increase your level of success!

## Unity

Strength is derived from Unity. The range of our collective vision is far greater when individual insights become one.



## Known Mandatory Dates

Mandatory Practice Starts: (Both Teams)

May 2nd - May 30th: Tuesday & Thursdays 4:00-5:30 pm

Varsity Cheer Retreat: (Varsity Only)

May 9<sup>th</sup> 4:00 pm – 10<sup>th</sup> 4:00 pm

Summer Practice Starts: (Both Teams)

June 3rd – 26th: Tuesday, Wednesday, Thursday 6:00 - 8:00 am

Summer Kids Cheer Camp: (Both Teams)

June 23<sup>rd</sup>, 24<sup>th</sup>, & 25<sup>th</sup> 10:00 – 1:00 pm

UCA Masters Cheer Camp: (Both Teams)

June 18<sup>th</sup>-21<sup>st</sup>

Resume Summer Practice: (Both Teams)

July 15<sup>th</sup>– August 16<sup>th</sup>: Tuesday, Wednesday, Thursday 6:00 – 8:00 am

Varsity Competition Choreography

August 15<sup>th</sup> 3-9pm and 16<sup>th</sup> 8am-5pm

In Season Practice Begins:

August 5<sup>th</sup>– February 28<sup>th</sup>

Varsity will start off with 3 practices per week until October

JV will start off with 2 practices per week until October

- Tuesdays ~ 3:15-5:15 pm (both)
- Wednesdays ~ 5:15 am - 7:00 am (Varsity only)
- Thursdays ~ 6:00 am - 7:00 am (Varsity only) & Tumble/stunt with CCD  
3:30 - 5:30 pm (both)

We understand that it is imperative for a team that all members are at every required event. We are listing any conflicts we may have on any of these dates so that proper team placement, choreography, and any other impacts to the team can be determined ahead of time.

Dates athlete will be missing: \_\_\_\_\_

Parent / guardian signature: \_\_\_\_\_



Athlete signature: \_\_\_\_\_



## Contract

I have read the handbook and understand the rules, goals, and requirements of being a part of the Pine Creek High School Cheer Team. I also understand that this sport has risk like any other sport. Being a part of this team comes with many responsibilities and by signing this contract, I accept the responsibilities associated with the Pine Creek High School Cheer Team and agree to abide by the handbook.

Athlete signature: \_\_\_\_\_

Parent / guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_