

Dear Applicant,

Thank you for your interest in the Tualatin High School Cheerleading Program, a premier high school coed cheerleading organization in Oregon. We take pride in assisting our athletes in pursuing higher education while staying involved with their athletic passion. We ask that you read this packet carefully and please seriously consider all the information before committing to the Tualatin High School Cheerleading Organization. The rules and regulations outlined in this packet are strictly and fairly enforced. Coaches have the right to make any decision that he/she feels appropriate. Furthermore, all OSAA and TTSD rules and regulations along with the Athletic Code of Conduct will be strictly enforced.

There is a huge time commitment involved in being a cheerleader. Some of the many commitments are: fundraisers, camp, summer practices, games, competitions and many hours during and after school. Cheer commitment comes before other activities! Jobs, family obligations and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected with this organization. Candidates should understand that only illness and special family circumstances are legitimate reasons to miss a cheer activity. Many times practices go a little longer than planned or the squad is asked to perform at an unscheduled event. This is why it is important to be able and willing to go the extra mile. Cheer squad members are required to attend all scheduled practices, meetings and performances in their entirety.

Being a member of a cheer squad can be one of the most rewarding experiences of your life and help you develop some of the closest friendships you will ever have. Being a part of Tualatin Cheerleading can provide some of the best opportunities and memories of your high school career. Cheerleaders will get to know each other in such a way that cannot be compared to that of any other team. Creating memories of a lifetime. We hope you will join us on this journey.

Thank you,  
**Tualatin Cheer Coaches**

**A Note Regarding COVID-19**

Please note that we will be following all directives from the national and state government, as well as the Tigard/Tualatin School District. Delays in receiving uniform/gear, changes in practice dates, times and locations, or changes in what we cheer for and when. As well as a potential no season at all. In the event of our season being canceled, all payments will be refunded. All communication will be virtual utilizing email and social media. Please know that we will do our best to communicate thoroughly and often. We ask for your patience and flexibility as we attempt to plan and prepare for everything.



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## **PHILOSOPHY**

Our program mission is to create a safe and positive environment both physically and emotionally for all athletes in the Tualatin High School Cheer program. Our goal is to bring positive spirit and unity to school and team. Be quality leaders to our peers. Expect EXCELLENCE both on and off the competitive mat. We will be leaders on our campus and in our community through serving others, and will strive to embrace the history and honor that goes into being a part of the Tualatin High School Cheerleading Program.

Service in our school and community is important to the growth of each individual athlete. Tualatin High Cheer promotes an atmosphere of discipline and respect. Individual integrity is a key part of working to be better teammates and students. Our goal is to represent Tualatin High School at the OSAA State Championships and OCCA Championships to the best of our abilities.

As a Member of the Tualatin High School Cheer Squad you represent Tualatin High School and the Tigard/Tualatin School District in everything you do. It is paramount that you conduct yourself in an appropriate, respectful and polite manner at all times. It is a privilege to be a member of the Tualatin High School Cheerleading organization and to be able to represent Tualatin High School. To wear the "Double Ts" is a reward, as soon as we put them on, we are representing the hundreds that have come before us.

The Tualatin Tradition, WE create, understand and respect.

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## **PURPOSE**

**The purpose of the Tualatin Cheer Squad is:**

1. To promote school spirit and Tualatin Pride at Tualatin.
2. To support the TuHS athletic teams and to cheer at football and basketball games.
3. To positively represent TuHS at cheer competitions.
4. To perform at pep rallies, games and special events.
5. To be a leader on campus, a school ambassador and serve the school and community through active participation.

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## **ELIGIBILITY**

- All Members must be enrolled in a minimum of 5 classes to be OSAA eligible- Seniors need to pay close attention to their schedules to meet this requirement.
- New prospective members must have a minimum 2.0 GPA to be eligible to join and only have one 'unsatisfactory' grade on the previous report card/progress report.
- Each member is expected to follow the rules, regulations and responsibilities set by the coaching staff at all times. Disciplinary procedures are at the discretion of the Coach and/or Athletic Director.



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## **MEMBERSHIP**

- Our season goes from the tryout/registration period usually set in April to the end of the March. (EX April 2023- March 31st 2024)
- Membership on the Cheer Squad is membership of a TEAM. As such, each Member must be available to attend ALL practices, events, games, pep rallies, competitions, etc. This commitment is for one year. Without all members, the team is incomplete.
- Each Member must be respectful and participate at all times with pride, respect and a positive attitude.
- There can be up to 4 teams: Varsity Competition, Varsity Sideline, JV Competition and JV Sideline.
- Coaching staff will determine the size of each squad and its members. Results from placements are final. Please do not contact coaching staff regarding team placements.
- Male athletes are an exception to participating in a fall or winter sport and need to speak with the coaches.
- We highly encourage participation in spring sports, but realize there is a conflict of games, comps and practices that the athlete and coaches need to work with.
- If a student quits, or is removed from the cheer squad at any time during the year, for disciplinary or any other reasons, she/he relinquishes her/his standing on the cheer squad, will be dropped from the roster, will not be a part of any cheer squad activities, including the year-end banquet and lettering, and will not be allowed to try out for the squad the following year unless a meeting is set up between the student, coach and parent.
- All expenses incurred will be required to be paid for and you relinquish your privilege to wear any current cheer gear at any school and district sponsored events, as you are not accurately representing the cheer squad or school any longer.
- Once the season is complete, the cheer gear may be worn to events as long as it's not still in use for the following season (jackets and uniforms).

As a member of a school program, behavior on campus, in the community, and at other schools, reflects not only on the student but on the program and school as well. Criminal acts, violence, intimidation or discrimination, **whether at school or in the community**, will not be tolerated and may be cause for immediate suspension from the program.



## **TEAM INFORMATION**

- All Cheer Squad Members are expected to attend and be on time to all practices, games and other scheduled activities. The participation of all athletes is required for safe, proper and effective performances and for the TEAM to be complete.

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**TEAM INFORMATION (Varsity Competition)** The Varsity Competition Team will consist of 10-12 members and 4 alternates. Varsity squads may not be members of any other sports team at Tualatin High School during the summer, fall and winter seasons or all-star cheer teams without the written consent of the cheer coach.

- **Minimum Requirements:**

**Females:** Standing tuck and/or round off back handspring layout, leveled jumps, advanced stunting technique including a full up to lib full down.

**Males:** Toss lib to heel stretch, full down (unassisted), leveled jumps, advanced group stunting technique including basket tosses.

- **Time Commitment:**

**Practices:** 3x a week for 2 hours, tumbling 2x a week for 1 hour, run through practices 1x a week for 1 hour during competition season.

**Games:**

- Home and away football games
- Home boy/girl basketball games as determined by the coach
- All playoff games for both football and basketball.
- *THESE GAMES MAY TAKE PLACE OVER HOLIDAY BREAKS AND THE FEBRUARY PRESIDENTS' WEEKEND HOLIDAY. VARSITY MEMBERS SHOULD NOT PLAN TRAVEL OVER THESE DATES.*

**Community Events:**

Pep rallies, volunteer events, fundraising events and outreach activities.

**Competitions:** Varsity members will be selected to compete and perform at the UCA National High School Championships, USA Spirit Nationals **and/or** OSAA State Events. Competitions often take place on Saturday and/or Sunday. 1x in September, 1x in October, 1x in November. Every Saturday Dec-Feb. Out of state Nationals occur in February or March.

**Summer workouts:** Practices, workouts, and conditioning take place during the summer.

**Misc:** Practice including those beyond class time, off campus, and weekends. **Practices will be held on ALL non-school/in service days**



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## **TEAM INFORMATION (Varsity Sideline)**

There is a non-competitive aspect to both JV and Varsity. For these teams, the focus will be strictly games for Football Season and Basketball Season. These teams will also do community events, perform at pep assemblies, participate in events the school needs.

- **Minimum Requirements:**

**Females:** Advanced ability in Cheer, Dance, and Stunting. Leveled jumps, standing and/or round off back handspring

**Males:** Toss hands to extension (unassisted), intermediate group stunting technique including libs.

- **Time Commitment:**

**Practices:** 2x a week for 2 hours, tumbling 1x a week for 1 hour

**Games:**

- Home and away football games
- Home boy/girl basketball games as determined by the coach
- All playoff games for both football and basketball.
- *THESE GAMES MAY TAKE PLACE OVER HOLIDAY BREAKS AND THE FEBRUARY PRESIDENTS' WEEKEND HOLIDAY. VARSITY MEMBERS SHOULD NOT PLAN TRAVEL OVER THESE DATES.*

**Community Events:**

Pep rallies, volunteer events, fundraising events and outreach activities.

**Summer workouts:** Practices, workouts, and conditioning take place during the summer.

**Misc:** Practice including those beyond class time, off campus, and weekends.

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## **TEAM INFORMATION (Junior Varsity Competition)**

In an effort to increase individual student achievement and personal growth in the area of the arts and athletics, TuHS is committed to maintaining a Junior Varsity program. Such a program will increase involvement and also allow for students to explore the areas of cheer in order to enhance their skills.

- **Minimum Requirements:**

Intermediate ability in Cheer, Dance, Jumps and Stunting. Back walkover and roundoff

- **Time Commitment:**

**Practices:** 2x a week for 2 hours, tumbling 1x a week for 1 hour, run through practices 1x a week for 1 hour during competition season.



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## **TEAM INFORMATION (Junior Varsity Competition) cont.**

**Games:**

- Home Frosh/JV football games
- Home boy/girl basketball games as determined by the coach

**Community Events:**

Pep rallies, volunteer events, fundraising events and outreach activities.

**Summer workouts:** Practices, workouts, and conditioning take place during the summer.

**Competitions:** JV members compete locally with a possibility of up to all members competing at the National level. Competition fees are expected to be fundraised along with Varsity. Competitions often take place on Saturday and/or Sunday. 1x in September, Every Saturday Dec-Feb

**Misc:** Practice including those beyond class time, off campus, and weekends.

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## **TEAM INFORMATION (JV Sideline)**

- **Minimum Requirements:**

Novice ability in Cheer, Dance, Jumps, Tumbling and Stunting

- **Time Commitment:**

**Practices:** 2x a week for 2 hours, tumbling 1x a week for 1 hour

**Games:**

- Home Frosh/JV football games
- Home boy/girl basketball games as determined by the coach

**Community Events:**

Pep rallies, volunteer events, fundraising events and outreach activities.

**Summer workouts:** Practices, workouts, and conditioning take place during the summer.

**Misc:** Practice including those beyond class time, off campus, and weekends.

\*\*Please note that we are expected to cheer at all home football games as well as boys and girls basketball like any other squad. We have the luxury of having up to 4 squads to reduce our time commitment, but competition teams may find themselves cheering at basketball games if needed.



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## **COMPETITION TEAM REQUIREMENTS**

1. All Members are expected to attend ALL choreography sessions and competitions (even if sidelined).
2. The coaches set competition dates. Competitions generally occur October through February and often impact Presidents' weekend. Competitions are held on Saturdays and Sundays. By becoming a Member of the squad you are agreeing to the dates that the coaches choose regardless of your personal schedules.
3. Competition team members will have additional practices as deemed necessary. All competition team members must be available for additional practices.
4. Only Members in good standing may compete. Good standing is defined as a member who is not curtailed by any disciplinary action that would prohibit a member from participating.
5. Skills that are demonstrated at tryouts/registration are expected to remain as such or improve throughout the year.
6. Coaches determine who competes at the Varsity level and members may be placed on a lower level team at any time throughout the school year.
7. Please note the additional expenses associated with being on the competition teams listed in the program expenses.
8. Team members must not schedule any vacation plans or be absent for an extended period of time during the months of October-February.
9. Varsity squads may not be members of any other sports team at Tualatin High School during the summer, fall and winter seasons or all-star cheer teams without the written consent of the cheer coach

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## **PROGRAM EXPENSES**

- The Cheer program is funded through personal payments, corporate sponsorships and fundraising. Our goal is for 100% participation. These funds are necessary for the success of the program. This amount pays for club funded coaches stipends, coaches training, summer camp, uniforms, camp and practice wear, poms, outerwear, music editing, competition registration fees, equipment costs and repair, maintenance of safety equipment, spirit items, team dinners, etc.
- **Apparel & Individual Expenses**  
There are personal items, which are required, but are not provided by the school, that each individual must purchase. These items can include: Uniform (top & skirt) Practice Clothes, Hair Ribbons, Bows, Poms, Warm up Jacket, Leggings, Shoes, Socks, Team Hoodie, Backpack and shipping costs.

Below are items and prices that can be included in the apparel and individual expenses.

| <b>Fee</b> | <b>Description</b>               |
|------------|----------------------------------|
| \$275      | Sideline Uniform (Shell & Skirt) |
| \$160      | Warm ups                         |
| \$100      | Backpack                         |
| \$325      | Competition Uniform              |
| \$100      | Competition Uniform Rental       |
| \$80       | Sideline Shoes                   |
| \$110      | Competition Shoes                |
| \$60       | Poms                             |
| \$200      | Practice Gear (4 tops, 4 shorts) |
| \$50       | Team Hoodie                      |
| \$50       | Shipping & Handling Fees         |

A final itemized Apparel & Individual Expenses sheet will be provided upon team placements.

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## **MONTHLY PAYMENTS**

- Equal monthly payments for personal expenses will start being collected on **May 31st, 2023**.
- All Apparel & Individual Expenses must be paid in full **by August 30th, 2023**.

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## **UNIFORM RENTALS**

- Uniform rentals may be available at a fraction of the cost. Speak to Coach, subject to availability.





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## **TEAM FEES**

- **Team Fees**

Below are the required fees that each cheerleader will be responsible for paying throughout the season with the costs and the date in which the payments will be due.

| <b>Fee</b> | <b>Description</b>  |
|------------|---|
| \$150      | Cheer Fee (coaches stipends/ training, choreography, misc. due 5/5) |
| \$450      | Cheer Camp (\$200 deposit due 5/31)                                 |
| \$125      | Team Tumbling (July- October)                                       |
| \$125      | Team Tumbling (November- February)                                  |
| \$50       | Blazer Game Performance (Ticket & t-shirt)                          |

**ALL FEES MUST BE PAID IN FULL (payment plans and fundraisers are available)**

\*These figures are estimates, official expenses will be provided once team placements have been made.

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## **FUNDRAISING**

- Many fundraising opportunities are held throughout the season. Full participation is needed to help raise the appropriate funds. Fundraising events may include regular seasons and nationals, but are not limited to:

Team Poster Sponsors  
Cookie Dough Sales  
Summer Youth Clinic  
Flower Basket Sales  
Snack Bar/concessions

Carwashes  
Wreath Sales  
Can and bottle drives  
Hosting Competition  
Bingo

- Fundraising is the responsibility of all members and is HIGHLY encouraged for all members (and all parents). Besides trying to bring down the individual cost involved in belonging to the group, there are many costs that must be covered for the benefit of the entire group. You must be committed to fundraising your own expenses as well as your team expenses. If you decide to quit or are dismissed from the squad, the remaining balance will be *due immediately*. Once an item has been ordered, it becomes your responsibility to pay.

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## **TEAM POLICIES & EXPECTATIONS**

The following team policies and expectations are to inform you of the expectations that the coaching staff will have for you as a member of the Tualatin Cheerleading Program. These policies are in place to let you know what the priorities of our program are and how you will go about representing your high school. Tualatin High School has traditionally been seen as a first class institution throughout the state of Oregon and we will continue to maintain that expectation.

### **WE WILL:**

- Be the best people we can be!
- Be the best students we can be!
- Be the best athletes we can be!
- Give everything you have to perform at the best of your abilities. This applies to school, athletics, and in your life at home with your families.
- Focus on the details. Every class, assignment, tumbling pass, stunt and conditioning. If you focus on fine-tuning the specific details of the larger pieces, you will perform them all better than you ever thought you could.

### **As a program we will:**

- **Be focused on the team.** Everything we do as coaches and as athletes are for the betterment of the team. As individuals we lift up our teammates and by serving them, help them to be the best they can possibly be in all aspects of their lives. If a teammate needs help on math homework, encouragement during a practice, or good advice during a rough point in their lives, you are there to provide that support.
- **Be coachable.** We have a fantastic coaching staff with years of experience. They know what is best and if they are telling you to do something, it will be to benefit you and your teammates. You will not always know why you are being asked to do certain things, but in the end, if you do them to the best of your abilities, the team will benefit from you doing so.
- **Be held accountable.** Coaches and athletes are expected to hold each other accountable to make sure we are doing the right things. Any negative choices made by an individual will reflect upon our entire program. It is understood that you will run into struggles as a high school student. Always know that you can rely on your teammates and coaches to help you. And when spoken to about changing something that can be detrimental to our team, please understand a teammate cares for you and wants to provide you with an opportunity to make a change for the better.

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## **TEAM POLICIES & EXPECTATIONS (Cont.)**

### **Understand the following three expectations:**

- **NO MESSENGERS:** if you will be missing practice, school, meetings or any other cheer events or you will be late, you must notify the COACHES before the absence or tardy. Do not send a friend or parent to report for you. You need to take care of your responsibilities. This is a life lesson we are trying to teach you.
- **NO EXCUSES:** Again, take responsibility for your actions. Do not make excuses for your shortcomings. Own it, learn from it and move on. We all make mistakes and no one expects you to be perfect but we do expect you to learn from each situation.
- **NO SYMPATHY GROUPS:** A "sympathy group" is a collection of people that encourage each other in a negative way when one of the members is feeling wronged. If a teammate complains to you about another teammate, coach or situation, do not give in and contribute to the negative energy. It will destroy our team from the inside out. Instead, encourage your teammate to talk to Coach about it so we can resolve it.

### **In practice we will:**

- Never walk! We will run from drill to drill and in all transitions.
- Use appropriate language.
- Respond with "Yes Coach"/ "Got it Coach", etc. when we are coached, corrected or spoken to.
- Strive to give everything we have in every drill. Build the habit.
- Always encourage and support your teammates. Cheer them on!
- Understand and accept the role you are given on our team. If you do not like the role you have been given, outwork and outperform the person ahead of you and earn that position.
- As upperclassmen, show the younger cheerleaders how to conduct themselves and positively correct them if asked to.
- As upperclassmen, show our teammates that we are willing to make sacrifices for our team.

### **In the classroom we will:**

- Understand we are student- athletes. Education is our top priority on campus.
- Attend ALL of our classes! You wouldn't skip a practice or a game, don't miss a class.
- Sit in front of the classroom if there is not a seating chart already set.
- Realize our academic strengths and weaknesses. We will help those that need our help and ask for help when we need it.
- DO YOUR OWN WORK!
- On campus we will:
- Dress in a way that will reflect positively on our cheerleading program. We will not wear inappropriate clothing or draw any negative attention to ourselves with how we present ourselves. If you make choices that will not reflect this mindset, expect to be corrected by your coaches and/ or teammates.



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## **TEAM POLICIES & EXPECTATIONS (Cont.)**

- Be EARLY. This applies to campus, classes, meetings and any other cheer events. This is another life lesson we are trying to teach you.
- Be respectful to everyone we interact with, teachers, students, administrators and all school employees.

### **In our social/personal life we will:**

- Make healthy choices. Take care of our bodies!
- Make sure that we are getting a good night's sleep. There are a lot of expectations on you as a student-athlete. If you begin to sacrifice your sleep, your mind and body will begin to feel the effects.
- Not engage in detrimental actions on social media. What we post, like, and comment on will be reflections on us and our team.
- Not steal. If it is discovered that you are stealing, you will be held accountable to school policies.

**Follow the number one rule: "Don't let the team down".**

The reasons for these policies and expectations are to benefit you. To make you and your teammates better people and to make our program a successful one. If you cannot abide by these policies, please reconsider your intention to be a member of our team.

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## **PROGRAM RULES**

1. Cheer Squad must take priority over other co-curricular activities. Members may engage in jobs and outside activities (including participation in choir, ASB, drama or other school clubs) only if they DO NOT interfere with participation in Cheer Squad activities, including ALL practices, games, competitions and events.
2. Members may not let other non-members use their Cheer Squad gear or supplies. This includes practice clothes, shirts, poms or any part of your uniform or gear. Uniforms may only be worn by current members and at cheer events.
3. Rings, necklaces, earrings, nose and/or any form of jewelry may not be worn during any cheer squad team performances including game days, rallies, practices, tumbling classes, open gyms, camps and competitions. This is a National Federation of High School Sports rule.
4. Hair must be in natural colors and/or highlights. Please refrain from unnatural colors or chunky blocks of colors.
5. Males must be clean shaven. Females must have short trimmed nails. No acrylics any time throughout the season (This is a National Federation of High School Sports rule).
6. Cheer squad members should refrain from representing themselves on any website in association with vulgar language, reference to use of drugs and/or alcohol, sexual innuendo or negative comments about the team, its members and coaches or any other sports teams (see the social media policy/agreement).
7. Cheer squad members will follow Tualatin High School's Athletic Code for discipline (can be found on Tualatin website).
8. All cheer squad members must have a 2.0 GPA in order to be eligible and be passing 5 classes.

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## **ATTENDANCE POLICY**

A tentative schedule will be provided and will be available on our Tualatin Cheerleading private team pages. Any conflicts should be addressed with the coach following the meeting. Some dates will be deleted and/or added depending on squad readiness, conflicting school performances, and athletic schedules. The coaching staff sets the summer schedule. Each Member and their family should plan activities/vacations around the Cheer Squad schedule. Summer practices are required if you are in town. They will be excused with a 2 week notice. August activities are MANDATORY (daily doubles and choreography). If you are unavailable in



August, we ask you to join the program next season when your summer schedule is clear. Once August begins, ALL absences are UNEXCUSED, but will still require a 2 week notice.

1. Attend and be on time to all practices, games, competitions and other scheduled squad activities. If you are in town during summer, you are expected to be at ALL cheer events.
2. CAMP, DAILY DOUBLES and OUR "Last Chance" Competition are REQUIRED, NO EXCEPTIONS.
3. Absences will be excused during the spring and summer (june/july) with a two week notice.
4. Any Member who is too sick to attend practice must notify the coaches immediately. Reasons for an excused absence is illness or a family emergency. Please have the ATHLETE contact us PRIOR to the beginning of practice or it will be considered an unexcused absence. If an athlete stays home from school, coaches expect to know that immediately in order to adjust events for that day with as much time as possible.
5. Attendance at school for the entire day is a prerequisite for participation in events or practices. School related activities or appointments with prior approval by the administration do not fall under this regulation. Emergency situations may be reviewed and determined by the Athletic Director. This includes Friday's or weekend events.
6. Any Member who is out and misses practice may be removed from the upcoming game, pep rally, performance and/or competition at the discretion of the coach. plan on being benched for that event. This includes and is not limited to games, performances, assemblies etc.
7. Doctor/dentist appointments, driving classes, work and/or tests and family events are not accepted excuses for missing practices and will be counted as unexcused. Please schedule these at times/days that don't conflict with your team's practices or games.
8. A Member who has more than 2 unexcused absences throughout the summer or recurring absences during the school year may be removed from an upcoming performance or game at the discretion of the coach.
9. Competitions may never be missed, as they require the entire TEAM in order to compete. Any member missing a competition may be removed from future competitions at the coaches' discretion.
10. Excessive absences may be cause for removal from the squad.

**Being benched means:**

- Attend the event as scheduled
- Wear everything required by squad members
- You will sit next to the coach, NO phones will be allowed



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## **COMMUNICATION POLICY**

1. Members are expected to check their private team pages and/or apps for any changes and/or updates on a regular basis (it is recommended once a day). Members are responsible for all information posted there. Make sure notifications are turned on.
2. Weekly emails are sent out, members and families must read all sent emails.
3. If at any time a member has an issue that needs to be addressed, **please have the first point of contact be directly from the member to the Coach.** Coaches will not discuss athlete concerns with parents. Athletes must advocate for themselves.
4. When emailing a Coach **always** include the [tualatincheer@gmail.com](mailto:tualatincheer@gmail.com) account in your email.
5. Please allow 48 hours for a response. We all have careers and families outside of coaching that take priority.

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## **TRANSPORTATION**

- If transportation is not provided, ALL members will need to provide their own transportation to and from games, practices, tumbling and competitions. If transportation is provided, ALL members are required to travel on a team bus.  
**Transportation Waiver:** Transportation waivers for parents to grant permission for their student to transport him or herself to a school sponsored athletic/activity event, or to be transported by another student's parent, are available in the athletic office or the main office. This waiver must be completed at least 24 hours in advance of the event. Parents may transport their own children home from competitions if prearranged and after visual contact is made with coaches at the event.

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## **COACHES CONTACT INFORMATION**

**Head Coach** Crystal Corona

**Varsity Assistant** Maria Castillo

**Varsity Assistant** Kate Olvera

**JV Coach** Samantha Castillo

**JV Assistant** Desirae Valdivieso

**Assistant Coach** Elyse Gross

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\*\*\*DISCLAIMER: If we have missed a scenario, coaches have the right to accommodate as we see fit and will make note to add into our policies and expectations

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## **INJURY POLICY**

1. It is the athletes responsibility to notify the coaching staff of an injury as soon as it occurs **and** before receiving medical treatment.
2. Any Member who is injured must have a doctor's note sidelining the athlete.
3. Athletes are responsible for following doctor's orders at all times.
4. Any injured/sidelined athlete will need a doctor's written release of full participation in order to resume participation.
5. Any limitations on participation may keep the athlete sidelined and he/she may be removed from the routines, and it is NOT guaranteed that he/she will be worked back into the routine.
6. Injured athletes will see our athletic trainer who will assist the athlete back to full participation and assist with minor aches and sprains to allow for participation.

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## **STUDENT PHYSICALS**

All applicants must have a current physical on TTSD physical form, before attending any tryouts or practices. This form is available on the Tualatin HS website as well as the Athletic Office at Tualatin. A returner must check if their physical is still current. They expire every two years. If the athlete is an incoming freshman or transfer student, a new and current physical is required before trying out/practicing and must be completed on the **TTSD Physical form**.

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## **PHYSICAL FITNESS**

No matter where you are currently in your physical fitness, you will be expected to improve. Strength and flexibility are important with the skills we are expected to perform. Be prepared to run, condition and watch your body become stronger. Safety is in the strength of our athletes. **Safety is our top priority!**

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## **NFHS SAFETY RULES**

1. All Members are required to follow and adhere to all safety guidelines, procedures and directions given by the coaches.
2. NO JEWELRY or GUM CHEWING is allowed during practices, games or other Cheer Squad events.
3. Hair must be tied up and secured off the face as a safety precaution.
4. Stunting of any kind is only permitted when the **high school coach(es)** are present.
5. Nails must be short (near the end of the fingers) for ALL MEMBERS at ALL TIMES. French or clear nail polish only for game day, performances and competitions.





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## **SOCIAL MEDIA POLICY**

We hold cheerleaders representing our school and community to high standards and expect nothing but respect when posting on public sites. Remember that you are now an ambassador for the school. Be VERY careful with social media activity. Tualatin Cheer members do not represent themselves, their teammates or coaches in a negative way. No use of profane, negative or inappropriate media communication towards another student, coach, teammate or families. THINK – Is it... True, Helpful, Inspiring, Necessary, Kind? "THINK" BEFORE YOU POST!

1. I agree to always set a positive example for others to follow when representing Tualatin Cheerleading whether in uniform or not.
2. I agree to treat others with the same respect that I would like to be given on my social media.
3. I agree to refrain from gossiping or talking trash about members of the Tualatin Cheer Squads or other programs on my social media, as I understand it can lead to personal conflicts and is therefore not conducive to the success of this program.
4. I agree to keep my social media clear of profanity (INCLUDING RETWEETS) or otherwise inappropriate conversations, inappropriate abbreviations, comments, photos, etc. I understand that many students of all ages have these types of accounts and could view my page at any time.
5. I agree to give the coach access to all my social media accounts to ensure a positive image is always reflected. This also includes second accounts also known as sinstas/private stories. Not notifying the coach of secondary accounts will result in a disciplinary action. Blocking coaches is prohibited.
6. I understand that there may be consequences (up to dismissal from the squad) for inappropriate pictures/language or posts that could be detrimental to the cheer program or any TuHS program, school itself, teachers, etc on my social media accounts.

*Please add Tualatin Cheer to all your social media accounts once the season begins. Once added, please initial the page and keep a copy as reference.*

**Facebook:** Tualatin Cheer

**Instagram:** @tualatincheer

**Website:** [www.tualatincheerleading.com](http://www.tualatincheerleading.com)

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**DEMERIT SYSTEM (Guidelines for a successful TEAM season)**

All Members begin each semester with 10 points. It is their responsibility to maintain their points by adhering to the rules listed on the Demerit paper. You will be asked to read and sign so that everyone understands the consequences and how dismissal from one of our squads may occur.

1. Unexcused absence from game, practice, tumbling or scheduled event (Unless emailed and preapproved 2 weeks in advance during summer with the exception of camp and daily doubles- all absences become unexcused starting in August) **2pts**
2. Calling in an absence within 2 hours of practices or games. (If you leave or miss school, contact coaches immediately if you will not be attending the practice- do NOT wait until practice is starting) **1pt**
3. Late or leaving early from practice or game. Unless emailed and preapproved 2 weeks in advance. **.5pt**
4. Not having COMPLETE uniform, shoes, poms, ribbons, etc. **.5 pt**
5. Wearing ANY jewelry or hair inappropriately. We do NOT recommend getting any new piercings until after camp or at the end of the season. You take it out even if it's not healed. **.5pt**
6. Conduct that is unbecoming of a Tualatin Cheerleader. This includes in or out of school- examples: fighting in school, attending parties where there is illegal substance abuse as well as postings on public websites. **5 pts**
7. Chewing gum, eating, drinking beverages, or using cell phones. Wait until we are on a break or halftime. **1 pt**
8. Not cooperating with teammates, leaders or coaches. **3 pts**
9. Not passing classes or F's at semester or on progress reports. **3 pts**
10. Any Illegal substance abuse not abided by TTSD or OSAA rules. Can lead to school suspension and up to dismissal from squad AND school administration will be involved through the process. **5 pts**

\*\*\* A TOTAL of 10 points will result in immediate dismissal from the squad

\*\*\* 5 points will result in 1 benched game- Full uniform and attendance at the game is required

\*\*\* Points start over after Football Season



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## **PARENT RESPONSIBILITIES**

Dear Parent and/or Guardian,

We are excited that your child has expressed an interest in being part of the Tualatin High School Cheerleading organization. Participating in a group of this kind is a great experience. It also comes with a great deal of responsibility. As coaches and administrators, we would like you to be aware of the many responsibilities and obligations that are expected of the members and their families.

- Please read this packet in its entirety and seriously consider the information before signing, which gives your support and permission for your child to join the program. NO exceptions will be made for any participant.

### **Communication**

Maintain open communication with the coaches at all times. Please go directly to the Head Coach regarding any issue **before attempting** to involve the Athletic Director or other Administration as it always gets looped back to me to handle.

- Weekly emails get sent out, parents must read the cheer news weekly.
- Talking to other parents about your issues does not get anything resolved.
- If you have a question, comment, concern please email coaches **first**. Administration will always forward all emails/calls from parents to coaches.
- Coaches are available via appointment to discuss an issue OUTSIDE OF PRACTICE AND PERFORMANCE TIMES, but that does not guarantee any specific changes or requests.

### **Attendance**

Please make sure your child is on time to every practice, game, performance, community service, competition, etc. We often rely heavily on every cheerleader being present so as to not adversely affect the rest of the team.

### **Payments**

Refer and adhere to the payment schedule handed out after the first parent meeting. We try our best to send out reminders, but please be responsible for your upcoming payments. Missing or being late on a payment may result in your child being benched. After the final payment is due, all accounts are expected to be at a zero balance or your child will sit out of all performances, games etc while still being expected to participate in practices.

- Estimated program costs have been listed. If your child quits or is dismissed from the program, any funds paid or fundraised will NOT be reimbursed and remaining balance will be due in full.
- Attend parent meetings and participate in fundraising- mandatory for nationals fundraising if your child is selected to be on a traveling competition squad.



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## **PARENT CODE OF CONDUCT**

Follow the instructions given by the coaches. Coaches have a large job to do. Your cooperation goes a long way toward making Tualatin Cheer a pleasant experience for your child and more importantly the entire team and their successes!

- Maintain your role as a supportive parent and please consider the entire situation, not just your child's position.
- Please respect that your child is on "team time" during games, competitions, events. We ask that you not try to talk to them, take pictures with them or otherwise distract them until after we have completed our performance(s).
- Refrain from gossip as it ALWAYS gets back to the coaches and does damage team morale and relationships within the program.
- Be a parent. We hear many things about your personal lives (thanks social media and teenage gossip)- It's important to remember we don't judge you as parents, so please don't judge us as coaches.
- We hold cheerleaders representing our school and community to the highest standards and expect nothing but respect from them when posting on public sites and we expect the parents to do so as well.
- You are the TEAM behind the TEAM

The best decision for the team will always prevail. You have one (maybe two) children in our program, but we just adopted a whole team! We ask that you look at the bigger picture. Always remember that your perspective of practice, routines, decisions, etc. may not always be the same as the coaches. We welcome any comments or concerns that you may have, but will not make changes to routines, positions or placements of an individual cheerleader based on parent complaints.

Please always remember, **"Your expectation of us coaches should match your commitment to our program as a parent."**

WANT TO HELP ORGANIZE FUNDRAISERS? HAPPY TO SUPPORT ANY IDEAS!



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**RULES AND POLICIES ACCEPTANCE**

**Please carefully read and sign this page and return at first team gathering**

1. We understand the decision of the coaches is final and not negotiable after placements.
2. We understand that teams are chosen on a basis of grades, talent and overall team needs with a huge look at stunt positions.
3. We understand that coaches are happy to discuss our daughter's (son's) strengths and weaknesses in order to help them improve, but that the coach must also consider what is best for the team as a whole.
4. We understand and agree that coaches make all program decisions.
5. We understand that cheer must become the 1st priority in terms of co-curricular activities. Including other teams if approved.
6. We understand that if our daughter (son) is selected this year, she (he) will still have to tryout again next year and their position on the squad is NOT guaranteed. Improvement, attitude and talent all play a part in whether they return.
7. I understand and agree with the demerit system which enables kids to be responsible for their schedules, uniform, etc.
8. I understand and agree to the payment plan and will stay up to date with my own cheer account.
9. I understand and agree to the social media policy and that consequences may be given. I also understand as a parent what I say may affect my child as well.
10. I understand and agree to the calendar given and realize changes could be made. I have read and agreed to abide by the Cheer Squad Rules and Policies, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I, as a parent, cannot change or alter these rules and I am allowing my child to join this organization knowing that these are the rules and I agree to the terms of the program as it stands and to the parent code of conduct.

**Student Signature & Date** \_\_\_\_\_

**Parent Signature & Date** \_\_\_\_\_

**MARK YOUR CALENDARS**

Official monthly calendars will be handed out throughout the season and can be found on our website. Please note these are tentative dates.

| <b>DATE</b>      | <b>EVENT</b>                  | <b>LOCATION</b>        | <b>TIME</b> |
|------------------|-------------------------------|------------------------|-------------|
| April 18         | Interest Meeting              | Tualatin High School   | 6 - 7 PM    |
| April 25 & 26    | Tryout Practices              | Fitness Room/Small Gym | 6 - 8 PM    |
| April 29         | Official Tryouts              | Fitness Room           | 12 PM       |
| May 3            | Program Meeting               | Tualatin High School   | 6 - 8 PM    |
| May 5            | Uniform Fitting               | Tualatin High School   | 4 PM        |
| May 16           | Summer Practices Begin        | Tualatin High School   | 6 - 8 PM    |
| June 10          | Grand Floral Parade           | City of Portland       | TBD         |
| June 16-17       | Senior Retreat (seniors only) | Seaside Beach          | All Day     |
| July 19-22       | Cheer Camp                    | University of Portland | All Day     |
| July 23-July 30  | Program Break (No events)     | -----                  | -----       |
| August 12        | OCCA One Day Clinic           | Glencoe High School    | 10-2 PM     |
| August 21-Sept 1 | Daily Doubles                 | Tualatin High School   | 3 - 8 PM    |

*\*Calendar and schedules may change at coach's discretion*

**A Note Regarding COVID-19**

Please note that we will be following all directives from the national and state government, as well as the Tigard/Tualatin School District. Delays in receiving uniform/gear, changes in practice dates, times and locations, or changes in what we cheer for and when. As well as a potential no season at all. In the event of our season being canceled, all payments will be refunded. All communication will be virtual utilizing email and social media. Please know that we will do our best to communicate thoroughly and often. We ask for your patience and flexibility as we attempt to plan and prepare for everything.