



Notes



WELCOME LETTER



Dear EHS Cheerleader & Family,

Welcome! If you are new to cheering at EHS, we are so excited that you chose to be a part of the EHS cheer program! If you are returning to EHS cheer, thank you for your continued enthusiasm and support. All of you, together, are a part of the Everett High legacy. YOU are the foundation and building blocks of continued tradition!

We want to personally invite all of you to the vision we have for EHS cheer; we are very excited about the growth of this program and our season together! Cheerleading has become one of the fastest growing sports in our country. You've made a choice to work hard to be a member of this team. Therefore, you choose to be held to high standards and exemplary behavior. Thank you for your commitment!

We are committed to creating, teaching and encouraging a higher standard of athleticism, leadership and character within EHS cheerleaders. With that said, cheerleading at EHS will challenge you both physically and mentally. You will walk away from this season with lasting memories, the confidence and poise of the elite, and a feeling of accomplishment!

Welcome to EHS Cheer!

Cheers,
Gretchen Stiger & Shelly Waller



WELCOME



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CODE OF CONDUCT

Seagull Cheerleader Conduct Code

2014 - 2015

I understand the importance of the cheerleading position that I hold. I see the value in my assignment as a role model to other students at my school and the importance of representing Everett High School, the "School of Champions". Today, as always, I promise to do my best to uphold the high standards of my cheer-leadership position.

I will conduct myself in a way that promotes a positive image of the school, the community, and me. Acts that reflect negatively include, but are not limited to, academic fraud or cheating, plagiarism, criminal activity, harassment, intimidation, and bullying. Such acts may occur during school or non-school activities performed either on- or off-campus.

I completely understand that as a leader at Everett High School I am not allowed to participate in any type of gathering where substances of any kind or criminal activity are present. I understand that I am not allowed to use substances, participate in criminal activities at any time while holding this leadership position. This time frame begins at the time of application until the conclusion of the school year. If I act in a way that reflects negatively upon the school, the community, or me, I will be held accountable for my actions.

First Offense: The penalty shall be immediate suspension from my leadership position for twenty-eight (28) school-calendar days. If I self-report my suspension will be fourteen (14) school-calendar days.

Second Offense: The penalty shall be immediate removal from my cheer position.



PARENT EXPECTATIONS

The EHS cheerleading family consists of coaches, athletes, and their parent/guardian. We want it to be an exciting, positive experience for all members of our family. We ask that parents support and encourage our standards and expectation and provide a positive example for EHS cheerleaders around them.

- ◆ Parents are asked to set an example of positive behavior and conduct for all of our team members. This includes refraining from rude and vulgar language, negative comments, gossip, and other inappropriate behaviors while in the presence of our student athletes.
- ◆ Please keep in mind that coaches are well-trained and equipped and do not need parental assessment of their daughter's skill level, abilities, etc. The coaches not only have to make the best athletic decisions for the team, but also have to navigate the often fragile self-esteem issues these young ladies are dealing with. Please help your cheerleader and the coaches by not placing value on specific positions, formations, activities.
- ◆ There will be practices that your cheerleader walks away feeling frustrated, discouraged, or with hurt feelings. As the adult she is going to vent to, please help her to process her feelings in a healthy manner and regain perspective.

There will be weeks that your cheerleader is busy with school, cheer, birthdays etc. Please help her to stay organized, efficient, and ultimately successful!

- ◆ Only coaches and cheerleaders are allowed on the practice floor.
- ◆ An EHS Cheerleader is not allowed to miss practice. Doing so adds a lot of pressure to her teammates and coaching staff. (please schedule personal appointments on our off days)
- ◆ Please be creative and proactive in consequences for your daughter's misbehavior at home. Prohibiting her from attending practice punishes every other athlete on her team.



EHS CHEERLEADING STANDARDS

You've made a choice to work hard to be a member of this team. Therefore, you choose to be held to high standards and exemplary behavior. Thank you for your commitment.

With the following expectations, your athletic abilities will be challenged and refined. Your character will be exercised and exemplified. And your definition of "team" will be transformed.

ACT

... like a Seagull Cheerleader

A

THLETICISM

- ◆ Be elite...all the time! Give your very best at every practices. This is how you and your team will achieve your very best. Giving less than limits you and your team and will only result in frustration, team division, and harder coaching!
- ◆ Take personal pride in your sport. Work hard to achieve your goals. It will not be handed to you - those who work for their goals will be fulfilled in their accomplishments!
- ◆ Be personally dedicated to work on growth outside of practice!
- ◆ Maintain good physical fitness. EHS Cheerleaders will be asked to do cardio and core-strengthening exercises on a regular basis (abdominal work, push ups, running, etc.). Cheerleaders must be able to perform their entire routine with energy & vigor!
- ◆ Cheerleaders need to have two 2-pound weights that can go on ankles or wrist. These need to be brought to every practice!
- ◆ Get your rest. Being tired doesn't lead to successful or safe practice.
- ◆ Maintain healthy eating habits. Your body needs quality food and hydration in order to perform the tasks EHS cheerleading requires. Cheerleaders who neglect their nutrition often end up forgetting to "fuel" or settling for low-quality "fuel" - this hurts you, the stunt group you're working with and the coaches who have to deal with your lack of energy and crankiness.

CHARACTER

- ♦ Be courteous, friendly and respectful to others
- ♦ Be honest and truthful regardless of the consequences.
- ♦ Have a positive CAN DO attitude. Your coaches will push you to reach your potential - join their efforts!
- ♦ Have a healthy sense of self-esteem. This mean that cheerleaders refrain from negative self-talk and excess acts of attention seeking, and say thank you when given a compliment.
- ♦ Be an active listener and accept constructive criticism.
- ♦ Have good time management skills in order to balance personal time, family time, schoolwork, and cheer.

The following behaviors are not acceptable for Seagull Cheerleaders:

- Insubordination or disrespect of any kind, including temper tantrums, outburst, lack of participation or effort, talking back, eye rolling, etc. This extends school-wide (not just at practice or events).
- Failing classes
- Inappropriate social media, language, pictures, posts, etc.
- Gossip (regardless of the subject)
- Negative/bad attitude
- Uniform neglect or violation
- Not prepared for practice (practice attire, hair pulled back, nails, etc.)
- Laziness
- Instigating, encouraging, or engaging in any physical violence or verbal altercations
- Use of vulgar or profane language
- Excessive public displays of affection
- Inappropriate behavior in school
- New piercings during the season & Tattoos (visible tattoos must be covered; they are not part of the team uniform)

**Violations will be handled at the discretion of the coaching staff using the demerit system.
More than 5 demerits results in dismissal from EHS Cheerleading.**

TEAMWORK

- ♦ Be supportive of your teammates' successes and cheer for others.
- ♦ Be reliable. Unlike other sports, there are not people sitting on the bench or subs who can effectively fill-in for you. Seagulls have to step out in faith to trust each other—to trust that their teammate is going to be at practice, give full effort and care about the squad's goals.
- ♦ Contribute positively to the working environment for your teammates, whining, complaining and laziness cheapen the sport, limit you from reaching your potential and hinder your team from reaching its goals.



COMMUNICATION EXPECTATIONS

- ♦ Timely communication is required from all athletes; communication concerning absences, injuries, and illness must come from directly from the athlete. This policy is in place to increase communication abilities and responsibility of our growing athletes.
- ♦ Please respect the coach's personal time, family, etc. by not contacting the coach via their personal phone during the evening (unless it's an emergency).

Coach's Contact Information:

Shelly Waller

Cell Phone: 360-630-6980

Email: rwaller@everettsd.org

Gretchen Stiger

Cell Phone: 425-750-6646

Email: gstiger@everettsd.org



ATTENDANCE EXPECTAIONS

- ◆ EHS Cheerleading is a team sport. Without everyone present, the team cannot accomplish its goals. Practice is MANDATORY and absences should be avoided whenever possible. Any absence or tardiness results in the entire squad being inconvenienced, and others' sacrificed time becomes ineffective and unrewarding. Please consider the other members of your team when coordinating your schedule.
- ◆ The coaches work hard to respect and accommodate families, school, etc. when setting a practice schedule. Once a schedule is set, we expect the same level of respect and consideration for the teams' time. When considering missing a practice, please keep your teammates and the progress of the team in mind.
- ◆ School is a top priority for every athlete. However, procrastinated schoolwork is not an excuse to miss practice. Plan ahead!
- ◆ An athlete is not allowed to miss practice for any reason. Doing so adds a lot of pressure to your teammates and coaching staff. (please schedule personal things on our off days)
- ◆ Be ready to begin practice at the schedule time. Ready is defined as: proper attire on, bladder empty, jewelry off, shoes on, hair up and out of face, etc.
- ◆ All members are expected to take part in fund-raisers, community service projects, socials, etc.



SOCIAL MEDIA/ONLINE IMAGE

When you become a EHS Cheerleader, you become a representation of our program, your teammates, and the sport of cheerleading - even on the Internet & Social Media! It is important that if you have Facebook, Twitter, etc. you recognize that there are certain expectations in terms of acceptable material:

- ◆ No photos representing alcohol, tobacco or drugs or wearing excessively revealing clothing.
- ◆ No content that consists of sexual, aggressive, or immature behavior.
- ◆ No foul, vulgar, profane, offensive or obscene language is permitted. This includes comments posted by others on your site.
- ◆ No personal information should ever be posted, including: Address, phone numbers, class schedules, etc.

YOU are LEADERS.

YOU represent this program & your coach.

People look up to you and it is very important that you create a positive image for yourself and our program.

Lead by example...all the time...everywhere



PRACTICE EXPECTAIONS

EHS Cheerleaders are expected to know the material once it has been taught. This means practicing on your own to know your parts (especially if you were absent). Practice time will be spent learning new material, improving areas of weakness, and mastering the routine.

- ◆ Be prepared: correct practice attire, hair pulled back and out of your face, jewelry off, nails cut short, water bottle filled, batter empty, etc. **before** practice begins. We don't have time to wait for you!
- ◆ Cell phones **are not allowed** when you are with the team. If you have down time (bus ride, 1/2 time etc., you should be interacting with EACHOTHER not your cell phone!



PRACTICE SCHEDULE

- ◆ Post Tryout Practice Schedule - 2:30-4pm M-Th (as soon as Spring sports end.
- ◆ Fall Practice Schedule: 2:30 - 4:00pm Mon-Thursday. Friday's are football game nights!
- ◆ Winter: 3-4 days a week practice schedule. Depending on competition plans and game scheduling. This is usually a lighter practice season (2 days a week—UNLESS we are competing.



GAMES

FALL SPORTS:

- ◆ Friday Night Lights! Varsity Football (7pm kick off (usually) - home & away games - Every Friday night)
- ◆ Indoor Fan Frenzy! Varsity Volleyball (7 pm - home games - 1 day per week [days vary])

WINTER SPORTS:

- ◆ Indoor Fan Frenzy! Varsity Girls & Boys Basketball (7pm - home games - 1 day per week [days vary])

COMPETITION (optional):

- ◆ Throughout WINTER SPORTS season. STATE competition is usually in early February.



TRANSPORTATION

GAMES: Self-transportation.



OTHER TIME COMMITMENTS

Cheer camp, fundraisers, team bonding activities, socials, possible Saturday competitions, community service projects.



FINANCIAL COMMITMENT

- ◆ Cost is approximately \$650 (Uniform, Poms, Cheer Shoes, Bow, Bag, Warm Ups, etc. \$650). (Returning cheerleaders only need necessary replacement items.)
- ◆ Additional competition fees (\$25-\$30 per competition)
- ◆ There will be fundraisers to assist with the financial requirements.
- ◆ All payments must be made to the school treasure at EHS. Checks need to be written to: EHS Cheer
- ◆ **A \$500 deposit is required before June 10th.** Uniforms are not distributed without \$500 deposit.
- ◆ The remaining balance must be paid by the end of the season. Non-payment will result in a “fine” being placed on the member’s school account. Students with a cheer fine are ineligible for future tryouts and promotion process (receiving yearbook, diploma, etc.) until fines are paid.



UNIFORM

Wearing and EHS cheerleading uniform is an honor. Your uniform, which includes: skirt, shell, jacket, shoes, bows, bag, etc., should be kept clean and neat! It is a disgrace, to not take pride in our uniform appearance. Anytime that we are in uniform we are “performing”. It is not acceptable to be “out of uniform”. For example: it is not acceptable to have your bra-straps showing, to wear slippers, flip flops, sweats or a sweatshirt, etc. with your uniform! Take pride in your uniform and the unity of your team.

- ◆ Uniforms are to be worn at each performance and to school on designated game days—unless otherwise determined by the coaches
- ◆ Members shall ONLY wear their uniform to official events, designated game days or otherwise decided by the coaches.
- ◆ It is NEVER ok to loan your uniform out to friends. YOU earned the right to wear that uniform - treat it as the honor it is.