

February 12, 2024

RIDGE

Cheer Lions

2024-2025 Informational Meeting

- Coaching Staff
- Tryout Information
- Team Criteria & Selection
- Financial Responsibilities
- Expectations & Discipline
- Important Upcoming Dates

»» Coaching Staff

Varsity & Head Coach: Lauren Wascak

Varsity Coach: Natalie Lutz



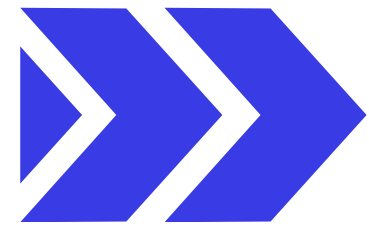
Junior Varsity Coach: Laura Buchanan

Junior Varsity Coach: Brigid Kane



9th Grade Coach: Porchae Bryant





TRYOUTS

Wednesday March 20
4:00–5:30 Main Gym

Thursday March 21
4:00–5:30 Main Gym

Friday March 22
2:30–5:30 Auxiliary Gym

Wednesday & Thursday

- Conditioning
- Motion Drills
- Jumps
- Tumbling
- Review Dance
- Review Cheer

FRIDAY - TRYOUT DAY

- 12th Grade - 2:30-3:15
- 11th Grade - 3:15-4:00
- 10th Grade - 4:00-4:45
- 9th Grade - 4:45- 5:30

TRYOUTS

For each day of tryouts:

- **Remove ALL jewelry (rings, braceles, earrings, nose studs, waist beads, etc)**
- **Nails should be clipped to fingertip length**
- **Hair should be completely pulled up out of the face and off of the ears into a low pony as length allows**

Wednesday & Thursday:

- **T-shirt**
- **Athletic shorts, leggings, or skort**
- **Socks**
- **Tennis shoes**

Friday:

- **White T-shirt**
- **Red, white, blue, or black athletic shorts, leggings, or skort**
- **Socks**
- **Tennis shoes**

Skill Rubric

This rubric provides a list of skills we would expect from an athlete at a given level. While it is possible for an athlete to not have EVERY single skill in each category, it will serve as a deciding factor should two athletes perform similarly. Athletes who have not mastered certain skills within the expected time frame after earning a spot on a team may be benched at the coaches' discretion until the skill has been mastered.

	Varsity	Junior Varsity	9th Grade
Attitude	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.
Motions	Consistently sharp, precise, and clean.	Mostly sharp, precise, and clean.	Mostly sharp, precise, and clean. Confidence may play a factor.
Rhythm	Consistently on beat, confidence is apparent, picks up new concepts quickly and well. Dance skills are refined and confident.	Mostly on beat, confidence may or may not waiver, picks up on new concepts, but may need more time to refine. Dance skills show clear potential.	Mostly on beat, confidence may or may not play a factor, may or may not need more time to refine when learning new concepts. Dance skills show potential.
Voice	Loud, clear, and obviously projected from the diaphragm. Words can be understood very clearly, and volume is consistent without waiver.	Clear and projected from the diaphragm. Words are mostly clear, and volume may waiver.	Clear and projected from the diaphragm. Words are mostly clear, and volume may waiver.
Jumps	Toe-touches are even and nearly parallel with the floor, if not hyperextended. Hurdlers are above parallel with the floor approaching or at a 45* angle. Legs are always straight, and toes are always pointed. Landings are clean, safe (no buckled ankles), and light without a rebound.	Toe-touches are nearly even and approaching parallel to the floor. Hurdlers are at least parallel to the floor. Legs are always straight, toes may or may not be pointed consistently. Landings are mostly clean and always safe (no buckled ankles). Landings may or may not be light and may or may not have a rebound.	Toe-touches and hurdlers are high enough off the floor to allow for improvement. Legs are always straight, toes may or may not be pointed consistently. Landings are mostly clean and always safe (no buckled ankles). Landings may or may not be light and may or may not have a rebound.
Tumbling	One clean standing walkover (front or back). Standing backhandspring and/or tuck preferred. Open and able to work on tumbling to achieve a standing backhandspring or tuck by the return from Fall Break.	Series of cartwheels and clean roundoff with a strong rebound. Open and able to work on tumbling to achieve the next skill by the end of the first season.	Clean cartwheel and/or roundoff. Open and able to work on tumbling to achieve the next skill by the end of the first season.
Performance	Confidence is apparent, facials are clear and engaging, overall performance is clean, engaging, and candidate clearly enjoys performing.	Confidence shows, facials are clear, overall performance is mostly clean and candidate seems to enjoy performing.	Confidence may waiver but is shown, facials may or may not be clear, performance is mostly clean, and candidate seems to be enjoying performing.

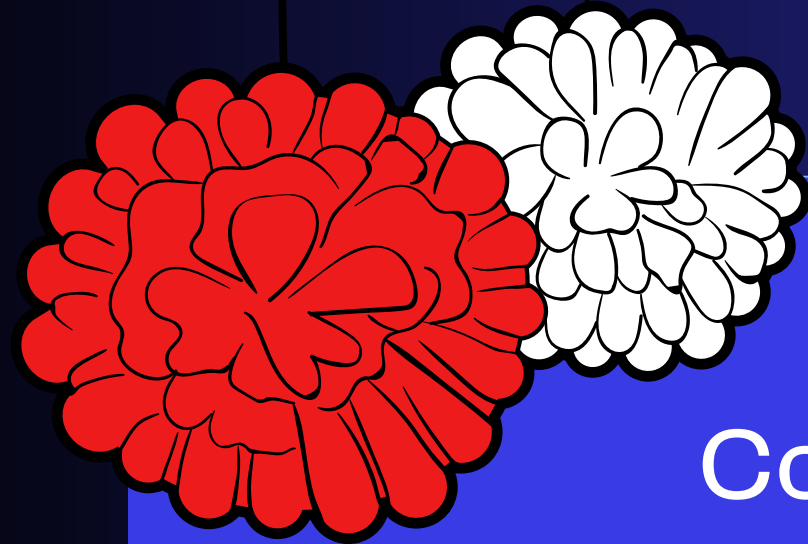
Teams



Varsity Home & Away Football
Varsity Home & Away Basketball
Special Events as Requested
Game Day Competition*

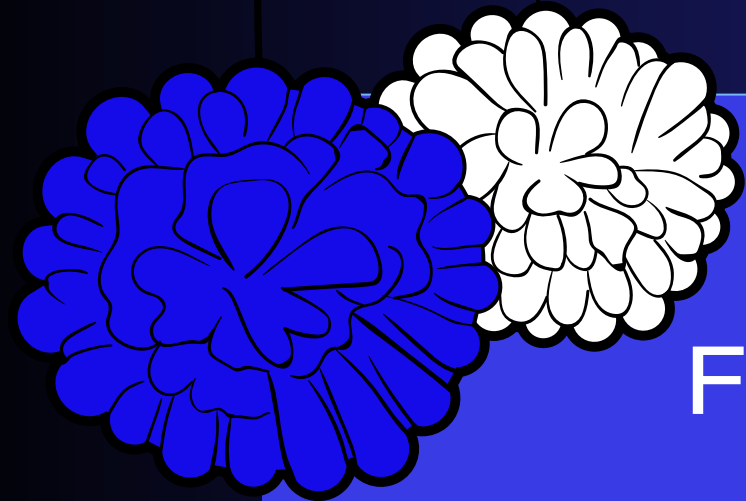
JV Home & Away Football
JV Home & Away Basketball
Homecoming
Youth Night Basketball

9th Grade Home & Away Football
Home Flag Football
9th Grade Home Basketball*
Homecoming
Youth Night Basketball



Cost

- New Uniform Year
- New Warmups Year
- Certain items are optional



Fundraising

- Camp
- Program supplies
- Banquet
- Senior Week
- Christmas
- Competition costs



JV & VARSITY UNIFORM



9TH GRADE UNIFORM



ALL TEAMS: SHOES & WARMUPS

REBEL RISE II - SENIORS W/MASCOT



NIKE THERMAFIT FULL-ZIP JACKET & PANTS





REQUIRED FOR ALL CHEERLEADERS

WARMUPS, CAMPWEAR, & INDIVIDUAL SUPPLIES: \$320

Jacket, pants, skort, polo, shorts, roster tee, tank, poms (3–white, blue, pink), bows (3–game, pink, & camp), socks (3–pack), liner, and black Nike Pro shorts

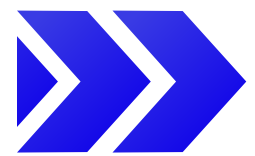
CHEER LIONS CAMP: 7/22–7/24

9TH & JV: \$260

VARSITY: \$330

PROGRAM SUPPLIES & EVENTS: \$475

Banquet, Christmas, Senior Nights, awards, meals, snacks, & competition fees

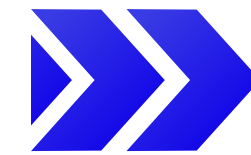


JV & VARSITY ONLY

JV & VARSITY UNIFORM

\$310

Shell, skirt/pants, liner, and shoes



9th GRADE

9TH GRADE UNIFORM RENTAL

\$125

Shell, skirt, & shoes (you will keep shoes)



OPTIONAL ITEMS

PRACTICE ITEMS

Blue Nike Pros, practice poms, & extra cheer shoes

SPIRITWEAR

Nike hoodie & pants set

ACCESSORIES

19" Megaphone, Nike duffel bag, extra socks, rain jacket

»» PAYMENT DUE DATES

All payments will be made through MyPaymentsPlus.

UNIFORM – Due 4/05/24

Shell, skirt/pants, liner, Home Game bow

JV/V: \$320

9th: \$125

Spirit & Supplies – Due 4/26/24

Warmups, campwear, & individual
supplies/accessories

\$ 320 – All Teams

Camp, Program Supplies & Events – 5/17/24

Camp, meals, supplies, & events

9/JV: \$720

Varsity: \$815

**We will hold a “Fill My Megaphone” fundraiser to assist with the final payment.*

TOTAL COST BY TEAM

NEW

RETURNING

\$1,165.00

9th

\$1,350.00

JV

\$1,290.00

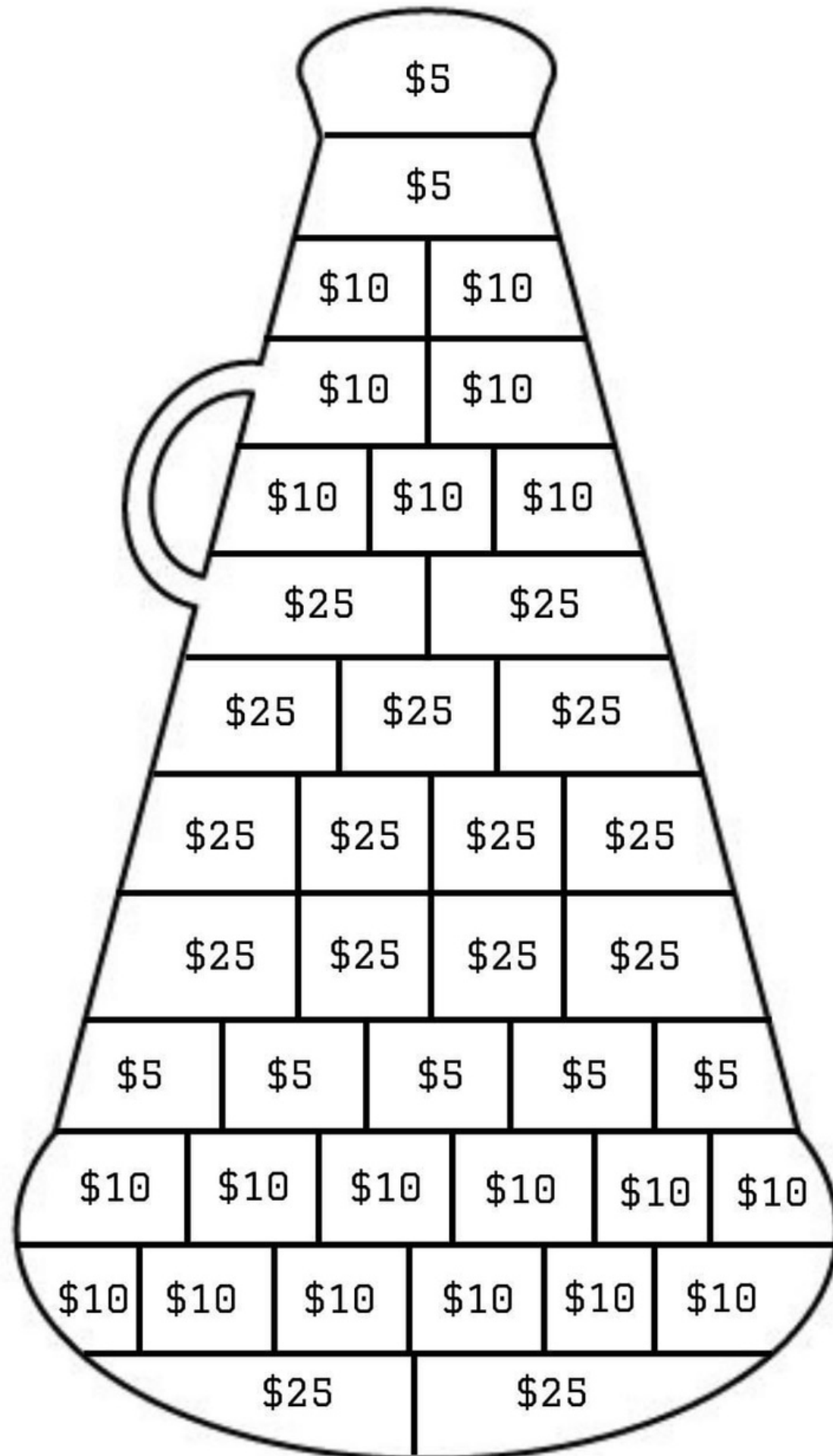
\$1,445.00

Varsity

\$1,400.00

**We will hold a “Fill My Megaphone” fundraiser to assist with the final payment.*

EXAMPLE OF “FILL MY MEGAPHONE”



SPONSORSHIPS & FUNDRAISERS



- Multiple levels available
- Submitted on a year-to-year basis
- Highly visible advertising for sponsors
- Letters sent home during Fittings



- Fill My Megaphone: 4/29–5/17
- PickleJuice (crowd-funding): 8/05--8/30
- More details to come...

EXPECTATIONS & DISCIPLINE

Discipline and Volunteer Hours are tracked through Class Dojo. Parents & Cheerleaders will have two groups they are part of to keep track.



MAINTAIN HIGH
ACADEMIC STANDING



MAINTAIN
PHYSICALITY



MAINTAIN A POSITIVE &
RESPECTFUL DEMEANOR



MAINTAIN A
POSITIVE PERSONA
ON SOCIAL MEDIA



MAINTAIN HIGH
EXPECTATIONS OF
SELF AND TEAMMATES



MAINTAIN EXCELLENT
CONDUCT ON & OFF
THE FIELD & COURT

Our Constitution outlines specifics regarding conduct (cheerleaders & parents), attendance, discipline, expectations, financial responsibilities, volunteer hours, etc.

IMPORTANT UPCOMING DATES

All paperwork due - 3/18/2024

- RankOne Accounts
- Teacher Recommendations
- Candidate Survey
- Constitution Signatures

Fittings & Parent Meeting - 3/28/2024

- Parent meeting for program details & event sign ups
- Fittings for uniforms, campwear, and warmups -
 - *there is NO makeup day for this*

First Payment Due: 4/05/2024

- Must be made via MyPaymentsPlus
- Must be made to receive uniform on time

QUESTIONS?