

# 2024-2025 Ferris Cheer Guidelines

## Ferris Cheer Expectations

These guidelines are intended to inform cheerleaders, parents, and other relevant parties of various policies and rules regarding the expectations of the Ferris High School Cheer Team. In all aspects, the team members shall first be professional, law-abiding citizens and exemplary representatives of the school and the Greater Spokane League. As a squad we work together to promote school spirit and help to bring our community together. Adherence to the cheer program rules and regulations is vital to the success of the team. Participation in Cheerleading is a privilege, not a right, and may be revoked by a Coach or Administrator when a team member violates rules or regulations.

### Conduct:

- As a member of the Cheer team, you are under constant scrutiny by your peers, teachers, and spectators. You are expected to display exemplary behavior at all times to include on **social media**. Videos and/or photos representing Ferris Cheer must be approved by a coach prior to posting on Social Media.
- Promoting good sportsmanship by example is expected of every member of the team at all times. Use of foul language will not be tolerated. Squad members must cooperate with and treat all staff, fellow squad members, game officials, and opposing team members with respect.
- Members must maintain regular attendance and passing grades in ALL classes.
- Cheerleading must take priority over work and club sports. Multi-sport athletes in school sports must discuss overlapping schedules with the coaches of both activities prior to trying out, and at the start of the season. An agreement will be worked out, however, if a competing activity creates an issue with your participation on the Cheer squad, your status on the team will be reviewed.
- Excessive public affections with Boyfriend/Girlfriend etc. in school or at games (in or out of uniform) is inappropriate. Always remain professional.
- We are a TEAM and will treat each other as such. Bullying, slander, gossip, and disrespect toward a teammate will not be tolerated and will result with a meeting with Ferris Administration.

### Attendance:

**One person being absent affects the entire team!**

- All members are expected to attend **ALL practices, games, performances, and cheer functions as scheduled**.
- Jobs, drivers ed, and other miscellaneous activities must not conflict with practices and/or games. The Ferris Cheer calendar is updated regularly and as far in advance as possible. You must coordinate outside activities and work schedules with good planning. Other commitments **MUST** be discussed with the Head Coach ahead of time, however that does not mean you are automatically excused.

- Absences due to medical issues (hospitalization, surgery, etc.) will be excused with a health care provider's note and/or parent confirmation.
- It is your responsibility to contact the coach regarding attendance. Never ask your parent or another team member to notify your coach that you will be late or absent. You are nearly an adult. Contact the coach yourself.
- Attendance at a game or practice without the proper equipment (clothing, shoes, uniform, poms, warmups, etc.) is a problem. If you do not come prepared, you may not be involved in the activity until you have the proper equipment/uniform. Refer to the Uniform Key on the website to know the proper uniform pieces.
- Absences and tardiness will be tracked. If there are problematic patterns, a meeting with the individual will take place to develop a plan to correct the behavior. If the problem is not resolved, the parent/guardian will be involved to review the cheerleader's continued placement on the team.

### **Transportation/Travel:**

- All team members need to be at Ferris 10 minutes before the scheduled bus departure time. If you are late, the bus will leave without you.
- Team members may not drive to away games. A school bus will provide transportation between Ferris and the school where games/matches are played. Students must ALWAYS ride the bus to the game. If a team member wishes to go home with THEIR parent/guardian after an away game, the parent must speak with the coach. Parents are permitted to drive their own children only. Please note that riding together on the school bus both ways is expected and encouraged. This is a time when coaches give feedback to the team.

### **Practices, Games and Events:**

- Arrive on time wearing proper uniform, shoes, hair tied up, and with poms and a ribbon (for games and events). If weather changes the Head Coach will send out an update for changes of uniform. Always bring warmups in case of cold weather.
- Know all the cheers/sidelines and band dance routines prior to games and performances. All team members will be tested prior to the season and must pass before being approved to cheer.
- **Never stunt or tumble without a coach supervising. Failure to follow this rule may result in removal from the team.**
- NO GUM CHEWING or EATING WHILE CHEERING or at PRACTICE!
- Cell phone usage during stretching, practice, and at games is not acceptable unless the Coach gives prior permission due to an anticipated emergency.
- NO JEWELRY while cheering or practicing (WIAA Cheer Rules and Regulations). The entire team will run laps if one person is wearing jewelry.

- Keep nails short sport-length, not exceeding past your fingertips. Nails out of regulation are dangerous. You may think they are pretty, but your teammates will not appreciate being sliced by your nails during stunting.

### **Game Specific Guidelines:**

Arrive at games on time as scheduled on the Ferris Cheer Calendar. Multi-sport athletes coming to games after another activity must communicate with the Head Coach regarding the time they will be at the game.

Socializing with friends during the game will not be tolerated and talking with other teammates should be kept to a minimum – no chitchat.

### **Uniforms:**

- Most of the uniforms are school property. It is a requirement that you keep them clean and in presentable condition. At the end of the cheering season, when the uniform is returned, it must be CLEAN and in good repair.
- If a uniform is lost or stolen, you will be responsible for replacing it at the cost of the item(s) and any lettering, shipping, and handling.
- Do not let anyone other than you wear your uniform! **You** are responsible for the uniform that you checked out. **NEVER lend a uniform to someone not on the squad.**
- Game day attire at school will be the scheduled on the Ferris Cheer calendar. Hair may be worn up or down at school. Do not wear extra sweatshirts, sweats, leggings, UGGS, rain boots, slippers, or flip flops on game days. If a cheerleader is not wearing the correct uniform to school, they will meet with the Head Coach to discuss expectations.
- Wear the assigned uniform to the games. As mentioned above, don't wear items that are not part of the cheer uniform.

### **Discipline:**

Violation of rules and regulations are basis for discipline, suspension, and up to removal from the team. The Head Coach and/or Athletic Director has the final decision on discipline. Listed below are instances where a meeting with the Athletic Director and Coach will take place to discuss further participation on the team.

- Under-age consumption of alcohol, drugs, tobacco and/or vaping;
- Failure to leave a party, function, or location where the substances named above are present and being consumed illegally;
- Bullying;
- Excessive absences;
- Failure to be present at games or events even when scheduled; and
- Extreme disrespect towards coaches, faculty, and teammates.

## **Financial Responsibility**

Along with the privilege of being a Ferris Cheerleader, comes a financial responsibility. Cheer uniforms are worn to school multiple days per week. Team members are issued several school-owned uniforms, however there are additional personal items that must be purchased. The following is a list of personal items and their estimated prices. You will be given a more specific breakdown if you are accepted onto the team. **If you quit the team after the items are ordered, you are still responsible for the entire cost.**

### **Required Items – Female Team Members**

Personalized Fleece Pullover (optional) May use school-owned fleece	\$ 110.00
Pom - Red	\$ 17.00
Pom - White	\$ 17.00
Pom - Gray	\$ 17.00
Socks - Pack of 3	\$ 16.00
Bodyliner - Red	\$ 26.00
Bodyliner - White	\$ 26.00
Briefs - Plain Red	\$ 26.00
Briefs - Red w/Polka dots	\$ 26.00
Sports Bra - Red	\$ 23.00
Sports Bra - White	\$ 23.00
Leggings - Black	\$ 50.00
Skort	\$ 50.00
Sleeveless Polo	\$ 40.00
Shoes	\$ 100.00
Sweatshirt - Crew Neck	\$ 45.00
Red T-Shirt	\$ 20.00
Pink T-Shirt	\$ 20.00
White T-Shirt	\$ 20.00
<b>Total</b>	<b>\$ 672.00</b>

### **Required Items – Male Team Members**

Shoes	\$ 100.00
Socks - Pack of 3	\$ 16.00
Jacket	\$ 100.00
Pullover - 1/4 Zip	\$ 60.00
Sweatshirt – Crew Neck	\$ 45.00
Red T-Shirt	\$ 20.00
Pink T-Shirt	\$ 20.00
White T-Shirt	\$ 20.00
Black Jogger Pants	\$ 30.00
<b>Total</b>	<b>\$ 411.00</b>

This list and the costs are an estimate. The order will vary depending on whether you are male or female, and whether you are a veteran cheerleader who may already have some of the items listed. A 2024-2025 ASB Card (\$42.00) is required for all team members. Camp Fees will be an additional \$230 per person. Depending on our fundraising success, the ASB Cheer Fund may be able to cover part of the cost of Camp for each team member.

Team members will be fitted by a representative from “Varsity” within a few days of being selected for the team. Orders for uniform items will be submitted at the time of the fitting. The bill from Varsity is paid online by each family usually by the end of June. The order for sweatshirts and t-shirts will be placed with a local company (BSN) and each family will order the required items and pay through that website.

Students eligible for HB 1660 are not required to pay for their uniform items. Those orders can be placed at the Ferris Business Office and will be charged to the ASB Cheer Fund.

## ***Time Commitment***

Cheerleading involves more time and responsibility than most people realize. It's not just a season like football or volleyball. Cheer is basically a 13-month commitment. You must be able to commit to a minimum of 6 hours a week during the summer to prepare for Cheer Camp and the upcoming fall season; and a continued commitment of a minimum of 8 hours a week through the end of basketball season and post season games. The demands upon a student's time and physical energy are great. All cheerleaders must be able to successfully balance school, cheerleading, homework, eating/sleeping, and their social lives. Personal commitments must be taken into consideration before you decide to try out. Cheerleading must take priority over other activities such as youth groups, club sports, and other non-school events.

All members are expected to attend **ALL practices, games, performances, and cheer functions as scheduled** unless previously discussed with coaches. Cheerleading is a BIG commitment. Outlined below are general responsibilities of a Ferris cheerleader throughout the year.

### **"Typical" Cheerleading Yearly Schedule**

**Spring 2024:** Tryouts, Fitting, Ordering, Practices, Lilac Parade, Daddy Daughter Dance Fundraiser (includes parents to help), and Graduation.

**Summer 2024:** Practices, Fundraising (car wash), Cheer Camp (August), and continuing practices. Cheer/Band Routine Tests must be passed before Fall season cheering.

**Fall 2024:** Football and Homecoming, Volleyball, and continued practices twice per week. Additional practices may be scheduled as a big performance approaches. Possible trip and participation in the WSU Extravaganza football game half-time show. Fundraising (Kids Clinic).

**Winter 2024-2025:** Practices twice per week (includes Rubber Chicken and Competition practices); Cheer Competitions to include State Cheer; Boys and Girls Basketball; Rubber Chicken Game; Wrestling; and Post Season Basketball. We host a Cheer Competition at Ferris and need ALL parents to help at that event.

**Spring 2025:** Tryouts, Fitting, Ordering, Practices, Lilac Parade, Daddy Daughter Dance Fundraiser, and Graduation.

**Once the summer practices are over, the schedule for practices and games will be as listed below. (subject to change as needed)**

### **Varsity Cheer Team (girls)**

- Monday – Practice
- Tuesday – Comp Practice or Game Cheering (as assigned)
- Wednesday – Day Off (except for Home Wrestling – as assigned)
- Thursday – Game Cheering (as assigned)
- Friday – Game (all) Cheering at Football and Basketball (as assigned)
- Homecoming Halftime Show
- Rubber Chicken
- Eligible for Game Day Competition Team

### **Male Yell Leaders**

- Monday – Practice
- Tuesday – Comp Practice
- Wednesday – Day Off
- Thursday – Day Off
- Friday – Cheering at Football and sometimes Basketball
- Homecoming Halftime Show
- Rubber Chicken
- Eligible for Game Day Competition Team

### **JV Cheer Team (girls)**

- Monday – Practice
- Tuesday – Comp Practice (if selected for Comp Team)
- Cheer at JV Football - Home Games only
- Cheer at JV Volleyball - Home Games only
- Cheer at JV Wrestling - Home Matches only
- Cheer at JV Basketball - Home Games only
- Eligible for subbing at Varsity Games (with material knowledge requirement met)
- Eligible for Game Day Competition Team

**A Tryout for the Game Day Competition Team will occur during the Summer of 2024. This team will be selected from the entire group (Varsity, JV, and Male Yell Leaders). The Tryout will consist of the following:**

- Throw THREE safe standing back handsprings or back tucks in three minutes.
- Perform Industry Baby Band Dance.
- Perform Competition Long Cheer.
- Perform a straight-up extension as a Flyer, Backspot or Base.