



Rocky Mountain High School
Meridian, Idaho

A large, stylized graphic of a grizzly bear's head, rendered in shades of purple and yellow, serves as a background for the title. The bear's face is purple with yellow outlines and highlights, and it has a white muzzle and a yellow nose.

ROCKY CHEER HANDBOOK

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I. Article I - Mission & Purpose

- a. The Rocky Cheer Program involves members who hold themselves to the highest standards of conduct, achievement, and performance, as they stand as leaders in the school and community. This program will develop a sense of good sportsmanship among students, and maintain a positive relationship between schools. Each individual member will possess a positive attitude, be a positive role model in & outside of school & the program, maintain a unity amongst their team, and develop a sense of hard work ethic for full program achievement. Each member will strive in all circumstances to uphold the policies set in place, support one another, and achieve our goals.
- b. The main purpose of the Rocky Cheer Program is to generate school spirit, influence positive sportsmanship, and support activities and athletics sponsored by the IHSAA.

II. Article 2 – Conduct

- a. General Conduct
 - a. The Rocky Mountain High School cheerleaders hold a position of visibility among their peers and must therefore be excellent examples of conduct.
 - I. This includes, but is not limited to:
 - a. Academics, attendance, punctuality, attitude, sportsmanship, school spirit, and performance.
 - b. Cheerleaders must also follow the guidelines set forth by the Rocky Cheer Handbook, the Rocky Mountain High School Student Handbook, and adhere to any and all school, district, or IHSAA rules.

b. Team Conduct

- a. Essential elements to maintaining a successful cheerleading program include:
 - I. Unity, respect, support, and hard work
 - a. It is a privilege, not a right, to hold membership within the Rocky Cheer Program. Those who find it necessary to complain & make excuses, be dishonest to coaches and/or teammates, show disrespect, perform below their potential, talk excessively during events, break rules, or demonstrate negative attitudes will face serious consequences. These behaviors will not be tolerated, and you will be dismissed from the team for such actions.
 - i. No warnings will be provided, THIS IS YOUR WARNING!
 - b. Cheerleaders are expected to lift their teammates up in times of turbulence, in addition, continuously encourage them to always perform at their best.
 - I. All team members must always set an example for their teammates by consistently contributing and showing their team unity, respect for others, and support towards other members, captains, and coaches. And lastly, continuously working hard to prove that strong work ethic not only guarantee's personal success, but team success.
 - a. Team members must discourage teammates from rebelling against these codes of conduct and any other negative behaviors.



III. Article 3 – Academics

- a. All team members will abide by the IHSAA Academic Requirements, listed below
 - a. Must be passing 5 or more classes with a 2.0+ Grade Point Average
 - I. Any cheerleader will be removed from the team if you do not maintain these requirements for both 1st and 2nd semesters.
 - a. You will be required to submit a copy of your report card at the end of the school year, and at the conclusion of first semester the following school year.
 - i. Although you may reach academic requirements during tryouts, you will be dismissed from the team if your final report card at the end of the school year doesn't meet IHSAA Academic Requirements.
 - b. Grade checks will be at random during the school year.
 - I. If at any time you do not meet these requirements you will be placed on probation.
 - a. Probation will last until grade requirements are met *see pg.11 for probation details
 2. If you have not met these requirements by the end of the semester, you will be dismissed from the team.

IV. Article 4 – Priorities

- a. Cheerleading is a year round sport that requires a great deal of time. All cheerleaders must be extremely organized in order to balance the demands of cheerleading.

- b. All team members must follow the Order of Priorities listed below:
 - a. Order of Priorities
 - 1. Academics
 - a. In the event a cheerleader falls behind in her class work, the head coach's classroom will be available during lunch time to receive assistance or get caught up on class work
 - i. Coaches at anytime, have the right to require any cheerleader to attend mandatory lunch study hall to assist in their academic improvement.
 - 2. Rocky Cheer
 - a. Cheerleading must be the number one priority behind academics. In order for the Rocky Cheer Program to be successful, we must have each member make the program, and their involvement in the program, a top priority.
 - 3. Other Extra Curricular Activities
 - a. A cheerleader may have the opportunity to participate in other sports, clubs, etc. that do not conflict with the responsibilities of cheerleading.
 - i. Approval must first be obtained from the cheer coaches.
 - 4. All other commitments must not take precedence over the cheerleading schedule.
 - a. The following are examples of other commitments that must not conflict:
 - i. Yearbook, choir, newspaper, speech/debate, drama, church activities, drivers education, babysitting jobs, all other jobs, All Stars cheer or dance teams, vacation, doctor's appointments, homework, make up work, etc.

V. Article 5 – Team Structure

- a. Squad Composition
 - a. Freshman Squad comprised of qualified Freshman only
 - b. Junior Varsity Squad comprised of qualified Sophomores and Juniors only
 - c. Varsity Squad comprised of qualified Freshman, Sophomores, Juniors, and Seniors
- b. Team Committees
 - a. Varsity members will be assigned responsibilities to promote squad unity and school spirit. These duties will be assigned as needed, by coaches (i.e. Posters, Props, Party Planner, Service Planner, Birthdays, Game day signs, etc.).
 - b. Freshman & JV Cheerleaders will serve as committee members for Varsity, to assist in completion of their assigned duties.
- c. Coaches
 - a. Coaches are able to assign and enforce discipline for cheerleaders on any squad. Though individual coaches are responsible for designated teams, the coaching staff represents a united front and will work together to uphold the standards of the program.
 - 1. The coaching staff is listed below:
 - a. Tobruk Blaine – Head Coach
 - b. Khara Westergard – Assistant Varsity Coach
 - c. Jenny McKee – Head JV Coach
 - d. Kristine Andrew – Head Freshman Coach
- d. Level of involvement
 - a. All Cheerleaders will stunt, tumble, cheer, and dance. There are no exceptions! Cheer coaches will determine where cheerleaders fit best in all formations, stunt groups, tumbling passes, and competitive routines.
 - 1. The coaches reserve the right to remove any athlete from any routine, including competition, in the event the athlete is not making strides to contribute to the overall progress of the team.
 - a. Cheerleaders are expected to willingly assume their positions and will forfeit their squad membership otherwise.

VI. Article 6 - Finances

- a. Cost & Payment Method
 - a. \$1200 - \$2200
 - 1. Pays for summer camps, uniform/attire expenses, competition fees, and travel costs.
 - 2. Each team member will be provided with a personal account, and a monthly payment schedule of which the head coach will maintain. **see account example pg. 14*
 - 3. Payments will be due at the first of the month and can be mailed or dropped off.
 - a. Mail to Tobruk Blaine, or drop off in Tobruk Blaine's mailbox, in the front office.

- i. Parents will not deal with the school bookkeeper directly; instead Ms. Blaine will collect funds & keep track of monies received and credit to the appropriate account.
 - ii. These funds will then be deposited by Ms. Blaine to the bookkeeper for bookkeeping records, purchase orders, check requests, etc.
 - I. Parents, at any time, can inquire about the general cheerleading account by contacting the bookkeeper directly.
 - b. In the event a cheerleader's account is not current, the cheerleader will not be able to cheer until her account has been reconciled.
 - c. Other expenses may be incurred throughout the year with ample notice.
 - i. If payments are of a particular hardship contact the Ms. Blaine.
 - b. Payment for removed team members
 - a. If a cheerleader leaves the program during mid season they are expected to pay off their account at that time. Any items or services that were not received during the cheerleader's time within the program will be removed from their account balance, with the exception of the \$50 choreography fee.

VII. Article 7 – Fundraisers

- a. Various fundraisers will take place throughout the year to offset the expenses of the program needs. All cheerleaders and parents are expected to participate in all fundraising efforts. Money raised will go towards the program, not the individual cheerleader.
- b. At the beginning of each year, the head coach will evaluate funds, along with potential needs for the coming year.
 - I. For the 2008 – 2009 season the needs are as follows **listed in order of priority*
 - a. coaches stipend (\$3,000)
 - b. competition cheer mats (\$8,000)
 - c. uniform buy back (\$12,000)
 - d. competition entry fees (\$5,000)
 - e. game day cheer boxes (\$2,000) **varsity only*
 - i. See account example (*provided on back pages*) where fundraising efforts are listed with how the potential monies raised will affect each individual cheerleader.

VIII. Article 8 - Summer

- a. Practice
 - a. All cheerleaders are expected to attend summer practices to improve skills.
 - I. Practices are schedule for:
 - a. JV and Varsity
 - i. June 6th & 7th, Friday & Saturday, from 7am – 9am at Sawtooth Middle
 - ii. June 9th – 27th, Monday thru Friday, from 8am – 11am at RMHS
 - iii. July 7th – 25th, Monday thru Friday, from 8am – 11am at RMHS
 - iv. August 11th – 22nd, Monday thru Friday, from 8am – 11am at RMHS
 - b. Freshman
 - i. June 6th & 7th, Friday & Saturday, from 7am – 9am at Sawtooth Middle
 - ii. June 9th – 27th, Monday thru Wednesday, from 7pm – 9pm at RMHS
 - iii. July 7th – 25th, Monday thru Wednesday, from 7pm – 9pm at RMHS
 - iv. August 11th – 22nd, Monday thru Wednesday, from 7pm – 9pm at RMHS
- b. Physicals
 - a. All freshman and junior cheerleaders MUST receive a Athletic Pre-Participant Physical Exam. Or, if you have never been a high school athlete you are also required to complete the physical.
 - I. Athletic Pre-Participant Physical Exams
 - a. June 10th at Boise State University
 - i. Please see attached form for details pg.
 - 1. Any 9th or 11th grade member who has not completed this physical by August 11th will not be allowed to participate.
 - 2. For questions or concerns see <http://rmhs.meridianschools.org>, sports link, under Physical Information.
- c. IQ Forms
 - a. All cheerleaders, 9th – 12th grade, must complete an IQ Form every year by August 1st.
 - I. Interim Questionnaire
 - i. Fill out attached form and return to the head coach

- I. For questions or concerns see <http://rmhssportsmed.web.officelive.com/default.aspx>

- d. Meetings
 - a. Friday June 7th @ 1pm at Sawtooth Middle School
 - I. Mandatory for all cheerleaders and parent(s)
- e. Fundraisers
 - a. All cheerleaders are required to be involved in all fundraisers held during the summer.
 - b. Parents may be asked to become involved, depending on certain needs.
 - I. The following fundraisers will be held in the summer:
 - a. June 6th & 7th Cub Clinic at Sawtooth Middle School
 - b. August 14th Grizzly Golf Tournament at Banbury Golf Club
 - i. Extensive parental support will be required for the Grizzly Golf Tournament. Efforts towards this event will be described at the June 7th parent meeting, and all families will be expected to begin their contributions to this event at that time.

IX. Article 9 - Summer Camp

- a. UCA Overnight Camp
 - a. All cheerleaders will travel to the University of Utah to attend a summer camp.
 - b. This camp is a mandatory event, all team members are required to attend. Follow absence procedures, in Article 13 if a conflict exists.
 - I. Camp is scheduled for:
 - a. July 28th – 31st
 - i. We will travel as a team in a chartered bus from RMHS to Salt Lake City, Utah on July 28th.
 - 1. Cheerleaders will stay in secure, adult supervised, dormitories on the campus of the University of Utah.
 - 2. Details related to the event will be provided as it nears.
- b. UCA Stunt Clinic
 - a. All cheerleaders will attend the UCA Commuter Stunt Clinic held at Eagle High School.
 - b. This clinic is a mandatory event, all team members are required to attend. Follow absence procedures in Article 13 if a conflict exists.
 - I. Clinic is schedule for:
 - a. August 8th – 9th from 8am – 5pm
 - i. We will meet at Eagle High School at 7:30am on both days.
 - 1. Cheerleaders will not be staying overnight.
 - 2. Transportation will not be provided.

X. Article 10 –School Year Practice

- a. Schedule
 - a. May be up to 6 days a week
 - I. Saturday practices will be scheduled one time per month. The number of Saturday practices may increase during competitive season.
 - b. Each cheerleader is expected to attend every practice
 - I. Below is an tentative schedule for school year practices **all schedules are subject to change*
 - a. Varsity
 - i. Monday : 3pm – 5pm
 - ii. Tuesday : 3 – 5pm
 - iii. Wednesday: 7 – 9pm
 - iv. Thursday: 3 – 5pm
 - v. Friday: Off
 - vi. Saturday: One practice a month from 8am – 12noon **see above*
 - b. Junior Varsity
 - i. Monday : 5pm – 7pm
 - ii. Tuesday : 3 – 5pm
 - iii. Wednesday: 7 – 9pm
 - iv. Thursday: 3 – 5pm
 - v. Friday: Off
 - vi. Saturday: One practice a month from 8am – 12noon **see above*
 - c. Freshman

- i. Monday : 7 – 9pm
 - ii. Tuesday : 7 – 9pm
 - iii. Wednesday: 7 – 9pm
 - iv. Thursday: Off
 - v. Friday: Off
 - vi. Saturday: One practice a month from 8am – 12noon *see above
2. Due to space availability, practice times are tentative. Advanced notice will be provided, when possible, to inform of any schedule changes.
- a. Cheerleaders are expected to work around other commitments so they are present at any practice that has been rescheduled.
 - i. Monthly calendars will be distributed at least one month in advance.
 - ii. Text messages, phone calls, and emails will be the form of communication for any re-scheduled events.

XI. Article II – Games

a. Coverage

- a. The main purpose of the Rocky Cheer Program is to generate school spirit, influence positive sportsmanship, and support activities and athletics sponsored by the IHSAA.
- 1. Although cheerleaders will not attend all Rocky Mountain High School activities and athletics, they will promote all events in different manners.
 - a. The following are the athletic events the cheerleaders will cheer for:
 - i. Football, Volleyball, Boys Basketball, Girls Basketball
 - 2. Below is a tentative schedule for school year games **all schedules are subject to change*
 - a. Varsity
 - i. Monday: Off
 - ii. Tuesday: Volleyball & Basketball
 - iii. Wednesday: Off
 - iv. Thursday: Volleyball & Basketball
 - v. Friday: Volleyball, Basketball, & Football
 - vi. Saturday: Volleyball & Basketball
 - b. Junior Varsity
 - i. Monday: Off
 - ii. Tuesday: Volleyball & Basketball
 - iii. Wednesday: Off
 - iv. Thursday: Volleyball, Basketball, & Football
 - v. Friday: Volleyball & Basketball
 - vi. Saturday: Volleyball & Basketball
 - c. Freshman
 - i. Monday: Volleyball & Basketball
 - ii. Tuesday: Off
 - iii. Wednesday: Volleyball, Basketball, & Football
 - iv. Thursday: Off
 - v. Friday: Occasional
 - vi. Saturday: Off
 - 3. Game dates, locations, and times are tentative. Schedules are being adjusted on a regular basis by the coaches and athletic director. In the event changes occur, advanced notice will be provided, when possible, but is never guaranteed.
 - a. Cheerleaders are expected to work around other commitments so they are present at the game that has been rescheduled.
 - i. Monthly calendars will be distributed at least one month in advance.
 - ii. Text messages, phone calls, and emails will be the form of communication for any re-scheduled events.
 - 1. Game schedules are posted on the internet at www.highschoolsports.net for your convenience.

b. Travel

- a. Freshman will not travel
- b. Junior varsity will only travel to Meridian School District away games that start after 5pm.
 - 1. Transportation will not be provided
- c. Varsity will travel within the Meridian School District, Boise Area, & Idaho Center in Nampa.
 - 1. Transportation will not be provided

- d. Varsity will travel to other out of area events (i.e. Caldwell, Nampa, Mt. Home)
 - I. Transportation will be provided
 - a. Meridian School District doesn't allow any athlete to transport themselves to any event outside of the Boise/Metro area.
 - b. Transportation will be arranged by the head coach.
- e. Bus Transportation
 - I. When bus transportation is required to an event, all members who are expected to cheer at that event must ride the bus to and from the event. Parents may take their own child home from an event if they make arrangements with the cheer coaches prior to leaving. Parents must check cheerleaders out in person (notes and phone calls are not acceptable). Cheerleaders who arrive at an event via bus may never ride home from the event with friends or parents of another cheerleader.

XII. Article 12 – Competitions

- a. Competition
 - a. All cheerleading squad members in good status will compete, and will receive the privilege of representing Rocky Mountain High School at local, state and out of state cheerleading competitions.
 - b. The coaches reserve the right to remove any athlete from any routine, including competition, in the event the athlete is not making strides to contribute to the overall progress of the team.
 - c. Choreography and music will be determined & taught by coaches. Cheerleaders will be permitted and encouraged, at times, to contribute choreography. This choreography will be reviewed by a coach, and changes will occur to meet the needs of the team.
 - I. Below are the scheduled competitions for the 2008 - 2009 season.
 - a. January – UCA Rocky Mountain Competition
 - i. Sandy, Utah
 - I. JV and Varsity Only
 - b. February – Treasure Valley Cheer Invitational
 - i. Meridian, Idaho @ Rocky Mt. High School
 - I. Freshman Only
 - a. Fundraising event for Rocky Cheer Program
 - I. JV and Varsity will be working the event
 - c. March – UCA Idaho Challenge
 - i. Meridian, Idaho @ Rocky Mt. High School
 - I. Freshman, JV, and Varsity
 - d. March – USA Spirit Nationals
 - i. Anaheim, California
 - I. Varsity Only
 - e. March – ICDC Idaho State Competition
 - i. Nampa, Idaho
 - I. Varsity Only

XIII. Article 13 – Absences

- a. Cheerleaders must be in attendance for all practices, games, camps, competitions, fundraisers, and any other scheduled events.
 - a. The absence of only one member, at any time, drastically affects the entire team and any arranged performances on that day.
 - b. All other commitments, as mentioned in Article 4, must not conflict with the cheerleading schedule.
- b. Absences are unexcused, unless the absence has been approved following the procedures below:
 - a. Email Head Coach: blaine.tobruk@meridianschools.org
 - I. Head coach will discuss request with appropriate coach and determine acceptability.
 - a. An email response will be received as soon as a decision has been made.
 - i. This request must be received at least 2 weeks prior to the absence, otherwise it will not be considered.
 - I. If you do not receive a confirmation for this request please follow up with coaches, in addition you are expected to still be present at the scheduled event.
 - a. In the event an absence isn't approved, you will be required to attend the scheduled event.
- b. The above procedure isn't necessary in the event of extenuating circumstances (i.e. severe illness or family emergencies).

- I. If these circumstances prevail, contact your direct coach immediately so understandings can be made.

XIV. Article 14 – Team Leaders

a. Captains

- a. Captains will be selected by coaches, with minimal team input. After sufficient time has passed, and coaches have had the opportunity to evaluate each member's leadership skills, they will reflect on their observations and ask for team input.
- b. Captains will be considered only from those expressing a desire to be captain and who agree to the responsibilities that being a captain entails.
 - I. Captains are responsible for game action leadership, informing squad members of events or new information, and helping coaches. These captains shall help enforce all of the rules and procedures, be reliable and dependable, and be the pinnacle example of great attitude, encouragement, work ethic, kindness and respect.
 - a. Captain(s) failing to fulfill their responsibilities will be removed and another captain will be selected.

XV. Article 15 – Relationships

a. Procedures

- a. Please follow the order of authority when addressing a concern

I. Parents

- a. Parents are asked to address the direct coach first. If at the time you cannot contact them or get in touch with them, forward your concern to the head coach.
 - i. Parents are asked to never go directly to the athletic director, school principal, or district office.
 - I. More often than not these issues can be resolved respectfully & immediately so it doesn't conflict with the ultimate goal of the program.
 - a. If necessary a meeting will be schedule to address the concern with the appropriate school staff, parents, and (if necessary) athlete in which the concern is involved.

2. Athletes

- a. Address captains with your concern. Never address this concern without providing a reasonable solution.
 - i. Captains will then direct concern and solution to coaches.
 - ii. Coaches will determine the best procedure for addressing the issue.
- b. If the concern involves captains, please come and discuss the issues with your direct coach.
- c. Problems & concerns should never be discussed during a Rocky Cheer event.
 - i. All issues should be taken care of outside of cheer time.
 - ii. Make arrangements with the appropriate person(s) to address the issue.
- d. Never complain, act negatively, or show disrespect towards anyone at anytime because of an unresolved issue.
 - i. This behavior will not be tolerate and could lead to benching, probation, or dismissal.

b. Coaches – Parents

- a. The Rocky Mountain High School Cheer Coaches are united in purpose and will jointly determine the policies and procedures of the Rocky Cheer Program. Each coach is able to assign and enforce discipline for cheerleaders on any squad. Though individual responsibilities are assigned, they represent a united front. All questions and concerns from parents should be directed towards the team's direct coach, or the head coach.
- b. We ask all parents to be supportive of the cheerleading program and to promote a positive environment where the objectives of the cheerleading program can be met. All decisions are made by the cheerleading coaches and such decisions must be respected.
 - I. Coaches will make all efforts to keep parents informed of schedules, fundraising, and discipline issues regarding their own student-athlete.
- c. Open communication between parents and coaches is highly encouraged on matters of great concern. *Example: bullying, illegal activity, etc.* We welcome & encourage parents to be involved in the program. Parent involvement is necessary for program success. Parents are expected to assist in fundraising events,

along with team bonding activities. We thank you in advance for your help and can't wait to see your support out on the field, in the stands, and behind the scenes! Go Grizzlies!

- I. Please, do not question or confront any coach during a practice, game, or competition
 - a. Privacy is required for all circumstances, so parents are asked to contact the coach immediately to discuss your concerns. At this time the concerns will be addressed, and discussed with the specific team coach, and/or administration.
 - i. Please follow appropriate Procedures, part a of Article 13.
- d. Booster Club
 - I. A booster club organization will be developed once the teams are picked.
 - a. Officers will be determined, including the following positions:
 - i. All Team
 1. Fundraising Coordinator
 2. Team Bonding Coordinator
 3. Spirit Coordinator
 4. Service/P.R. Coordinator
 - ii. Freshman
 1. Representative
 2. Historian
 3. Competition Coordinator
 - iii. Junior Varsity
 1. Representative
 2. Historian
 3. Competition Coordinator
 - iv. Varsity
 1. Representative
 2. Historian
 3. Competition Coordinator
- c. Athletes - Coaches
 - a. The Rocky Cheer Programs coaches are all highly qualified professionals. Coaches are hired based on credentials and are to guide the program in all aspects as they see fit. All athletes are to conform to their lead and must respect each coach, and respect the job they are hired to do.
 1. All cheerleaders are to give their undivided attention to coaches during instruction.
 2. Athletes may never argue with coaches. Concerns are to be addressed privately.
 3. All team members must show respect to all decisions and discipline enforced by coaches.
 4. Coaches are open to any suggestions, if an athlete arranges an appropriate time with the coach to address the issue.
 - a. At no time should be any athlete address their concerns during the duration of a Rocky Cheer event.
- d. Captains – Athletes
 - a. All team members are asked to allow the chosen captains to do the job they were assigned to do.
 1. All cheerleaders are to give their undivided attention to captains during instruction.
 2. Athletes may never argue with their captains but are to discuss problems with maturity.
 3. All team members must show captains respect at all times, as they will show respect in return.
 4. Make suggestions to captains, as captains will come to coaches with questions and concerns as a voice for the team
- e. Athletes – Community
 - a. All team members must be courteous and cooperative with the following:
 - I. Administrators, teachers, visiting players & coaches, visiting cheerleaders & mascots, officials, fans, parents, and all other community members.
 - b. All team members are a role model to their peers, adults, and youth in the community.
 - I. Good decision making skills are necessary to fit the role of a Rocky Mountain High School Cheerleader.
 - a. There is a zero tolerance policy for all illegal behavior.

XVI. Article 16 – Expectations and Disciplinary procedures

- a. Documentation
 - a. The cheer coaches will record and document absences, tardies, and all other incidences where expectations were not met. Cheerleaders are expected to observe all rules given throughout the year
Note: The Cheer Coaches reserve the right to amend the disciplinary actions as needed

b. Discipline

- a. The following behaviors and actions will not be tolerated:
 1. Phone use (including texting) during games and/or practice
 2. Tardies
 3. Being unprepared for practice (no shoes/shirt/shorts. Gum. Jewelry. Bathroom use in the first 30 min.)
 4. Not fulfilling required committee duties
 5. P.D.A. (Public Display of Affection) at anytime in and out of uniform
 6. Showing poor sportsmanship at events and functions
 7. Using profane or vulgar language/hand signs during practices, games, events, on school properties, or while in uniform at any time
 8. Failing to wear proper support on an injury during practices, games, and performances. Braces must be brought at all times and worn when appropriate.
 9. Being out of uniform at any time when assigned uniform has been set (i.e. school (game day) gear, required practice clothing, game day uniform, travel clothing, etc.)
 10. Losing a uniform article/cheer attire
 11. Stunting or tumbling without the supervision of a cheer coach (other designated adults will not be placed under responsibility for monitoring stunting and tumbling and cheerleaders may not stunt or tumble under their supervision.)
 12. Performing illegal stunts and tumbling as outlined in the NFHS Spirit Rules of Safety
 13. *Missing the bus to away games or functions (including camp).
 14. *Showing disrespect to cheer coaches or other cheerleaders –removal from the squad may result as severity occurs
 15. *Unexcused absence/Missing a practice, game, event, or function without an absent request and approval.
 16. *Failing to follow proper check-out procedures when leaving away events.
 17. *Failing to follow away-game travel rules of conduct and behavior
 - a. Consequences for the above actions will involve conditioning and extra training assigned by the coach on duty
 - b. Benching, if necessary, can occur, especially for items *13-15
 - i. *Note: Benching means members are required to wear warm-ups to home games and events, and sit by the coach – not in the stands with friends or family.*
 - ii. *Benched members are to assist RMHS cheerleaders with sidelines as they sit in the stands.*
- b. Probation
 1. Will result for the actions listed below.
 - i. *Note: Probation means a cheerleader is benched for all games and performances for the remainder of the quarter, but will still participate in practices and fundraisers.*
 - ii. *Probationary members will follow the same guidelines for benching while at a scheduled game.*
 - a. Failing resolution of a repeated offense or problem, after benching.
 - b. Failing to maintain a 2.0 GPA.
 - c. Possessing any F's, No Credits, or truanacies.
- c. Automatic removal
 1. Will occur for the following actions:
 - a. Failing to attend summer camp unless for an extenuating circumstance approved by head coach.
 - b. Intentionally inflicting harm on other cheerleaders while stunting, tumbling, etc.
 - c. Failing resolution of a repeated offense or problem after placement on probation.
 - d. Failing to maintain a 2.0 GPA after placement on probation.
 - e. Possessing any F's, No Credit, or truanacies after placement on probation.
 - f. Using illegal substances or alcohol at any time.
 - g. Conduct unbecoming of an ambassador, representative, and example for high school aged appropriate behavior.
 - h. Any MDV (Major disciplinary violation [MDV's] according to the School District's discipline policies) deemed severe enough, whether or not it involves cheerleading (i.e. fighting, truancy, insubordination, etc.).
 - i. Refusing to follow policies and procedures of Rocky Mountain High School as outlined in the student handbook.
 - j. Cheating on schoolwork in any way, shape, or form.
 - k. Receiving more than one unexcused absence from a cheer event.
- d. Travel

1. Cheerleaders traveling for cheer events who are in violation of rules and policies may be sent home at the parent's expense on public transportation and/or turned over to the proper authorities for action. The coach will contact the parents if such action becomes necessary. The coach may impose other necessary disciplinary measures for inappropriate behavior if necessary.
- e. School Attendance
 1. Cheerleaders must attend 4 periods of school in order to cheer a scheduled game on that same day/night (this does not include practice), even if there is parental excuse through the attendance office.

XVII. Article 17 – Uniform Guidelines

- a. Practice Uniform
 - a. Cheerleaders must wear clothing that allows movement, but is not baggy or bulky (sweatshirts and heavy pants fall under this category).
 - b. Shorts and a t-shirt are preferred, and are required for flyers.
 - c. Hair must be secured, cheer shoes must be worn, and gum & jewelry is prohibited.
- b. School Attire on Game Days
 - a. On the day of a game, cheerleaders will be required to wear matching clothing (may include uniforms) to school as determined by the coaches & captains.
 - b. In the event uniforms are assigned, cheerleaders are required to wear their warm up pants underneath their skirts.
- c. Game Uniform
 - a. Cheerleaders are expected to wear the uniform/Rocky Cheer attire indicated on provided calendars, and will be expected to be completely ready upon arrival and start time.
 - b. The following will be enforced by coaches:
 1. White no-show socks, cheer shoes, and briefs must be worn at all times.
 2. All bra straps and sports bras should be covered by uniform at all times.
 3. Warm up and Poms must be available to wear/use if necessary.
 4. Hair should always be worn up with designated bow and flyaway pieces secured out of face.
 5. No gum or jewelry of any kind is ever permitted.
 6. Nails must be kept trimmed and short for safety purposes.
 7. All glitter is prohibited; shimmer make up is the only exception.
 8. All items necessary for games must be carried in the team bag; no other bags may be substituted.
 9. Probationary members are to wear warm ups to all required events and are not allowed to wear the game day uniform unless permitted by the coach on duty.
 - c. Uniforms must be well maintained. Performance Uniforms will be purchased back from the cheerleader by the school. Cheerleaders are responsible for having the uniform cleaned and pressed. Any uniform with destruction will not be considered for purchase.
 - d. Any lost Rocky Cheer attire, or uniform, must be repurchased at the expense of the individual cheerleader immediately.
- d. Travel Attire
 - a. In an effort to look professional and uniform, cheerleaders must arrive at games and travel on busses/airplanes in their assigned cheerleading apparel, with hair and makeup done.
 1. Other articles and accessories should be carried in the designated cheerleading bags.
 2. No "non-cheer" clothing, shoes, bags, hair ribbons, etc. will be tolerated while traveling.

XVIII. Article 18 – Health and Safety Guidelines

- a. Injuries/Medical Conditions
 - a. Members are expected to maintain their health and strength to have the ability to tumble, stunt, dance, and cheer.
 - b. If medical conditions arise that interfere with the safety and function of a cheerleader, proper precautions to protect the safety of the cheerleader and other team members must be taken.
 1. *Note: Please do not tryout if existing injuries or situations prohibit you from vigorous exercise or if physical limitations do not allow extreme impact due to stunting and tumbling.*
- b. Serious Injuries
 - a. Unfortunately, due to the nature of cheerleading, serious injuries can occur. If a member becomes injured and is unable to train with the cheerleading team, or if at any time coaches suspect it is unsafe to allow a cheerleader to perform, the cheerleader must comply and refrain from restricted activity until a medical release note is submitted by a physician to clear that cheerleader back into activity.

1. The cheerleader must then prove, through conditioning and training that they can return to full performance. In the event a minor injury occurs, a cheerleader will need a medical note that provides specific limitations.
- c. Prevention
 - a. All efforts will be made to prevent injuries by following the National Federation of State High School Associations Spirit Rules of Safety.

XIX. Article 19 – Team Unity

- a. Cheerleading is a year round sport. A family cohort is developed throughout the year. Cheerleading is different than any other sport or activity. If you are not keeping the peace, you do not need to be a cheerleader. If you have a problem with something or someone, come and get it resolved instead of festering drama. If something is bothering you, you may resolve it with the coach privately, and not during class/cheer time. No matter the issue or severity of emotions, respect and civility must always be maintained. If you find yourself having an issue with everything, check yourself. Accept that you do not need to know everything. Often times, cheerleaders do not understand decisions made ranging from routines to discipline for others. Remember details are not your concern. Cheer coaches are the only ones with all information regarding situations, problems, and reasons for all things regarding cheerleading and cheerleaders. If an explanation is requested privately, all information may not be disclosed (because of confidentiality), though efforts will be made to ease the concern. Coaches may occasionally ask opinions from cheerleaders but will remain the executive decision makers and authority. Decisions might not please everyone. Do not fester problems, gossip, or work up other team members during cheer events or outside of cheer. We are all together too often to not be having fun. Be a problem solver, not a problem. Remember a great year does not come without effort. We all have to make the best of it and make it great.

XX. Article 20 – Tryouts

- a. Dates
 - a. May 5th – May 8th at Sawtooth Middle School from 5:30 – 7:30pm *open to public
 1. May 5th arrive at 5pm to get checked in so the clinic can begin promptly at 5:30pm
 2. May 5th there is a mandatory meeting at 7pm for each participant and one parent
 - a. The participant and one parent MUST attend this meeting in order for the participant to continue with tryouts.
 3. Participants will learn one sideline, create a four 8-count dance, practice jumps & tumbling, and participate in stunting under coaches supervision.
 - b. May 9th at Sawtooth Middle School from 5:30 – 7:30pm *closed to public
 1. Final tryout day in front of panel judges
 2. Participants will perform tumbling, jumps, dance, & sideline
- b. Requirements
 - a. Participants must meet eligibility requirements to audition for the 2008-2009 Rocky Cheer Program.
 1. Participants must possess a minimum 2.0 GPA with no F's on their current grade report
 2. Participants must be a registered student with Rocky Mountain High School
 - a. Exception – transfer students waiting to hear back from district on status
 - b. Required to inform Head Coach that you submitted a Transfer Request
 3. Injuries
 - a. Permanent
 - i. Injuries/conditions that prohibit you from vigorous exercise or physical limitations that do not allow extreme impact, coaches advise you do not try out for the program.
 - ii. If you chose not to follow coaches advise, a medical release form must be submitted on the first day of tryouts defining specific limitations
 - b. Temporary
 - i. A medical release form must be submitted on the first day of tryouts to inform coaches of your specific limitations
 4. Completion of the attached forms:
 - a. Tryout application
 - b. Letter of Recommendation from teacher and coach
 - c. Rocky Cheer Handbook Acceptance Form
 - d. Tryout Permission Form
 - e. Behavioral Expectations & Background check form
- c. Attire
 - a. Participants are advised to wear the following:

1. Fitted shorts and t-shirt, following Meridian School District Dress Code
 - a. Baggy pants, sweatshirts, t-shirts are prohibited for safety reasons.
 2. Dark bottoms with White Top
 3. Athletic Shoes
 - a. Preferably cheerleading shoes
 4. Hair secured in a pony tail, out of participants face
 5. Jewelry and Gum is prohibited
- d. Judging Procedures
- a. Each participant will have the opportunity to earn up to 200 points towards their tryout score. There are two parts to the score:
 1. Part One:
 - a. Coach's interview
 - i. The cheer coaches will interview each participant following their panel judged tryout while waiting for call backs.
 - b. Observation
 - c. Tumbling
 - d. Stunting
 2. Part Two:
 - a. Jumps
 - b. Tumbling
 - c. Dance
 - d. Sideline & crowd appeal
 - i. Please refer to the tryout scoring sheets for extended details *pg. 28-29*
- e. Results
- a. Tryout results will be provided one hour after the tryout has concluded. Please arrive in the main gym at this time to receive the results letter, provided by coaches. You will be expected to leave the building and wait to open this letter until you are off campus. **DO NOT** open this letter in front of other participants.
 - b. A brief gathering will occur at a location off campus for the new team immediately following the distribution of the results letter.
 1. An invitation will be included in your acceptance letter.

**Look up the following website for
Memo To: Parents of Student Athletes
Subject: 2008 High School Sports Physicals**

<http://rmhssportsmed.web.officelive.com/default.aspx>

ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMS

COST IS JUST **\$20.00** FOR A COMPREHENSIVE PHYSICAL EXAM
(CHECKS MADE PAYABLE TO YOUR SCHOOL)

High school and middle school 9th grade students participating in their school's athletic programs may receive a physical exam at this time. It is an IHSAA requirement that athletic physical exams take place during an athlete's freshman and junior year of participation. This applies to all students who will be **freshmen** and **juniors** during the 2008-2009 school year and will be participating in any high school sport.

DAY/DATE: Tuesday, June 10, 2008 **LOCATION:** **BSU Taco Bell Arena**

TIME: **All BOYS morning only.**

Meridian School District Boys 8am-10:30am **Boise School District Boys** 10:30am-1pm

Meridian Boys—9:30am **Rocky Mtn Boys—8:30am**

All GIRLS afternoon only.

Meridian School District Girls 1pm-3:30pm **Boise School District Girls** 3:30pm-6pm

Meridian Girls—2:30pm **Rocky Mtn Girls—1:30pm**

HISTORY: The history portion of the physical form must be completed and signed by a **parent or guardian** prior to admission to the examination session.

NOTE: Additional forms (eg. **scout forms/church forms**) will not be signed by the doctors.

IMMUNIZATION: Please answer immunization questions on the history portion of the form.

WHAT TO WEAR: Must wear shorts and T-shirts.

PARENTS: If you attend the event with your athlete, we will be asking that you sit in the stands while you wait for the completion of the physical exam. This helps to minimize congestion at the various stations.

PARKING: The main Pavilion Parking lot will be free for all participants and parents.

Proceeds are donated to the athletic training departments at the high schools for purchases of educational and rehabilitation equipment.

**Look up the following website for
Idaho High School Activities Association
Idaho Health Examination and Consent Form (PHYS)**

<http://rmhssportsmed.web.officelive.com/default.aspx>

Page 2 of this form

**Look up the following website for
Idaho High School Activities Association
Idaho Health Examination and Consent Form (PHYS)**

<http://rmhssportsmed.web.officelive.com/default.aspx>

**Look up the following website for
Rocky Mtn. High School
Insurance Questionnaire and Consent Form (IQ)**

<http://rmhssportsmed.web.officelive.com/default.aspx>

**See additional link for
Rocky Cheer Account Example
on this website**

TRYOUT PACKET

The tryout packet includes the following papers:

- 1) Tryout application
- 2) Letter of recommendation for a chosen CURRENT Teacher
- 3) Letter of recommendation for a CURRENT Coach
 - a. If you do not have a current coach, please have 2 current teachers complete the recommendation letter
 - b. Can include coach of any nature if it isn't a cheerleading coach
 - i. I.E tumbling, dance, track, softball, All Stars, etc.
- 4) Policy Acceptance Form
- 5) Tryout Permission Slip
- 6) Behavioral Acceptance & Background review Form
- 7) Part I. Judging Score Sheets *there for your information, do not need to be returned
- 8) Part II. Judging Score Sheet *there for your information, do not need to be returned
- 9) Contact Information for Rocky Mountain Administration and Rocky Cheer Coaching Staff



Tryout Application

Participants Information

Name _____

Age _____ Grade _____ *'08-'09 year Cell Phone _____ Home Phone _____

Address _____

*mailing address

Email _____

Tryout Questionnaire

1. Have you been a cheerleader before? If so, when and where?

2. What is your favorite part of cheerleading, and why do you want to be a cheerleader?

3. Why would the coaches of the Rocky Cheer Program want you to be a part of their organization?

4. Please describe the roles you've performed in a stunt group. Detail your strengths

Parent Contact

Parents Name _____

Email _____

Home Phone _____ Cell Phone _____

Letters of Recommendation

Teacher _____ Coach/Teacher _____

School _____ School _____

Letter of Recommendation for Current Teacher

Cheerleading applicants for Rocky Mountain High School are required to get 2 informal letters of recommendation from a current teacher and a current coach. This particular applicant, _____, has asked you to write them a letter of recommendation.

This letter is confidential and should not be shared with the applicant. I ask that you send me an email, answer the following questions, regarding your perspectives on this applicant in relation to how they would contribute to the growth, development, and success of this program.

Letter to Include:

- Relationship with Applicant, along with time frame you've known the applicant

- Applicant's current grade in your course

- Applicant's participation level in your course

- Applicant's relationships with classmates while in your course

- Information helpful to determining applicant's potential position in this program

- Do you think this applicant is fit for a position within this program? Explain

As mentioned above, this letter is confidential. In order to keep it confidential please email this letter to me at blaine.tobruk@meridianschools.org before May 1st. It is imperative that this letter is received before this date, otherwise this applicant will lose their chance to tryout out for this team. I understand how valuable your time is, so I would like to thank you in advance for playing a part in this process. This letter is meant to be informal, so you are not expected to write a typical letter of recommendation. An email response to the above list is sufficient.

Thank you for your time.

Sincerely,

Tobruk Blaine
Rocky Mt. Head Cheer Coach
Health Educator

Letter of Recommendation for Current Coach

Cheerleading applicants for Rocky Mountain High School are required to get 2 informal letters of recommendation from a current teacher and a current coach. This particular applicant, _____, has asked you to write them a letter of recommendation.

This letter is confidential and should not be shared with the applicant. I ask that you send me an email, answer the following questions, regarding your perspectives on this applicant in relation to how they would contribute to the growth, development, and success of this program.

Letter to Include:

Relationship with Applicant, along with time frame you've known the applicant

Applicant's relationships with teammates

Applicant's skill level (tumbling, stunting, jumping, overall cheer skills)

Was your team competitive? How did this applicant contribute to the routine?

Information helpful to determining applicant's potential position in this program

Do you think this applicant is fit for a position within this program? Explain

As mentioned above, this letter is confidential. In order to keep it confidential please email this letter to me at blaine.tobruk@meridianschools.org before May 1st. It is imperative that this letter is received before this date, otherwise this applicant will lose their chance to tryout out for this team. I understand how valuable your time is, so I would like to thank you in advance for playing a part in this process. This letter is meant to be informal, so you are not expected to write a typical letter of recommendation. An email response to the above list is sufficient.

Thank you for your time.

Sincerely,

Tobruk Blaine
Rocky Mt. Head Cheer Coach
Health Educator

Rocky Cheer Policies Acceptance Form

By initially below I have identified that myself, as the parent of the team member, will follow & abide by all policies, in addition support coaches when disciplinary actions are enforced.

- ◇ Article I – Mission & Purpose
- ◇ Article II – Conduct
- ◇ Article III – Academics
- ◇ Article IV – Priorities
- ◇ Article V – Team Structure
- ◇ Article VI – Finances
- ◇ Article VII – Fundraisers
- ◇ Article VIII – Summer
- ◇ Article IX – School Year Practices
- ◇ Article X – Games
- ◇ Article XII – Competitions
- ◇ Article XIII – Absences
- ◇ Article XIV – Team Leaders
- ◇ Article XV – Relationships
- ◇ Article XVI – Expectations and Disciplinary procedures
- ◇ Article XVII – Uniform Guidelines
- ◇ Article XVII – Health and Safety Guidelines
- ◇ Article XIX – Team Unity
- ◇ Article XX - Tryouts

We, the undersigned, fully understand the criteria for obtaining and maintaining membership on the 2008-2009 Rocky Mountain High School Cheerleading Team. We agree to uphold ALL of the Articles and Sections of the 2008-2009 Rocky Cheer Policies Handbook.

Parent or Guardian Signature _____ **Date** _____

Printed Name _____

Student Signature _____ **Date** _____

Printed Name _____

Tryout Permission Form

I _____, the parent/guardian of _____

give permission for my child to tryout for a position as a cheerleader at Rocky Mountain High School. I understand that my child will be evaluated fairly by the cheer coaches and qualified judges, and we agree to support their decisions during the tryout process. It is my understanding that all tryout results are final, and score sheets will remain confidential. I am aware that the final tryout day is closed to the public, which includes any and all family. It has been made clear by the Rocky Cheer Coaches that all skills involved in cheerleading carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. Although most risk involves minor injuries such as muscle pulls, dislocation, and broken bones, there is risk of catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I shall defend, indemnify and hold harmless Joint School District No. 2, all of it's officers, agents, employees, the State of Idaho, and it's political subdivisions from and against any and all demands, suits, actions, claims, loss of damage of any kind, character of description, whether or not meritorious, and by whomsoever made or caused, or omission of Rocky Cheer, its agents, servants or representatives, or any occurrences, incidents, or injuries connected with the activity, cheerleading.

Parent or Guardian Signature _____ Date _____

Printed Name _____

I am interested in being a cheerleader at Rocky Mountain High School. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches and the administration of Rocky Mountain High School. I promise to cooperate and follow the policies set forth in the Rocky Cheer Handbook.

Student Signature _____ Date _____

Printed Name _____

Behavioral Expectations & Background Review Form

It is expected that the cheerleaders will be positive, responsible citizen models at school and in the community.

The following is a partial list of expectations:

1. Observe and follow school and classroom rules.
2. Observe and follow local, federal, and state laws and or guidelines.
3. Refrain from use of alcohol, tobacco, or illegal drugs.

Violations in these areas may result in suspension from the office/position. Grades will reflect disciplinary action.

Certain serious violations of law and community standards that have occurred prior to this election may disqualify a student from running for or holding membership. Questions should be directed to advisors.

Have you ever been found guilty of using a controlled substance?

Yes No

Have you ever been found guilty of selling or trafficking a controlled substance?

Yes No

Have you ever been found guilty of any felony offense?

Yes No

Do you have a history of fighting?

Yes No

We have read and understand the expectations and responsibilities of Student Leadership positions at Rocky Mountain High School and have answered the above questions truthfully. In addition, we are aware of the behavior expectations that are held for all cheerleaders at RMHS and will abide by all.

Student's Signature

Date

Parent's Signature

Date

08-09 Cheer Tryout Score Sheet

Part I. 100 points possible

INTERVIEW

Section Total: _____

Notes:

10

Questions asked on Friday after panel judging
Coaches will ask specific questions regarding each girl and their potential involvement in the Rocky Cheer Program

OBSERVATION

Section Total: _____

Notes:

10

Coach's observations will occur throughout the first 4 days of tryout clinics
Coaches watching the interactions between other participants, ability to pick up material, willingness to try, coachability (when coaches provide feedback), enthusiasm, motivation, etc.

GRADES

Section Total: _____

2008 Current Grade Point Average

20

20 = 4.0 – 3.9	14 = 3.4 – 3.3	8 = 2.8 – 2.7	2 = 2.2 – 2.0
18 = 3.8 – 3.7	12 = 3.2 – 3.1	6 = 2.6 – 2.5	0 = 1.99 and below
16 = 3.6 – 3.5	10 = 3.0 – 2.9	4 = 2.4 – 2.3	

TUMBLING

Section Total: _____

20

20 = elite skill (fulls)	14 = advanced potential (multiple HS 3+)	8 = beginner (HS w/no tech)	2 = cartwheel/roundoff
18 = elite potential (layouts)	12 = intermediate skill (standing & running HS)	6 = beginner potential (HS w/spot)	0 = no tumbling
16 = advanced skills (tucks)	10 = intermediate potential (single handspring)	4 = roundoff w/rebound & solid handstand	

STUNTING

Section Total: _____

40

Circle all that apply:

Will be given score of highest scoring position

Main Base

Secondary Base

Back Spot

Flyer

Level:

Level:

Level:

Level:

1-5 Beginner
5-15 Intermediate
15-25 Advanced
Score: _____

1-5 Beginner
5-15 Intermediate
15-25 Advanced
Score: _____

1-5 Beginner
5-15 Intermediate
15-25 Advanced
Score: _____

1-5 Beginner
5-15 Intermediate
15-25 Advanced
Score: _____

Strength & Power/Agility/Potential = 1 2 3 4 5 6 7 8 9 10

Versatility/Willingness and ability to try other positions = 1 2 3 4 5

Specific Skills/Notes:

Height ___' ___"

Grand Total:

Notes and brief description:

08-09 Cheer Tryout Score Sheet

Part II. 100 points possible

Panel Judge # _____

TUMBLING

Standing Back-Handspring:

- Power and Speed
- Technique and Execution

0	1	2	3	4	5
0	1	2	3	4	5

Section Total: 40

Standing Back-Tuck:

- Height
- Landing

	No set/Blkwd		Weak set		Great high set
0	1	2	3	4	5
0	2	4	6	8	10
	Flop Knees/feet	Hands floor	Hands out	Step	Stable

Section Total: _____

Tumbling Pass:

- Difficulty (see Rating Scale Below)
- 0 = no tumbling pass
- 1 = cartwheel or round-off
- 2 = Great round-off

4 = round-off ONE handspring
 8 = multiple handsprings
 10 = tuck or pike
 12 = layout
 15 = full twist
 other _____

0	1	2	4	8	10	12	15
---	---	---	---	---	----	----	----

Section Total: _____

JUMPS

Double Whip:

- Height and Power
- Execution (Clean Prep, Pointed Toes, Big 2nd whip, Landing)

0	1	2	3	4	5
0	1	2	3	4	5

Section Total: 15

Participant's Choice (Single Toe Touch, Front Hurdler, or Pike)

- Execution, Height and Power

0	1	2	3	4	5
---	---	---	---	---	---

Section Total: _____

SIDELINE CHANT & CROWD APPEAL

Rally:

- Use of word (not woo's)/use of motions (not just "spirit fingers")
- Crowd connection/Lasting enthusiasm

0	1	2	3	4	5
---	---	---	---	---	---

Section Total: 20

Sideline Chant:

- Memory of Words and Motions
- Motion Placement and Sharpness
- Voice, Eye Contact and Enthusiasm

0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5

Section Total: _____

DANCE

- Rhythm, Technique, and Coordination
- Facials, Eye Contact, and Crowd Connection
- Execution of Back-Handspring (max 5) or Jump (max 3)
- Overall Presentation

0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	2	4	6	8	10

Section Total: 25

Grand Total:
100

Notes and brief description:

Rocky Mountain High School5450 Linder Road
Meridian, Idaho 83646

Contact Information

Principal

Mike Hirano

hirano.mike@meridianschools.org**Assistant Principal**

Staci Low

low.staci@meridianschools.org**Assistant Principal**

Andy Horning

horning.andy@meridianschools.org**Athletic Director**

Troy Rice

rice.troy@meridianschools.org**District Athletic Director**

Scott Stuart

stuart.scott@meridianschools.org**Head Cheer Coach**

Tobruk Blaine

blaine.tobruk@meridianschools.org**Assistant Coach**

Khara Westergard

aagkharaw@hotmail.com**JV Head Coach**

Jenny McKee

Jennymac21bsu@hotmail.com**Freshman Head Coach**

Kristine Andrew

kandrew@esdrake.com