



FHS CHEER INFORMATION PACKET 2014 - 2015

PLEASE KEEP THIS PACKET

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FHS Game-Time CHEER Evaluations- March 31 – April 3 2014

Specifications:

1. Fayetteville High School Game-Time Cheer Evaluations will be held during the week of March 31-April 3 starting each day at 4:30pm in Auxiliary Gym #1 (back gym) at FHS.
 - **Monday, March 31** – hand-out DVD & numbers and application check. DO NOT DRESS OUT. This process will only last 30min.
 - **Tuesday, April 1** –Day 1 of cheer clinic. Dress out required. Clinic is over at 6pm.
 - **Wednesday, April 2** –Day 2 of cheer clinic. Dress out required. Clinic is over at 6pm.
 - **Thursday, April 3** –EVALUATIONS. No one that is trying out should leave evaluations until everyone is finished in case of call-backs. Tentatively over by 6:30pm.
 - **Friday, April 4** –Results will be posted at 4pm on the FHS cheer page.
<http://www.fayettevillebulldogs.net/sport/coed/cheer> then click on the latest news post.
2. FHS students who participate in the game-time evaluation process will be evaluated by all FPS District Cheerleading Coaches. Ultimately, the final decision on who will serve as the 2014-15 FHS Game-Time Cheerleaders will reside with the FHS Head Cheerleading Coach, Angela McCutcheon.
3. Junior Varsity will consist of sophomores only. Sophomores will not be permitted to try-out for Varsity.
4. Varsity will consist of juniors and seniors only. Juniors/Seniors will not be permitted to try-out for JV.
5. The game-time squad that a cheerleader is selected for during the evaluation process determines which games he/she will cheer at during the school year.
6. Game-Time Evaluations DO NOT determine who will be on the competitive squad. The FHS Competition squad will be determined by the FHS Head Cheerleading Coach in the Fall Semester of 2014.
7. Dress for Game-Time Cheer Evaluations is:

Solid white tank top and purple shorts, cheer shoes (preferably), or tennis shoes, white socks, and purple bow (optional). Numbers will be given on first day and must be on shirts daily. Hair must be up in a ponytail and all hair must be out of your face.
8. No jewelry.
9. No long nails (past finger tips) and no nail polish.
10. No gum.

FHS CHEER EVALUATION RUBRIC

Coach: _____

Candidate's number/name:	BB	B	P	A	Comments
Dance Coordination/rhythm/memory/ knowledge/control					
Band Step Sharpness/rhythm/energy/spirit					
Chant Sharpness/Voice/Coordination/ Memory					
Cheer Motions/Sharpness/Memory/ Knowledge/Voice/Smile/ Toe Touch required					
Jump Combination toe touch/hurdler					
Standing Tumbling Back handspring/back tuck					
Running Tumbling Round off—bhs/bhs series/ bhs tuck/bhs layout, full					
Overall Impression Appearance/Hair/Dress/ Enthusiasm/Crowdleader/ Confidence/Poise					

BB = Below Basic B = Basic P = Proficient A = Advanced

FHS Cheer Fees 2014-2015

These fees only apply to consumable items/clothes that the cheerleaders will keep. These prices include sales tax and shipping fees. **Please make all checks payable to FHS Cheer. See Important Dates for scheduled payment dates.**

***Please note: These fees do not include extra "gear" that we order throughout the school year. Gear may include team t-shirts, sweats, etc. Purchasing any additional gear is optional.**

All Cheerleaders are REQUIRED to provide their own water bottle (labeled with first and last name) and a combination lock for his/her locker. Failure to bring these items will result in the loss of participation privileges.

Practice/Football Season Shoes

*Nike Air Mix Down II \$80

Competition/Basketball Season Shoes

*Varsity.com Spirit Shoes \$80

Gameday Hairbows

*2 bows = \$40

Camp/Practice Clothes: \$125

This includes 3 work-out outfits. Camp clothes are used throughout the entire year as daily practice clothes.

Mock-turtle neck bodysuit

\$24

(some veterans may not need to order, if they still have theirs)

Spanx

2 pair purple boy briefs \$36

(some cheerleaders may only need to order 1)

Warm-Ups (new cheerleaders only)

\$125

Includes embroidery, first name on the front and FHS CHEER on the back)

Cheer Camps

1. NCA 4 day Performance Camp in Springdale, AR (June 15-18)

\$325 per participant

All cheerleaders are required to attend.

Cheer Fee TOTALS:

1. New Cheerleader Cost with Performance Camp: \$835

2. Veteran FHS Cheerleader: \$668

The cost difference between a new cheerleader and a veteran cheerleader is the warm-ups, mock turtle neck, and 1 pair of spanx. Veteran cheerleaders will re-use the same warm-ups each year. If a veteran needs to order one of these items, please add in the appropriate amount.

**FHS CHEER Important Dates to Remember – Please add these to your calendar.
Location: Back Gym of FHS unless otherwise specified.**

<u>Date</u>	<u>Time</u>	<u>Event</u>
Wednesday, Feb 26	5pm	\$10 Physicals at First Care Crossover & Mission by Neighborhood Market CASH ONLY – EXACT CHANGE PLEASE
March 31	4:30-5pm	Hand-out DVDs, assign numbers, & check application packets (back gym).
April 1 - 2	4:30-6:30pm	Cheer Evaluations Clinic (back gym)
April 3	4:30pm- ?	Cheerleaders are not dismissed until everyone has completed try-outs.
Friday, April 4	4pm	Try-out results posted online.
Tuesday, April 9	6pm-7pm	Mandatory fitting for camp clothes, shoes, etc. Uniform distribution. Location: Dance Room <u>Arrival times vary:</u> <u>Seniors 6pm-7pm (help new cheerleaders with uniforms)</u> <u>Juniors 6:30pm; Sophomores (new JV) 7pm</u> Cheerleaders are dismissed as they are finished.
Wednesday, April 16	5:30pm	Mandatory Parent meeting. 1st cheer payment is due: \$350 deposit. Please make checks payable to FHS Cheer.
Saturday, May 24 th	9am-10am	Team picture for football program from 9am-10am. This is not the actual team yearbook picture. It will not be available for sale. Meet in the back gym. Wear Fayetteville Uniform; Hair Down; Full Make-up; Cheer shoes. 2nd installment is due: \$250
Friday, June 14 th	8am-10am	Practice & Conditioning from 8am-10am. Poms, camp clothes, shoes, etc. will be distributed. Remainder of cheer fees are due.
Saturday, June 15 th -18 th	11:30am	NCA Performance Camp in Springdale, AR at Holiday Inn Depart from main gym at 11:30am on Sunday, June 15 th . Return on Wednesday, June 18 th at 12:30pm

More Important Dates to Follow. As soon as I know, you will know. ☺
Please email me at angela.mccutcheon@fayar.net with any questions. ☺

Fayetteville Public Schools Athletic Department

1000 Stone Street □ Fayetteville, AR 72701 □ Voice: 479.973.8608 □ Fax: 479.973.8618 □ Email: steve.janski@fayar.net

Athletic Team Regulations

It is our desire that every student who participates in Fayetteville Athletics has a positive and meaningful experience. The pursuit of excellence is fundamental to athletics and our coaching staff is encouraged to maintain a high level of expectations for our athletes in their conduct on the field, off the field, and in the classroom. The following rules and policies are universal to the Fayetteville Athletic programs:

Athletic Code of Conduct (**attached**)

Suspension from School

- **In-school Suspension:** Student athletes may not participate in games during the time of suspension, however, they may practice with the team after school hours.
- **Out-of-school Suspension:** Student athletes may neither practice nor dress out for any games during the time of suspension.

Athletic Physicals

- **Student athletes will not be allowed to participate in practice or games without a documented physical examination by a licensed physician.**

Travel

- **The Athletic Department desires that players travel to and from competitions as a team. The coach, in some circumstances, may release players to travel with their parents, however, only the Athletic Director may make arrangements for players to travel with anyone other than the athlete's parents or school personnel.**

Insurance

- **The Fayetteville School District maintains a secondary insurance policy that provides minimal secondary insurance coverage in case of an athletic related injury.**
- **In most cases, the insurance will not cover the full costs of an activity injury.**
- **The Arkansas Activities Association maintains a catastrophic insurance plan for most severe activity injury situations.**

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Athletic Code of Conduct

Vision of Student-Athlete

The Fayetteville Public Schools (FPS) Athletic Department and Administration desire that every student participating in athletics be law-abiding role models and refrain from using or possessing alcohol or illegal drugs. It is also the expectation that FPS athletes conduct themselves with class and dignity. The sanctions for violating this policy relate solely to limiting the opportunity of any student-athlete to participate in student athletic programs. These sanctions are in addition to any disciplinary action taken by the School and the Fayetteville School District.

Participating in Arkansas Activities Association (AAA) sanctioned sports programs in the Fayetteville School District is a privilege. Students who participate in these activities are respected by their peers and are expected to hold themselves as good examples of conduct, sportsmanship, and training. Accordingly, student-athletes carry a responsibility to themselves, their fellow teammates, fellow students, their parents and to their school to set the highest possible examples of conduct. This includes avoiding the use of, or possession of drugs or alcohol.

Code of Conduct

A student-athletes conduct in and out of school shall be such as to: 1) not embarrass or discredit themselves, their parent, team, or the school or 2) not create a disruptive influence on the discipline, morale, or educational environment for others in the school or on a team. BE IT UNDERSTOOD THAT THE CODE OF CONDUCT IS IN EFFECT TWENTY-FOUR HOURS A DAY, TWELVE MONTHS A YEAR.

It is the policy of the Fayetteville School District that participation in extra-curricular activities is a privilege. Therefore, certain areas of conduct shall be held to a higher standard than the generally accepted standards subscribed by the school.

Violations

Misconduct among participants shall consist of one of the following violations:

- ** For school-related violations, the student is subject to the penalties imposed by school officials. The coach and/or the Athletic Council have the discretion to impose additional penalties for school rules that are violated.**
- 1. Behavior considered unbecoming (unsuitable, inappropriate, or not keeping with accepted standards of a polite society) an FPS athlete.**
- 2. The unauthorized possession or use of drugs.**
- 3. The transport, possession, or consumption of any alcoholic beverage.**
- 4. Vandalism, theft, or destructive misuse of athletic school property, equipment, or personal property of another.**
- 5. Any act that would or could constitute a felony or misdemeanor, if convicted, according to the County Prosecutor.**

Process

For school related-related violations, the student is subject to the penalties imposed by school officials. The coach and/or the Athletic Council have the discretion to impose additional penalties for school rules that are violated.

Nothing in this policy shall be construed to require the School District to follow the provisions of Due Process in removing a student from participation in any extra-curricular activity/sport. It shall be the primary responsibility of

the Principal (or designee) to implement and follow the provisions of this policy. Upon receipt of information which would lead the Principal to believe a violation has occurred, the Principal or designee shall take the following actions:

1. Inform the student of the allegations constituting the grounds for invoking this policy.
2. Provide the student with an informal opportunity to explain his/her conduct.
3. After determining facts relevant to the alleged violation(s), the Principal (or designee) will:
 - a. Inform the student there is reasonable evidence to go before the Athletic Council
 - b. Dismiss the charges.
4. If (a) from above, provide the student's parent(s)/guardian(s) a written statement setting forth the facts constituting a violation of this policy and informing them of the potential penalty imposed. The student-athlete is suspended until a decision is rendered by the Athletic Council.

Athletic Council

The Athletic Council is the disciplinary arm of the athletic program. It shall be composed of the following:

- Principal or designee
- Athletic director or designee
- Faculty member chosen by the student-athlete
- Head varsity coach (not the student-athlete in question's coach)
- Assistant Superintendent or designee

Confirmed Violation

A confirmed violation is considered to be:

1. A report given by any police agency or prosecuting attorney's office which indicates there is probable cause to support the filing of a criminal investigation. (Including arrests, even if charges are dropped).
2. A voluntary admission of guilt by the student.
3. A finding by school officials, based upon observations, that a student violated this policy.

A report of any alleged violation of this policy must be made to the administration within twenty-one calendar days of the alleged violation. Otherwise, a timely and accurate investigation cannot occur. Any coach or sponsor may participate in a necessary investigation involving their team at the discretion of the coach or sponsor.

Sanctions (Penalty)

When a participant is reported for a confirmed violation, he/she will be suspended from practices and/or competition pending a disciplinary decision by the Athletic Council. The student and parent(s) will be notified in writing of the rule violation and will be requested to attend an Athletic Council Hearing related to the violation. The council will meet at the earliest opportunity, but no later than 10 school days from the date of written notification of the Council Hearing to consider the status of the student and render a decision.

The following process will be observed for both in/out-of-season violations.

1. The Athletic Council verifies that the participant has been made aware of rules of the sport and activity and the Code of Conduct.
2. The Athletic Council will have the right to question the athlete and other witnesses regarding the alleged violation. The student-athlete and his/her parent and/or advisor will have the same right.
3. After the hearing, the Athletic Council will meet to review the situation. The Council may invoke one or more of the following:
 - a. Dismiss the charges.
 - b. Place the student on probation for a specific length of time.
 - c. Invoke suspension described below.
 - d. Refer to head coach to follow and enforce school/team policy and guidelines.

Student Athlete Rights

The student-athlete in question will have all the rights of Due Process when appearing before the Athletic Council, including:

- Right to have parent(s) and/or an advisor present
- Right to have access to the evidence used against him/her
- Right to question witnesses
- Decisions of the Athletic Council may be appealed to the Superintendent
- There shall be no right to appeal the decision of the Superintendent.

Consequences

The Athletic Council shall meet upon the request of the principal and/or athletic director after a request has been presented to the principal by the athletic director or coach to consider disciplinary cases involving an athlete. Consequences may be imposed for the following:

1. Use, consumption, or possession of alcohol or drugs.

1st OFFENSE: Suspension from all sports and/or activities for up to 365 days. This suspension could mean exclusion from all in and out of season participation. Upon appearing before the Athletic Council a suspension may be reduced.

If the student admits or self reports to a violation prior to a full investigation, the Athletic Council may reduce the suspension. The Athletic Council may reduce the suspension if the student and his/her parent or guardian consent to the student's enrollment in an approved counseling and/or drug and alcohol program as determined by the Principal or Athletic Director.

If the length of the suspension exceeds the time left in the sport or activity from which the student was initially suspended, the suspension will be extended into the next sport or activity the student joins. If a violation occurs at a time when the student-athlete is unable to miss the required number of contests, the remaining percentage of the suspension will be served in his/her next sport. The remaining percentage will then be figured on the number of contests for that sport. The student-athlete must finish their next sport in "good standing" in order to complete his/her suspension.

If the infraction occurs out of a sport season the athlete will then begin serving the suspension in his/her next sport season. Jamborees, scrimmage, or building fund games are not considered as a part of the scheduled contests for the sport season.

Since the captain or co-captain of a team is expected to lead by example, the suspension of a captain or co-captain will result in relinquishing of such position for the remainder of the sport season. Since the coach of a sport is the immediate supervisor of an athletic team, he/she will ensure that this regulation is effectively enforced.

If a student fails to complete the entire season of the new activity or sport, the suspension will be reinstated and restarted. (For example: A football player is found to have violated the conduct policy the last week of football. Following football, the student decides to wrestle. The suspension would begin the last week of football and into wrestling season. If the student fails to complete the entire wrestling season, his time spent on suspension is nullified and will be reapplied to the next season of sport he is involved.)

2nd OFFENSE: Suspension from all sports for 365 days. The suspension will commence as of the date on the written notice sent by the school official to the student's parent or guardian.

3rd OFFENSE: Suspension from all sports for the remainder of the student's high school career. This includes offenses committed during a suspension for a first or second offense.

2. An act in or out of school which would otherwise be a felony, misdemeanor, act of delinquency, or other acts which would discredit or embarrass Fayetteville High School and/or the team.

1st OFFENSE: Suspension from all sports for up to 365 days. This suspension could mean exclusion from all in and out of season participation. Upon appearing before the Athletic Council a suspension may be reduced.

If the student admits or self reports to a violation prior to a full investigation, the Athletic Council may reduce the suspension. The Athletic Council may reduce the suspension if the student and his/her parent or guardian consent to the student's enrollment in an approved counseling and/or drug and alcohol program as determined by the Principal or Athletic Director.

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