



# Richland Northeast High School

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Dear athletes and parents:

Thank you for your interest in becoming a member of the Richland Northeast High School Sideline & Competitive Cheerleading Team! We are excited about the upcoming season and your desire to demonstrate your skills, spirit, and dedication in representing our school.

Competitive cheerleading is more than just a sport — it is a commitment to excellence, teamwork, accountability, leadership, and continuous personal growth. Our goal as your coaches is to encourage qualities that will be good for you for life through cheerleading. Your takeaway will be good sportsmanship, responsibility, leadership skills, better time management, respect for others, a good attitude towards education, your peers and coaches and pride in representing the Cavaliers community.

It cannot be stressed enough that cheerleading is a **TEAM** sport. When a cheerleader does not follow through with commitment, it affects the entire squad. The coaching staff asks that you please take the time to review this information packet before committing to trying out. This commitment will demand after school practices 3-4 days a week, off campus training, summer practices, attending and hosting a cheer camp, cheering football season and numerous competitions.

Regardless of the outcome, we encourage all participants to take pride in their courage and commitment to try out for our program. We wish each athlete the very best and thank you for your interest in Richland Northeast Cheerleading.

Cheerfully,

Richland Northeast High School Cheer Coaches



## **RICHLAND NORTHEAST CHEERLEADERS ARE**

### **CHEERFUL SUPPORTERS**

CHEERLEADERS EMBODY SCHOOL SPIRIT AND PRIDE WITH THEIR TOP PRIORITY BEING TO INSPIRE AND MOTIVATE FELLOW STUDENTS AND MEMBERS OF OUR COMMUNITY

### **STUDENT ADVOCATES**

CHEERLEADERS ARE AMBASSADORS FOR THE PROGRAM AND RICHLAND NORTHEAST HIGH SCHOOL! THROUGH APPEARANCES, EVENTS AND SOCIAL MEDIA, THEY ARE AMONG THE MOST VISIBLE AND RECOGNIZABLE ATHLETES AT OUR SCHOOL.

### **ATHLETES**

CHEERING DEMANDS STRENGTH, STAMINA, AND PRECISE TECHNIQUES TO PERFORM STUDENTS, TUMBLING, JUMPS AND SHARP MOTIONS WITH SKILL AND CONTROL.

## **WESTWOOD CHEER PARENTS ARE**

### **CHEERFUL SUPPORTERS**

YOU TOO ARE A PART OF OUR TEAM! YOUR SUPPORT AND ENCOURAGEMENT MEAN MORE THAN YOU KNOW. SHOW UP, SHOW OUT AND BE LOUD AT ALL EVENTS TO SUPPORT YOUR ATHLETES.

### **FUNDRAISER PARTICIPANTS**

HELP US HELP YOU BY PARTICIPATING IN FUNDRAISERS! WE WILL TRY AS MUCH AS POSSIBLE TO CUT THE OUT-OF-POCKET COST TO YOU ALL BUT WE NEED ALL HANDS ON DECK TO DO SO. WHETHER IT BE A PROGRAM OR INDIVIDUAL FUNDRAISER, YOUR PARTICIPATION IS AN OPPORTUNITY FOR YOU TO CHIP IN WITH YOUR TIME. FUNDRAISERS ARE IN PLACE TO HELP ENHANCE YOUR ATHLETE'S EXPERIENCE.

### **ACTIVE COMMUNICATORS**

COMMUNICATION WILL BE SENT VIA THE BAND APP ON A WEEKLY BASIS. MAKE SURE YOU ARE CHECKING THE APP ON A WEEKLY BASIS AND DO YOUR PART IN COMMUNICATING AS MUCH AS POSSIBLE IN ADVANCE. WE UNDERSTAND ISSUES MAY ARISE AND ASK THAT THE PROPER CHAIN OF COMMAND IS FOLLOWED IN GETTING YOUR CONCERN TO THE HEAD COACH.



## **COACHES COMMITMENTS TO TEAMS**

### **SAFETY**

IT IS THE DUTY OF EVERY COACH TO ENSURE THAT ALL ATHLETES ARE SAFE WHILE UNDER THEIR SUPERVISION. THEY ENFORCE RULES TO MAINTAIN A SAFE ENVIRONMENT AND IN THE EVENT OF AN INJURY TAKE PROPER STEPS TO PROMPTLY NOTIFY PARENTS OR EMERGENCY CONTACT.

### **KNOWLEDGE AND PREPAREDNESS**

COACHES HAVE AND WILL CONTINUE TO RECEIVE TRAINING AS NEEDED TO ENSURE THEY ARE FULLY AWARE AND PREPARED TO COACH TODAY'S ATHLETES. ATHLETES WILL BE COACHED TO BE ALL AROUND CHEERLEADERS. ATHLETES WILL BE COACHED TO BE VERSATILE AND TRAINED ON AN ARRAY OF SKILLS TO BE USED ONLY NOT ONLY IN CHEER BUT IN LIFE.

### **FAIRNESS**

OUR CODE OF CONDUCT OUTLINES THE EXPECTATIONS, BEHAVIORS, AND CONSEQUENCES FOR EVERY ATHLETE. COACH USE IT AS GUIDE TO ENSURE FAIRNESS AND UPHOLD THE RULES FOR THE ENTIRE PROGRAM. DECISIONS ARE MADE WITH THE TEAM'S BEST INTERESTS IN MIND, RATHER THAN FOCUSING ON INDIVIDUALS.

### **ACTIVE COMMUNICATION**

COMMUNICATION WILL BE SENT WEEKLY VIA THE BAND APP. ANY UPDATES OR CHANGES TO PREVIOUSLY SHARED INFORMATION WILL BE COMMUNICATED PROMPTLY BY THE COACHES. INJURIES AND INCIDENTS WILL BE REPORTED TO PARENTS AND GUARDIANS. COACHES WILL STRIVE TO RESPOND TO ALL COMMUNICATION WITHIN 48 HOURS.



## GENERAL TRYOUT RULES

Cheerleading is recognized as a sport by the South Carolina High School League. As in all sports, Coaches select team members. All cheer candidates and their parents must read and understand the guidelines and procedures for the selection process. In order for a student to try out for cheerleading, they must be eligible under the provisions set forth by the South Carolina High School League.

### Requirements to tryout:

- 2.0 cumulative weighted GPA – must include a copy of most recent report card/screenshot with application
- Student must have completed profile requirements for the 2026-2027 school year in BigTeams, including an updated physical dated **AFTER April 1, 2026**
- Student must have served all of their seat time
- **Must not have any outstanding debts** (Check ParentPortal or check with school fee clerk)
- Completed and signed cheer application **DUE by April 28, 2026 at 4:00 PM**

Each candidate will also be required to have an **ATHLETIC COMMITMENT RECOMMENDATION**.

**This is a part of your application.** If the candidate cheered this year, the recommendation form must be from the previous cheer coach. If the candidate did not cheer, but participated in another sport the recommendation form is from the coach of that sport. If the candidate did not participate in any sport, the recommendation should be from a PE teacher at the school the candidate attends. These recommendations will be returned to the coaches and will not be discussed with the candidate. The QR code for the google form is located at the back of this packet.

**If we receive an incomplete application and/or a complete BigTeams profile is NOT on file for you, you will not be permitted to try out.**

**You will receive an email **April 30, 2026** if you have met all the requirements that will provide important tryout information.**



# Tryout dates: May 4th-8th

**It is recommended you attend all tryout practices.** If you are participating in a spring sport, or other event, you will need to find out what you missed at practice and learn this on your own time. PLEASE SEE A COACH IF THIS APPLIES TO YOU.

1. BE ON TIME and ready to start at the designated time each day.
2. NO JEWELRY or **spacers** will be worn any day of tryouts. No earrings, nose rings, belly button, etc – This is considered a safety and against NFHS and SCHSL rules
3. Fingernails need to be cut. Natural nail only. NO acrylic nails will be permitted.
4. No phone use without permission will be allowed
- 5. NO FOOD OR GUM. PLEASE** bring a water bottle.
- 6.** You should dress out for all practices in shorts or athletic pants, t-shirt, socks, cheer shoes or athletic shoes. Hair must be tied securely and away from the face.
  - a.** \*\* DRESS FOR THE FINAL TRYOUT: Plain White t- shirt, black or gray bottoms and a bow (Not required but preferred).

## **\*All Tryouts Sessions are Closed to the Public\*\***

This means only those who are trying out will be able to attend sessions.  
Spectators are not allowed.

## **What to Expect**

Our tryout process is designed to evaluate not only current cheerleading skills, but also each athlete's potential for growth within our program. During tryouts, athletes will be evaluated in the following areas:

*Cheer, chant, and dance material will be taught and evaluated*

- o Showmanship: Energy, enthusiasm, confidence, and performance quality
- o Work Ethic and Attitude: A positive mindset, coachability, respect for teammates and coaches, and a willingness to learn
- o Endurance: You will be evaluated on endurance level by completing a 1-mile run
- o Jumps: You will be asked to demonstrate three different connecting jumps
- o Stunting: You will be evaluated on stunting technique/overall strength



- o Tumbling: Standing and running tumbling will be assessed for technique, difficulty, and consistency
  - JV requirement: Back walkover
  - Varsity requirement: Standing tuck

### **Cheer teams will be chosen as follows**

Varsity: Top 24 (+ -)

- Football and competitive cheer
- Basketball/Spirit

Junior Varsity: Second Top 20 (+ -)

- Football Sideline
- Basketball/Spirit

### **What to Expect after Tryouts**

1. Rosters will be posted **Saturday, May 9th by 12PM** on our cheer Instagram page @rnecheer and on the main doors of the Richland Northeast High School GYM

**Tryout numbers will be posted, not names, so please remember your number**

2. If you are selected as a team member for the 2026-2027 school year, you will be sent additional information regarding the parent/athlete meeting via email.
3. This welcome meeting is **MANDATORY**. It will be **Monday May 11, 2026 @ 6:15PM** and will discuss the upcoming season, practice dates/times, etc
4. First team practice is scheduled for **Monday May 11, 2026 4:30-6PM**

**Any questions or concerns regarding tryouts should be sent to Coach Bria Sanders, Head Competitive Cheer Coach ([brsanders@richland2.org](mailto:brsanders@richland2.org)) or Coach Melody Butler, Head Football Cheer Coach ([mbutler@richland2.org](mailto:mbutler@richland2.org))**

# **OPEN SEASON PRACTICES 3/3-3/31**



**Tuesday and Thursday**

**4:30 - 6:00 PM**

**Richland Northeast Aux Gym**

**Zach Metts - Owner of The Forge**

<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Description</b>
Tuesday-Thursday	4:30-6:30PM	RNE Aux Gym	Practice-Tumbling/Stunt focus Cheer conditioning Tryout preparation

**220 O'Neil Court, Columbia SC 29223**

**Instagram: @collegiatecheerco**

**RICHLAND NORTHEAST  
2026-2027 PRACTICE SCHEDULE**

**Mandatory Dates**

Collegiate Cheer Co CAMP: June 3-5 @ TBD  
Varsity Choreography: June 13-14 8am-4pm @ RNE  
Little Cavaliers Cheer Camp: June 23-25 @ RNE

***Dead week is June 29-July 5***

**You will receive a full season calendar at the welcome meeting**

**Cost**

1. The projected financial commitment for the upcoming season has the potential to be approximately **\$900**. This cost includes practice wear, shoes, bags, bows, accessories, camp, tumble/stunt classes for 6 months and choreography
2. Our goal is to fundraise as much as possible to decrease the out-of-pocket cost for each athlete

*The first fundraiser will begin on May 11th. Details will be given at the parent meeting*

May 15            1<sup>st</sup> Fee payment due \$250 (will be put on the PowerSchool Account)



**Tryout Application Checklist - DUE by April 28, 2026 at 4:00 PM**

**Application**



**Bigteams/Arbiter Account (Complete Sports Physical dated after April 1, 2026)**



**Athletic Commitment Recommendation (Must be completed by a former coach or PE teacher)**



**Richland School District 2 High School Pre-Participation Packet for Athletics.**

