

4. Judging Criteria & ACHS Team Composition

- Judges are carefully selected individuals by the ACHS Cheer Coach, having a strong background in cheerleading and/or tumbling from our local communities. As coaches, our largest goal for the tryout process is find judges that allow us to eliminate any biased decisions.
- Only the ACHS Cheerleading coaches, tryout assistants and judges will be allowed at the school during the time of tryouts!
- The 2020-21 ACHS Cheerleading Team will be composed of 12-16 members. Team composition is based off number of members trying out, the requirement to score at least a 375 or higher (out of the total 775 points possible) and both coaches' discretions.
- In the event of someone leaving the team for any reason, the ACHS Cheer Coaches will have the decision to replace that member with the next lower scoring from the original tryout or hold new tryouts depending on circumstances and timing within season.
- Below is a breakdown of how judging will be scored:

➤ 2 Coaches Tryout (75 per judge/150 total points):

- Energy (5pts)
- Attitude (5pts)
- Potential for growth (5pts)
- Ability to learn material independently/via video (5pts)
- Overall technique (10pts)
- Flying Stunt Skill (15pts)
- Basing Stunt Skill (15pts)
- Back-spotting Stunt Skill (15pts)

➤ 3 Judges/2 Coaches Tryout (125 per judge/625 total points):

- Taught sideline 15pts (must be repeated 4 times)
 - Facial Expressions (5pts)
 - Technique & Motions (5pts)
 - Knowledge & Confidence (5pts)
- Self-choreographed sideline 20pts (must contain a minimum of 5 words & repeated 4 times)
 - Preparedness (5pts)
 - Creativity (5pts)
 - Difficulty (5pts)
 - Technique (5pts)
- Jumps 25pt (will be judged on 1pt per item executed correctly for a total of 5pts each: motion placement, leg placement, chest placement, toes pointed, height)
 - Toe Touch
 - Right Herkie
 - Left Herkie
 - Pike
 - Series Jump (1st jump must be a toe touch; 2nd is a jump of your choice)
- Floor Cheer 30pts
 - Facial Expressions (5pts)
 - Voice Projection (5pts)
 - Strong/Tight Motion Placement (5pts)
 - Synchronization (5pts)
 - Technique (10pts)
- Tumbling 15pts
 - 1pt Cartwheel
 - 2pts Standing round-off
 - 3pts Running round-off
 - 4.5 Front/back walkover (spotted)
 - 5pts Front/back walkover
 - 6pts Standing Back handspring (spotted)
 - 7pts Standing back handspring
 - 7pts Round-off back handspring (spotted)
 - 8pts Round-off back handspring
 - 9-11pts Round-off Back handspring +additional skill
 - 11-15pts Advanced tumbling pass with 3+ skills
- Dance Sequence 20pts
 - Facial Expression (5pts)
 - Rhythm/Keep Beat (5pts)
 - Technique (5pts)
 - Confidence (5pts)

5. Monetary Obligations (Estimated Cost)

- Camp \$200
 - Due to COVID-19 we will not be attending a normal 3 day away camp but instead will be hosting a 2 day home camp with NCA (National Cheerleading Association) Staff coming to us. We are researching a date in early August, more information to come at a later date.
- Practice/Season Clothes \$50
- Cheerleading Shoes \$80
 - To be worn on the gym floor only
 - Due to the discontinuing of our current shoes, everyone will need to purchase a new & matching style
- Briefs/Spandex \$20
 - We will be purchasing matching black spandex with no logos visible that will be required to wear at all times
- Cheerleading Warm-up Jacket \$95
 - We will be using the current jacket, so this expense only applies to first time high school team members
- Hospitality Room Snacks \$20
- Optional Game Day Outfit \$50
 - Payment Schedule (Amount due is required on these dates, but you are welcome to pay your balance off at any time prior)
 - Deposit = \$150 Due Monday July 13th
 - 2nd Payment = \$150 Due Thursday July 30th
 - Final Balance = Remaining Balance Due Monday August 10th
 - Each member of the team will have an individual invoice reflecting their required items/expenses, that they will receive shortly after the clothing fitting takes place. Cash/check payment needed paid to ACHS Cheerleading following the above payment schedule. *A delay in sending payment outside outlined deadlines will prevent the entire team from getting these items in time.*
 - The school will provide the backpack, uniform, bodysuit, bow and poms. These items are school property and must be returned at the end of 2020-2021 season. If damaged beyond normal wear or lost they must be replaced by the cheerleader based on their replacement cost.
 - The clothing, shoes & brief prices are only approximated. They are subject to change at any time.
 - We are willing to offer/setup fundraisers as possible to offset these costs. (If you have any additional fundraiser ideas please share with coaches.)
 - Other costs may arise throughout the year that are not listed here. You will be notified well in advance before you are obligated to buy/pay for anything not listed.

6. Time Obligation

- **Team Meetings**
 - First team meeting will be held via video chat on Microsoft Teams on Monday June 22nd Tuesday June 23rd
 - *Coach Myah will send instructions & invite to join via email the day of the meeting*
 - Mandatory Parent/Coach Meeting (no athletes) – *Details to be announced soon on how we will safely hold this event*
 - Clothes fitting appointment TBA
- **Summer Camp**
 - Attendance is REQUIRED by all members of the 2020-2021 team, failure to attend with the team will result in being eliminated from the team this school year
 - Due to COVID-19 we will not be attending a normal 3 day away camp but instead will be hosting a 2-day home camp with NCA (National Cheerleading Association) Staff coming to us. We are researching a date in early August, more information to come at a later date.
- **Practice**
 - If athlete will be missing practice or late, a phone call/text message is to be made to **both** ACHS Cheer Coaches no less than 30 minutes before the start time. Earlier notice the better!
 - Team member is only allowed to miss a max of 15 practices per season no matter the reason before immediate dismissal from the team will occur (extenuating circumstances to be discussed privately with coaches)
 - Coaches will keep a log book with missed practice data (date, why missed, excused/unexcused, consequence & when consequence has been completed. (See guidelines & consequences section below)
- **Tumbling**
 - More details to come soon with tumbling opportunity at Neeley's Tumbling in Altamont. A similar program to last year will be offered so stay tuned
- **Pep Rallies & Additional Performances**
- **Basketball Games – boys basketball regular season, tournaments, rescheduled games and regional/post season games; Post season for all other ACHS sports teams**
 - If you will be missing a game, a phone call/text message must be made to **both** ACHS Cheer Coaches a minimum of 1 hour before arrival time (the earlier the notification the easier it is on the team)
 - See guidelines & consequences section below for unexcused event
- **NTC Tournament Games & 50/50 Raffle Tickets**
 - Plan to be at the school every night during the tournament week. In the event of selling 50/50 raffle tickets, if you are unable to work your scheduled shift (even if due to a conflict with another school club's fundraiser or playing in pep

band) YOU MUST FIND SOMEONE TO COVER YOUR ENTIRE SHIFT OR THE PORTION YOU WHEN YOU ARE AWAY WITH ANOTHER ACTIVITY and then call/text both ACHS Cheer Coaches to explain what has been arranged. Everyone is all hands-on deck this week!

- **IHSA Competitions** (if applies)
- **Fundraisers**
 - For fundraisers benefiting the **whole team**, athletes will be given a minimum amount to sell/raise. If you do not meet this requirement, you will be required to pay the difference in balance out of pocket to the team purchase needed.
 - For fundraisers benefiting the **individual person**, it is your decision how much is sold/raised but please know that whatever we are raising funds for, you are responsible for the amount in full so will have to pay the difference in balance out of pocket.
 - Note: If you do not attend a group fund-raiser that is meant to help the individual efforts you will lose the rights to any profit

7. Responsibility & Expectations

- Be responsible by knowing when & where all events take place, as well as being able relay all messages to parents and other cheerleaders as needed. In an effort to help prepare our athletes, we will **communicate all information directly to the athlete**.
 - We will supply everyone with a schedule but on occasion due to unforeseen circumstances with other sports, activities & gym schedule, there is a possibility for a last-minute change. Note we try to prevent this at all costs and will communicate as far in advance as possible!
 - As a high school athlete, we require the athlete to be responsible and make sure that you are paying attention during all announcements so everyone is up-to-date on everything discussed. If you have a question, comment or concern, the athlete needs to be the one to reach out to the coaches or upperclassmen for explanation.
 - We understand that for different reason this may not always work so please contact **both** coaches to discuss and make arrangements.
- Keep a positive attitude throughout the duration of the season, especially towards coach(es) & fellow team members. Constructive criticism is the only way you will improve individually and as a team. We push you so we can be the best!
- Maintain good grades & relationship with the ACHS teachers/staff – *Complying with all IHSA eligibility & punishments*
- Abide by both ALL Altamont Community High School/Cheerleading guidelines, practice safety techniques & follow IHSA rules.
 - Some important rules to note for all practices & games are, but not limited to the below:
 - No phones unless given permission by coaches
 - No jewelry (this includes smart watches) - **NO EXCEPTIONS OR TAPE OVER ALLOWED**
 - No artificial “fake” nails
 - No new piercings at any point during season – *you will have to take them out!*
 - A STRICT ZERO TOLERANCE alcohol or drug policy – *see full details outlined in consequences section*
- Represent the school & team in a positive manner at all times,
 - Some important points to draw extra emphasis on but not limited to the below:
 - No cussing at practices and/or games
 - Dress in required dress code for both practices & games
 - Required Practice Outfit = Black shorts/spandex & black shirt (any lettering on shirt is fine). Hair secured up based off IHSA rules, cheer shoes only, no nails & no jewelry of any kind.
 - No public display of affection of any kind while in cheer clothes, uniform, bow or warm-up jacket
 - No talking disgracefully in anyway about your teammates, other athletes, other sports and/or coaches from Altamont/other school districts
- CONTINUE TO IMPROVE CHEERLEADING SKILLS, NEVER SETTLE!

8. Responsibility & Expectations

- All Altamont Community High School handbook policies & punishments are followed by the cheerleading team with the addition of the below:
 - **Follow all guidelines outlined in this cheerleading handbook and understand unless otherwise detailed, the violation punishments are listed below:**
 - 1st Violation: Run 3 minutes, 5 of each jump (*toe/right/left/pike/double of choice*)
 - 2nd Violation: Run 5 minutes, 10 of each jump
 - 3rd Violation: Run 8 minutes, 15 of each jump
 - 4th Violation: Run 10 minutes, 25 of each jump
 - 5th Violation: Discussion of removal from the team

- **Be at all practices and ready to begin right at the start of practice time.** This means cheerleading practice uniform, shoes on, stretched and in gym ready to start
 - Late Violation: 1 minute of running for every 1 minute late
- **Practice attendance requirement:** As a team we can't be prepared if we are making changes every practice so attendance is crucial!!! Even when excused you are only allowed to miss the below number of practices depending on the part of the season to remain a member of the 2020-2021 team
 - Tryout Date – School Starting: 8
 - School Starting – end of 2020-2021 Season: 5
 - Note: We understand that athletes at ACHS often play multiple sports, while all coaches try to work together in a mission to avoid conflicts, sometimes it can't be helped. Please communicate any conflict with both cheer coaches & we will work to develop a solution not penalizing the athlete.
- If the practice is **missed before a game/performance**, excused or unexcused, you will face the possibility of being removed from all formations and/or stunting in full floor performances only (meaning floor cheers, line-up sequences and/or dance routines. You can still cheer on the sidelines)
- **Be on time to both home and away games**
 - Home Game Violation: This means fully ready on the gym floor at the time provided (*full uniform on, hair/make-up ready*). Punishment listed below will be completed at the end of that home game.
 - Run 2 minutes for every 1 minute you are late (*ie: 3 minutes late = 6 minutes running*)
 - Away Game Violation: This means in warm-up attire listed below, waiting for the bus 10 minutes prior to actual departure time. Punishment listed below will be completed at the end of the next home game
 - Run 2 minutes + 10 push-ups for every 1 minute you are late (*ie: 3 minutes late = 6 minutes running & 30 push-ups*)
 - Away bus will not wait for cheerleaders. If you miss the bus, you will miss the performance & this will be counted as an unexcused absence (*see punishment below for unexcused*)
 - You are required to wear black leggings/yoga pants/joggers, cheerleading warm-up jacket, and street tennis shoes carrying your cheer backpack to display a uniformed look when arriving to any event
 - *Note: You will have an estimated 15 minutes to change/put final touches on at away school before warm-up starts*
- **Unexcused absence** from any practice, game, performance, group fundraiser or group event follows the same guidelines as what would be excused from school with the below punishment:
 - 1st Violation: One game suspension
 - 2nd Violation: Immediate dismissal from 2020-2021 team
- **Skip any portion of a performance piece & consequence will be as follows:** (*includes but not limited to yelling at full capacity at all times, dropping a stunt, skipping jumps/tumbling on sidelines, time-outs, floor cheer, dance, line-up, school song and/or don't know the motions to the level you should due to no outside practicing*)
 - Skip performance piece punishment: 10 jumps + 4 touches running the horseshoe in the ACHS gym
 - Drop a stunt during any type of performance: 1 minute running for each group that drops or doesn't stick stable
 - Not yelling @ practice punishment: 3 warnings with no punishment, 4+ will result in 1 minute of running for each time mentioned after
 - Not yelling @ game punishment: 1 warning per sideline group in a half, 1 minute of running & 15 push-ups for each time mentioned after
 - These punishments will be completed before you are able to leave between games/half-time/end of the game
- At all breaks during a game (warm-up/half-time/between games) ACHS Cheer Coaches will assign a time on the clock that you need to return to the gym, below are the punishments for not following:
 - Home Game: 6 touches running the horseshoe in the ACHS gym
 - Home Game If After Qtr. Starts: 12 touches running the horseshoe in the ACHS gym
 - Away Game: 25 push-ups
 - Away Game If After Qtr. Starts: 50 push-ups
 - These punishments will be completed before you are able to leave between games/half-time/end of the game
- **Drinking/Drug Use Policy:**
 - Outside of anything cheerleading related, our program will follow rules as outlined in the ACHS Handbook including but not necessarily limited to 4-8 game suspension for a first offense

- During any cheerleading event; games, practices, camps, etc. we have a ZERO TOLERANCE POLICY meaning immediate dismissal from the 2020-2021 team due to danger risk to you and your fellow teammates
- Early departure from the team due to grades, quitting or alcohol/drug use will result I athlete not being able to tryout for the ACHS Cheerleading team the following year.
- In order to receive a Varsity letter in cheerleading you must attend at least 90% of all practices, performances, games & events.

9. Notes

- Consequences may be adapted by coaches according to the situation
- Please know and understand that in some cases the coaches are the only one that know the true situation and for confidentiality reasons may not share with any athlete or parent. We ask that do no assume or made predictions about what has happened, what will happen or the punishment.

Thank you again for your interest in ACHS Cheerleading, I look forward to working with everyone! We truly have a great program with a lot of fun, laughs, hard work and dedication to representing Altamont the best that we can! We love our team like family!

If you have any comments or concerns, please direct Myah via phone at 217-855-3367 or email myah.stuemke@hilton.com / Kelsey 618-367-3164 or email kelseyreardon@gmail.com.

Thank you,
Altamont Cheer Coaches
Myah Stuemke & Kelsey Reardon

Please complete, sign and return only the below portion of this page stating that you have read, completely understand and will comply with all money and time obligations, responsibility and expectations, guidelines and consequences outlined in this document.

By signing this document, we are asking for your full dedication to this sport through the whole 2020-2021 season. This is asked out of respect for your fellow team mates, coaches and school; leaving the team abruptly prior to the end of season will result in no Athletic lettering and does cause so much unwanted extra work for those still dedicated.

Students Name: _____ (Printed)

Grade During 2020-2021 School Year: _____ Current Age: _____ Birthday: _____ Updated Physical On File: Y N

Address: _____

Student's Email Address: _____ Phone# For Student: _____

Responsible Party/Emergency Contact: _____ Phone# for Responsible Party: _____

Responsible Party Email Address: _____

Past Cheerleading/Tumbling Experience:

Any past injuries that could be affected during cheerleading: _____

Students Signature: _____

Responsible Party Signature: _____ **Relationship:** _____