



**LAKERIDGE CHEER
REC TEAM HANDBOOK
2025-2026**

LAKERIDGE REC CHEER

TEAM PACKET

Please follow the steps to ensure that your son/daughter may participate in the Lakeridge Rec Cheer Program for the 2025-2026 school year.

1. Attend Parent & Participant Meeting on Wednesday, May 7th, 6:00pm in the Lakeridge High School Cafeteria
2. Read the Lakeridge Rec Cheer Team Handbook
3. Athlete must be registered to participate by Monday, May 12th (link available on website)
4. New athletes must attend the Uniform Fitting on Wednesday, May 14th in Cheer Gym (times on website)
5. **Fill out, sign, and return the Blue Sheet (sheet will be handed out at Parent & Participant Meeting):**
 - Athlete Contact Info
 - Financial Agreement
 - Student and Parent Agreement
 - Medical Release

COACHING STAFF

- | | | |
|---------------------------------|-------------------|--------------------------------------|
| • Junior Team Head Coach | Ella Guffee | email: lakeridgereccheer@gmail.com |
| • Youth Team Head Coach | Maddie Cruz | email: lakeridgeyouthcheer@gmail.com |
| • High School Head Coach | Christine Langley | email: lakeridgecheer@yahoo.com |
| • Conditioning & Tumbling Coach | Etta Susemiehl | email: esusemiehl@gmail.com |

2025-2026 Lakeridge Junior Cheer Team Handbook

Purpose

Cheerleaders will: 1) promote and uphold school spirit, loyalty, and pride; 2) develop and encourage a sense of good sportsmanship among students and adults; 3) encourage spectators to become involved in the support of the team; 4) build better relationships between schools.

Membership

There will be one (1) Junior Team and one (1) Youth Team.

Lakeridge Junior Cheer will cheer at youth football games in the fall. The team will have eight (8) to forty (40) members. While this is a no-cut team for games and community events, those interested in competing in the winter will need to re-register in late October. Participants must cheer football season in order to be allowed to compete in the winter.

Lakeridge Youth Cheer will cheer at youth football games in the fall. The team will have eight (8) to forty (40) members. While this is a no-cut team for games and community events, those interested in competing in the winter will need to re-register in late October. Participants must cheer football season in order to be allowed to compete in the winter.

Terms

All members will register in Spring of the school year prior to their service and will serve during the school year following registration, as designated.

Requirements

1. All members must read and sign the Lakeridge Rec Cheer Student/Parent Agreement.
2. All members should be aware that cheer duties (practice, games, etc.) must be first in importance of their extracurricular activities.
3. All members must participate in all practices and all assigned games, and events.
4. Members will act as hosts to visiting squads and teams.

Practices, Games, and Events

1. All members are required to attend all scheduled practices, games, and other events as deemed required by the coach. Illness and family emergency are the only excuses for absences.
2. **Missing practices, games, and events for doctor appointments, vacations, tutors, other team practices (city-league basketball, etc.), and work are NOT EXCUSED. Please plan accordingly. Three unexcused absences will lead to suspension from the team, at the coaches' discretion.**
3. The coach will determine the location of the practices.
4. The frequency and time of practices will be at the discretion of the coach.
5. See specific team calendars for exact dates and times.

Conduct

All members should abide by the rules set forth in this constitution and the student handbook, as well as the athletic eligibility rules.

1. Members should be able to accept responsibility and show that they are capable of being leaders by setting examples for the rest of the student body.
2. Members should promote good sportsmanlike conduct and school spirit through cooperation with other students, teachers, coaches, and administrators.
3. **Jewelry (such as necklaces, earrings, bracelets, rings, watches, and ANY PEIRCINGS) will not be worn while practicing or performing per National Federation rules.**
4. Do not chew gum, eat, drink, or visit with friends while at games or practices, as well as other inappropriate times.
5. There will be no smoking, drinking, or drug use tolerated.
6. **BE ON TIME FOR GAMES, PRACTICES, AND EVENTS!!**
 - a. **Every late arrival, one minute to 15 minutes, will be recorded by the coach. Three late arrivals result in one unexcused absence.**
 - b. **If a Cheerleader is more than 15 minutes late without prior arrangement with the coach, it will be considered an unexcused absence.**

7. There will be no unsportsmanlike behavior, taunting, teasing, hazing, etc. towards teammates OR towards other sports and activity programs at Lakeridge Middle School, Hallinan Elementary, River Grove Elementary, Westridge Elementary or other schools.

Three Strike Policy

All members will be held to the code of conduct outlined above and the signed behavior contract contained on the "Blue Sheet."

1. Strike One – one-on-one conversation with Coach(es), followed by an email to parent/guardian.
2. Strike Two – conversation with cheerleader and parent/guardian to discuss incident and next steps.
3. Strike Three – removal from the team at the coaches discretion.

Transportation

4. All members are responsible for their own transportation to and from practice, games, and events.
5. Lack of transportation will NOT be considered an excused absence.

Fundraising Events

1. All fundraising events must have the approval of the coach. They may begin prior to the beginning of the season.
2. Any profit raised on behalf of Lakeridge Junior Cheer will be deposited in the team Community School account.

Uniforms

1. Each member will be responsible for the purchase of the basic uniform as well as extra items, which will remain in his/her possession. This can include, but is not limited to shoes, socks, briefs, bodysuit, warm-up jackets and pants, bags, and other accessories.
2. All uniforms must be clean when worn.

Summer Camp and Summer Practices

1. Summer practices will be scheduled as needed and will be up to the discretion of the coach.
2. Junior Team members will attend an overnight summer camp. The camp and the dates will be pre-determined by the coach, prior to tryouts.
3. **Sideline Camp takes place in August and is MANDATORY. There will be no exceptions to this rule.**

Tumbling/Team Training Classes

1. All junior cheerleaders (7th & 8th grade) will attend tumbling/team training classes at Lakeridge High School. They will attend classes once a week in September and October.
2. Tumbling is an extremely important part of cheerleading. These classes will help your child learn not only gymnastic skills, but body control, conditioning, and kinesthetic awareness.
3. Tumbling/team training classes are REQUIRED and will be treated as a regular practice. Attendance will be taken and the same policies for practices apply to tumbling/team training classes. **No unexcused absences allowed.**

Quitting/Suspended from the Team

1. Quitting or being suspended from the team prior to the end of the season will NOT result in repayment for any items that have been purchased specifically for the participant. This includes, but is not limited to, uniforms, uniform accessories, camps, clinics, and registration fees.
2. Quitting or being suspended from the team prior to the end of season may result in student not being allowed to return to the program the following year. If you have quit the program in the past, you are required to meet with the coaches prior to tryouts/sign-ups to discuss eligibility.

Social Media Policy

1. Lakeridge Cheerleading does not tolerate any sort of bullying, hazing, foul language, or improper conduct on social media. This includes, but is not limited to, Facebook, Twitter, Instagram, Snapchat. Lakeridge Cheerleading has a team Facebook, Twitter, and Instagram that you are required to follow if you are on the team and if you use those sites. Coaches monitor at all times. Respect for our program, school, community, and sport is of utmost importance.

Financial Commitment

All prices listed are an estimate and may change when actual items are ordered. Costs for participation are high, so we are willing to work out payment plans if needed. The cost of participation is paid over three (3) payments, with the first payment due before the first practice. Please note that shoes are not included and must be purchased on your own. Coaches will provide link to inexpensive options.

<u>Item</u>	
Sideline Registration Fee	\$400.00
Uniform*	\$175.00
Practice shirts	\$10.00
Sweatshirt	\$25.00
Poms	\$30.00
Bow	\$5.00
Backpack (optional)	\$20.00
Tumbling Fee**	\$150.00
Summer Camp Fee**	\$119.00

*Uniforms are only purchased for youth team participants. This is a new uniform year.

**Tumbling & Summer Camp fees are only for our Junior Sideline Team (7th & 8th graders) and covers June through October.

**Approx Total for members (w/ optional item) \$665.00 – Youth Team
\$790.00 – Junior Team**

Payment schedule:

Sideline Registration Fee (\$400.00)	- Registration link live April 14 th – May 12 th
Summer Camp Fee (\$119.00)	- June 1 st
Payment #2 (\$120.00-\$265.00)	- August 18 ^h
Sideline Tumbling for Juniors (\$150.00)*	- September 4 th

*Sideline Tumbling of \$150 covers 5 months of tumbling and is only for our Junior Sideline Team.

Financial Hardships

1. It is possible to get the Sideline Registration Fee partially or fully waived if the family qualifies for the free or reduced lunch program. Please discuss with the Lake Oswego Community School prior to registration.
2. There is NO scholarship program for items the cheerleader keeps or for services that the child receives. This includes, but is not limited to: camp, uniform, poms, shoes, warm-ups, shirts, shorts, bow. There is also NO scholarship program for the Competition Team. We do provide payment plans and also accept credit cards.

Cheer Team Finances

1. Registration Fee must be paid to the Lake Oswego Community School prior to participation. This fee includes all coaching fees and community school fees. This payment **MUST** be made via the Community School website.
2. All money expended by and for the cheerleaders shall be budgeted by the coaches.
3. The funds must be in the cheerleading account before purchasing anything. All expenditures need to go through the coach first.
4. All payments, unless otherwise noted, must be made out to Lakeridge Cheerleading and given to a coach.