LAKERIDGE CHEER
VARSITY TEAM HANDBOOK
2026-2027

Please follow the following steps to ensure that your son/daughter may participate in the Lakeridge Cheer Program for the 2026-2027 school year.

1. Read the Lakeridge Cheer Team Handbook
2. Athlete must fill out Team Registration Form online by Monday, May 18th.
3. Athlete attends Team Meeting on Tuesday, May 19th, 5:00-7:00pm.
4. **Fill out, sign, and return Team Contract. Team Contract will be handed out at the Team Meeting on 5/19.**

   Team Contract includes:
   - Summer Vacation Plans
   - Financial Agreement
   - Student and Parent Agreement
   - Medical Release

COACHING STAFF

• High School Head Coach	Christine Langley	email: lakeridgecheer@yahoo.com
• High School Assistant Coach	Lily Andrews	email: lhscoachlily@gmail.com
• Rec Program Coach	Ella Guffee	email: lakeridgereccheer@gmail.com
• Rec Program Coach	Maddie Cruz	email: lakeridgeyouthcheer@gmail.com
• Conditioning & Tumbling Coach	Etta Amundson	email: esusemiehl@gmail.com

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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; 5) compete, at the coaches' discretion, at the State and National level.

Membership

There will be up to one (1) Varsity Sideline Team, one (1) Varsity Game Day Competition Team and one (1) Varsity Traditional Competition Team.

All cheerleaders will cheer at football games in the fall, basketball in the winter and may compete in the winter.

The Varsity Game Day Competition and Traditional Competition Teams will be selected at the end of the summer. Varsity Game Day Competition Team will be made up of sixteen (16) to thirty (30) members and the Varsity Traditional Competition Team will be made up of nine (9) to thirty (30) members, at the coaches' discretion.

OSAA Eligibility

All those participating in or planning to participate in cheer must be passing five (5) classes and on the path for graduation. There will be random grade checks done in order to ensure that everyone is eligible. **Members must also maintain a 2.0 GPA.**

Terms

All cheerleaders will register the year prior to their service and will serve during the school year following registration, as designated. For those named to the Game Day and/or Traditional Competition Team, athletes will be selected based on results of judging in a variety of areas. Final decision will be up the coaches. **There will be no discussion of team placement.**

Requirements

1. All members must read and sign the Lakeridge High School Cheer Student/Parent Agreement.
2. **All members must select the season(s) that they wish to participate in (winter and/or fall) and commit fully to that season. Participation in other Lakeridge Sports or Activities during selected season(s) of cheer is not allowed.**
3. All members should be aware that cheer duties (practice, games, etc.) must be first in importance of their extracurricular activities.
4. All members must be passing five (5) of their classes and on the path for graduation. They must be enrolled in at least five (5) classes at the time of registration and during the term of cheerleading. Member's grades will be checked every two (2) weeks by the Lakeridge Athletic Department. Should they have any D's or F's at that time, they will be placed on academic tutoring/study tables. If, at the end of the semester, the grades have not been brought to standards, the member will be dismissed from the team.
5. **All members must participate in all practices and all assigned games, events, and competitions, as indicated on the team calendar, for each season they are registered for.**
6. Members are expected to cooperate with other student groups to assist the Athletic Director, ASB Director, coaches, teams, and the student council with special requests.
7. Members will act as hosts to visiting squads and teams.
8. Members are responsible to help control the attitude of the crowd, as much as possible. They should help keep the students at Lakeridge High School from acting in an unsportsmanlike manner.
9. All team decisions will be governed by the majority vote and/or coaches' approval.

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 <u>NOT EXCUSED</u>. Please plan accordingly. More than 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.
6. **Missing the practice prior to a competition may result in the athlete NOT performing with the team that weekend.**

Conduct

1. All members should abide by the rules set forth in this constitution and the student handbook, as well as the athletic eligibility rules.
2. 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.
3. Members should promote good sportsmanlike conduct and school spirit through cooperation with other students, teachers, coaches, and administrators.
4. There will be no smoking, drinking, or drug use tolerated.
5. BE ON TIME FOR GAMES, PRACTICES, AND COMPETITIONS!!
6. Jewelry (such as necklaces, earrings, bracelets, rings, watches, and ANY PIERCINGS) will not be worn while performing or practicing.
7. Cell phones will not be allowed out at practice. Turn ringers off!!!
8. There will be no unsportsmanlike behavior, taunting, teasing, hazing, etc. towards teammates OR towards other sports and activity programs at Lakeridge or other schools.
9. Quitting 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 registration to discuss eligibility.
10. Members will stay together as a team throughout the assigned event. They should not be with boyfriends and/or girlfriends during the games or practices. When a cheerleader needs a break (drink or use the restroom) they may not all go at the same time.
11. Do not chew gum, eat, drink, or visit with friends while at games or practices, as well as other inappropriate times.

Discipline (Suspension, Dismissal) And Reinstatement

1. If a member misses a practice or game (unexcused), a written or oral excuse must be submitted BEFORE the member performs again.
2. Members may be suspended from the team for one or more of the following reasons:
    a. Unexcused absence from a practice, game, or other event.
    b. Failing to pass 5 classes.
    c. Skipping classes.
    d. Violation of the transportation policy.
    e. Lack of participation in team activities, as determined by the coach.
    f. Uncooperative attitude with fellow team members or coach, such as being disrespectful or disagreeable and not willing to work as a group.
3. Members may be dismissed from the team for one or more of the following:
    a. Continued violation of any of the above, stated in suspension.
    b. If at the end of the quarter or after said probation period, their grades have not improved.
    c. Violation of LHS Code of Conduct.
    d. Uncooperative attitude with fellow team members or coach, such as being disrespectful or disagreeable and not willing to work as a group.
4. Procedures for reinstatement
    a. If the suspension is because of grades, suspension shall be enforced until the next grading period.
    b. If the suspension is due to lack of participation or attitude, the coach and Athletic Director will determine the reinstatement procedure.
    c. If the suspension is due to violation of the transportation policy, the coach and Athletic Director will determine the reinstatement procedure.
    d. If the suspension is because of inappropriate conduct, suspension shall be enforced as stated in the LHS Athletic Code of Conduct.
5. Definition of Suspension
    a. The suspended member may be able to practice, but cannot perform at any games, competitions, or community events.

Transportation

1. When school transportation is not provided, all members are responsible for their own transportation to and from practice, games, events, and competitions.
2. Lack of transportation will NOT be considered an excused absence.
3. Athletes will carpool with parents and other team members to away games and competitions when there is no school transportation available. Athletes MUST stay in cars that their parents allow them to ride in (see district transportation release). The only exception is when a written, and signed, note is received by the coach from the parents prior to the occurrence. No member will be allowed to ride with anyone other than his or her parent or said adult on these occasions. **There will be NO exceptions!**

Fundraising Events

1. All fundraising events must have the approval of the coach. They may begin prior to the beginning of the season (in the summer).
2. All team members must attend and participate in all fundraisers.
3. Any profit raised on behalf of Lakeridge Cheer will be deposited in the team ASB account or the Lakeridge Cheerleading non-profit bank account.
4. The coach must approve all expenditures.

Uniforms

1. Each athlete will be responsible for the purchase of all items which will remain in his/her possession. This may include shoes, practice gear, warm-up jackets and leggings/joggers, poms, bow, bags, and other accessories.
2. All uniforms must be clean when worn.
3. Athletes must return any borrowed uniform items at the end of season thoroughly washed and dried.

Summer Camp and Summer Practices

1. All team members are required to attend a specific summer camp. The camp and the dates will be pre-determined by the coach, prior to registration.
2. Summer practices and conditioning will be scheduled prior to registration and will be up to the discretion of the coach. Please note that all summer practices are required only if participant is in town and not on vacation.
3. **Sideline Camp will take place during the two weeks prior to school starting and is MANDATORY. This is the official start of the OSAA sanctioned season. There will be no exceptions to this rule.**

Physical Condition and Insurance

1. All team members must have insurance coverage as is required of all the other sports in the district. Parents must supply the necessary information before the student participates in cheer or dance.
2. Any member needing a doctor's care for injury or illness may not participate in performances until the coach has received a release from the doctor or clearance from the member's parent.
3. You must complete the necessary health insurance forms and get a physical before the start of the season.

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 competition 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 registration 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, Instagram, Snapchat, and TikTok. Lakeridge Cheerleading has a team Facebook 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.

Communication Policy

1. Parents and cheerleaders will receive a weekly newsletter via ParentSquare with updated info.
2. Any email, texts, or other in-app messages to coaches need to be sent to **ALL** Varsity coaches, in the same message.
3. Coaches appreciate email communication so there is a paper trail of what is discussed.

Lettering Policy

1. Varsity members will receive an athletic letter at the end of the season if they have cheered at the majority of the games for either season (fall or winter). Final decision on who letters is up to the coaches discretion and will not be challenged.

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 a four (4) month period, with the first payment due at the first practice. We have moved to a uniform bank system where uniforms will be loaned out to athletes for the year. All items that you purchase, you keep. Please note that shoes are not included and must be purchased on your own. Coaches will provide link to inexpensive options.

Item	
Camp	$525.00
Conditioning/Stunt Fee	$100.00
Practice Gear	$375.00
Poms & Bow	$100.00
Approx Total	**$1,100.00**

Payment schedule:

June 1st — Camp/Payment – $525.00

August 24th — Gear/Stunt Payment – $575.00

August 24th — Athletic Fee – $350.00*

*Athletic Fee (or the Pay-to-Play Fee) is a separate fee paid directly to the school in order to participate in cheer at Lakeridge. This is a district mandated fee and all payments go directly to the district. **You may request a waiver if you qualify for free or reduced lunch.**

September 10th — Tumbling – $275.00**

**The $275 fee covers 9 months of tumbling from June until February.

Cheer Team Finances

1. All money expended by and for the cheerleaders shall be budgeted by the coach and the Lakeridge High School Bookkeeper.
2. The funds must be in the cheerleading account before purchasing anything. All expenditures need to go through the coach first.
3. All payments must be made out to Lakeridge and given to either the Lakeridge High School Bookkeeper or to the coach prior to or on the date due. **If given to the Bookkeeper, the coach MUST receive a receipt showing it was paid.**

Tumbling/Team Training Classes

1. All cheerleaders will attend tumbling/team training classes at a facility determined by the coach. They will attend classes once a week from June-February.
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 policy for practices apply to tumbling/team training classes. **No unexcused absences allowed.**

RULES AND EXPECTATIONS OVERVIEW

PRACTICES

- **MANDATORY - only illness or family emergency will be excused.**
- DO NOT BE LATE!!!
- All members MUST be in MATCHING practice gear, as determined by coaches.
- No gum chewing, ABSOLUTELY no jewelry, hair secured back tightly, & no long nails.
- Cell phones MUST be turned OFF.

GAMES

- See rules regarding practices.
- Arrive for game at assigned time.
- Arrive in designated practice gear or uniform.
- No eating or drinking during game time, and no socializing with friends or family during game time.
- Stay in assigned formation at all times.
- Know ALL material and do ONLY stunts approved by coaches.

UNIFORMS

- Uniform is to be worn in its entirety or not at all. This includes proper undergarments, hair accessories, socks, shoes, briefs, etc.
- Upkeep and care are cheerleader's responsibility.
- Cheerleaders must return any borrowed uniform items at the end of season thoroughly washed and dried.
- Do not lend out ANY part of your uniform - it is NOT a Halloween costume!
- When in uniform do not conduct yourself in a manner embarrassing to yourself or the team.

ELIGIBILITY

- All cheerleaders MUST be passing at least five classes.
- They must be enrolled in at least five classes per semester while cheering.

CONDUCT

- Follow LHS Code of Conduct
- No smoking, drinking, or drug use allowed.
- No foul language.
- Regular school attendance required – NO SKIPPING!!!
- Treat coaches, teammates, parents, and school staff with respect at all times.

TEAM VIOLATIONS & POINT SYSTEM

Every member starts with 50 points and deductions are made according to violation. Lose all 50 points, lose your letter!

- Missing pieces to uniform or practice gear: 1 point deduction per missing item.
- Arriving unprepared (no lip, hair down, no shoes): 1 point deduction per instance.
- Not letting coaches know in advance if you are ill and will miss practice or event: 3 point deduction.
- Unexcused tardy: Every late arrival, one minute to 5 minutes, will result in a 3 point deduction. Three late arrivals result in one unexcused absence. If a member is more than 5 minutes late without prior arrangement with the coach, it will be considered an unexcused absence.
- Unexcused practice or tumbling absence: Will sit out one quarter of a game and given a 5 point deduction.
- Unexcused missed game or event: Will sit out at following weeks game and given 10 point deduction.
- **Three unexcused practices, games or events: Dismissal from the team**
- Skipping classes: Will sit out at that week's game and given 10 point deduction.
- Disruptive behavior/attitude:
  - First: Warning*
  - Second: Meeting with parents*
  - Third: Dismissal from team
  - *other consequences may be assigned at the discretion of the coach
- Misuse of uniform: Forfeit to coaches