

Eaglecrest Cheerleading
Tryout Packet
2023-2024 Season



All paperwork must be turned into the coaches on April 24th by 5pm:

1

Go to www.eaglecrestcheer.com and complete the Athlete Info Form.

2

Read and sign the CCSD participation waiver and bring to tryouts.

3

Read and sign the expectations contract and bring to tryouts.

4

Obtain a current sports physical and bring a copy to tryouts.

5

Bring a printout of your current grades (PowerSchool printout).

CHERRY CREEK SCHOOL DISTRICT
EAGLECREST HIGH SCHOOL
**PERMISSION TO PARTICIPATE/
RELEASE, ACKNOWLEDGEMENT OF RISK, ASSUMPTION OF
PERSONAL RESPONSIBILITY AND INDEMNITY**

I/We, the undersigned Parents/Guardians of _____ (herein Child), hereby give our consent and permission for our child to participate in and attend the _____ (Activity) which shall occur on _____.

I/we understand that during my child's participation in the Activity; he/she may be exposed to risk or possible injury. I/we understand that I/we assume the risk for any injuries or damages resulting from my child's participation in this activity. I/we have accepted responsibility to verify with my physician that my child has no physical or psychological problems that would prohibit his/her participation in the activity. I/we understand and accept that Cherry Creek School District and its schools cannot delay the return of students, staff, and other chaperones due to the illness or injury of/to your child. I/we understand that I/we assume the risk and costs to travel to care for my child if my child contracts an illness/injury, including COVID, that prevents my child from traveling to or home from the activity on the scheduled flight or ground transport.

I/we understand, and my child agrees, that my child is to adhere to all school and Cherry Creek School District student policies and procedures, including disciplinary policies and procedures, while on this trip. I/we grant permission to the Sponsors to do what is recommended and necessary to control or modify any behavior by my child who they (sponsors) perceive as being a violation of these policies and procedures and to do so in a manner that promptly solves the perceived violation.

I/we, in return for my child's opportunity to participate in the Activity do hereby exempt and release Cherry Creek School District, its directors, officers, employees, volunteers and agents from any and all liability, claims, demands or actions whatsoever arising out of any damage, loss or injury that my child or I/we might sustain while my child is participating in the activity, whether or not such damage, loss or injury results from the acts or omissions of Cherry Creek School District, its directors, officers, employees, volunteers or agents. I/we understand that if I/we do not sign this Release, then my child will not be permitted to participate in the Activity. I/we hereby represent that I am/we are 18 years of age or older, and that I am/we are the parent(s) guardian(s) of the Participant.

Cherry Creek School District reserves the right to cancel any trip or activity, for a single participant, number of participants or the entire group at any time it believes it is necessary for the health or safety interest of students and/or staff members. If such action is made, the District does not assume any liability for any loss or damage related to the cancellation decision.

I/we further acknowledge that no representations or promises by Cherry Creek School District representatives have been made to induce me to sign this Release. I/we further agree to indemnify, hold harmless and defend Cherry Creek School District, from any claim, cause of action or demand, of any sort or nature, which may at any time be filed or asserted by the Participants participation in the Activity which indemnification shall include any costs and attorneys' fees that may be incurred as a result of any claims, causes of action or demands. This release is valid and effective whether the damage, loss or injury is a result of any act or omission on the part of Cherry Creek School District or its agents, volunteers, or employees. I understand that I voluntarily give up my right to sue the above-mentioned parties.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF ALL LIABILITY AND A WAIVER OF ANY RIGHT THAT I MAY HAVE ON BEHALF OF MYSELF AND/OR MY CHILD/WARD TO BRING LEGAL ACTION OR ASSERT CLAIM FOR INJURY OR LOSS OF ANY KIND AGAINST CHERRY CREEK SCHOOL DISTRICT. IF ANY ATTEMPT FOR CLAIM IS MADE, I UNDERSTAND I WILL BE RESPONSIBLE FOR ALL DEFENSE COSTS INCURRED.

I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THE ABOVE, BEEN GIVEN THE OPPORTUNITY TO ASK QUESTIONS, CONSIDER ITS EFFECTS, UNDERSTAND THIS ENTIRE DOCUMENT AND AGREE TO BE BOUND BY ITS TERMS.

Signature of Parent/Legal Guardian

Date

Athlete Name _____

2023-24 Eaglecrest Cheerleading
Expectations Contract

1) Eligibility

Grades

- Grades are pulled by the athletic office on a weekly basis.
- Athletes with a D or F in one or more classes will be required to work with the cheerleading academic coach until the grade improves.
- CHSAA guidelines do not permit more than one F at any time during the school year.
- If you have more than one F you will be ineligible and benched from all events that week.

Attendance

- Unexcused absences from class are not acceptable. Unexcused absences are monitored on a weekly basis by the athletic department.
- Athletes who have unexcused absences will be ineligible for the next week of athletic participation.

Consequence: Eligibility runs from Monday to Saturday. If you are ineligible for grades or attendance, you are still required to attend practice and events in uniform and sit with your coach. **Athletes who remain ineligible for consecutive weeks will have a meeting with their parents and coach to discuss an action plan and/or removal from the team to focus on academics.**

Parent/Guardian Initials _____

Athlete's Initials _____

2) Time Commitment

Absences

- In order for the team to function at full potential, it is critical for all team members to be present. If a team member is absent another athlete will be asked to step in for that day or longer.
- If an athlete is going to be absent, please notify a coach as soon as possible.
- Absences can occur at practices, tumbling, games, performances, competitions or designated events. Only one absence can occur each day.
- Athletes on the Varsity and JV Red team are expected to be enrolled and attend Sports Training. This class time will be respected the same as practice time and should not be used to schedule personal appointments.
- All members are expected to make arrangements around our scheduled events. This includes doctor appointments, family functions, vacations, birthday celebrations, work, babysitting etc. As a coaching staff, we will post practices, games, and other scheduled events at least two weeks in advance on your team's website. There may be situations when last minute schedule changes occur due to weather conditions,

playoff games, community events etc.

- o Athletes are to arrive 1 hour prior to the scheduled time for football games, and 30 minutes prior to all other games. Athletes are expected to be on time and present for the entire game/event, unless prior approval has been made with your coach.
- o All school functions (choir concerts, AP study sessions, student council events, etc.) will be counted as an absence unless your coach is notified one week in advance in writing.
- o Academic support from teachers needs to be taken care of outside of scheduled practice times, before school or during an off period.
- o Athletes who are absent due to illness will need to work with a coach to make up missed practice time. Long term illness will be dealt with on an individual basis.
- o Extreme family emergencies require notification from a parent as soon as possible. These situations will be dealt with on an individual basis between the parent, coach and athlete.
- o Medical treatment (including taping and icing) must be handled before the start of practice.
- o A tardy can occur when an athlete is more than ten minutes late or leaves more than 10 minutes early. This includes practice, tumbling, or any other scheduled events.

Consequence: Any time an athlete is absent from an event the athlete will be warned, parents will be notified and the athlete will be benched from one activity. Multiple tardies and absences will result in a parent meeting and potential dismissal from the team.

Parent/Guardian Initials _____

Athlete's Initials _____

3) **Behavior and Conduct**

Drugs and Alcohol

- o Athletes on the Eaglecrest Cheerleading team follow the rules and guidelines of Eaglecrest High School and the Cherry Creek School District regarding behavior, drugs, and alcohol. Athletes who violate district policies will incur appropriate consequences in accordance with the violation.

Behavior and Sportsmanship

- o Eaglecrest cheerleaders are expected to be respectful in the classroom, hallways, and study hall environment to teachers and staff members.
- o Athletes are expected to show positive sportsmanship at all practices and events. Negative and disrespectful behavior towards team members and the coaching staff will not be tolerated and could result in dismissal from the practice or event and possibly the team.
- o Bullying in any form will not be tolerated. Parents will be notified immediately if an athlete is involved and necessary steps will be taken.

Social Media

Positive and respectful representation of ourselves and others is a program value.

- All internet behavior must be appropriate.
- All cell phone behavior must be appropriate.
- Do not post or distribute inappropriate content.

Appearance

- **All forms of jewelry must be removed during all practices and athletic events. Athletes should not obtain new piercings while in season as they will not be allowed to practice, cheer games or compete without removing their jewelry. Covering piercings with band aids is not considered removal.**
- **Acrylic nails or natural nails that extend past your fingertips are not permitted at any time during the season.**
- The school dress code will be enforced.
- P.D.A is prohibited while in uniform or any EHS Cheer apparel on and off of school grounds.
- Team uniformity is important. Hair color must be natural and all hair pieces worn during competitions must be attached to your head.
- Tattoos must not be visible while in uniform. If you have a tattoo that is visible while in uniform you will be asked to cover it.

Consequence: Failure to comply with the expectations of the behavior and sportsmanship portion of the contract will result in a conversation between the athlete and their coach and could result in dismissal from the practice or event. Multiple infractions will result in a call to parents and/or dismissal from the team. Consequences for extreme cases of behavior will fall under your coach's discretion in conjunction with the athletic department.

Parent/Guardian Initials _____

Athlete's Initials _____

Financial Obligations

- Deposits and fees are non-refundable.
- If a member is removed from or chooses to quit the team, they are still responsible for payment of all items ordered.
- Athletes are responsible for all equipment checked out (uniforms and poms). Fines will be incurred if equipment is lost, damaged, or not returned.
- All payments will be applied to each account in the order that they were received. Account credits from fundraising cannot be reimbursed.
- Payment plan options are available to athletes who participate and meet fundraising goals.
- Delinquent payments may limit an athlete's ability to participate in practice or various events.

Parent/Guardian Initials _____

Athlete's Initials _____

Parent/Guardian Expectations

- o All parents/guardians are expected to display positive sportsmanship when representing Eaglecrest and Eaglecrest Cheerleading at games, competitions, and any other events.
- o Please follow the 24 hour rule. Wait 24 hours to contact the coaching staff unless it is an emergency.
- o All practices, tumbling sessions and clinics are closed. There will be open practices for family and friends and those dates will be communicated as scheduled.
- o Parent/guardian support is essential, please volunteer when able.
- o It is the parent/guardian’s responsibility to ensure that their athlete has a ride to scheduled practices and events and plan carpools with other parents.
- o Please follow the chain of command with questions or concerns in this order:
 - Athlete to Immediate Coach
 - Parent to Immediate Coach
 - Head Coach
 - Athletic Director
- o Unannounced meetings are not permitted. If you have an issue that requires a meeting, please work with us to schedule one during a time that works for all parties.

Parent/Guardian Initials _____

4) Lettering Requirements

To be considered for a varsity letter you must satisfy the following conditions:

1. An athlete must have completed a minimum of 95% of all scheduled events.
2. An athlete must participate in all team competitions, school assemblies, and required team activities.
3. Athletes are also evaluated on factors surrounding eligibility, behavior and conduct and outstanding financial obligations.
4. Varsity athletes must provide a sponsor to work at least one concession event.
5. Lettering guidelines apply to all athletes on the team including injured athletes.

Your consideration for a varsity letter is under the full discretion of the coaching staff, and the coaching staff’s decision is final.

AS A MEMBER OF THE EAGLECREST HIGH SCHOOL SPIRIT TEAM, I UNDERSTAND MY RESPONSIBILITY AS AN ATHLETE PARTICIPATING AND REPRESENTING EAGLECREST HIGH SCHOOL AND THE CONSEQUENCES OF VIOLATING ANY OF THE RULES EXPLAINED IN THIS CONTRACT.

ATHLETE’S SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____