TULPEHOCKEN JR. HIGH

CHEERLEADING HANDBOOK



WELCOME TO 2018-2019 JR. HIGH CHEERLEADING

**Cheerleading is a sport that consists of: jumping, stunting, cheers, dancing, and tumbling. If you are not prepared or willing to do all of these activities, it is suggested that you find another sport. By joining the team, you are agreeing to jump, stunt, cheer, dance, and perform beginning tumbling skills (at a minimum).**

**Warning: There is a possibility that you may get injured during practices, games, and/or competitions. Cheerleading is a high-risk, contact sport. As coaches, we are following all safety protocols for cheerleading and all safety rules set forth by the National Federation of State High School Sports (NFHS). We will not tolerate any cheerleader that does not follow safety rules. Failure to follow safety instructions as given may result in immediate dismissal from the team.**

**Our Purpose   
 to Promote school spirit , working as a team and improving physical fitness**

**Our Goals  
Is to have Fun and make new friendships too , to reach your personal and Team goals and to become a stronger and closer squad.**

**Tulpehocken JR high Cheerleading Point system;  
Our season will be ran on points**

**Points are given when rules are NOT being followed.   
5 points benched for a game   
10 Points kicked off the team**

**Each item on this list earns one point…**

1. **Inappropriate** behavior in/ out of uniform , durning school, on social media — you are representing the Tulpehocken Area School District !!!!!
2. **Cell phone** use durning practice (if coach didn’t tell you could have it) cell Phones take to much time durning breaks when you have a lot to learn
3. Not having **uniform or practice clothing**   
   **Practice clothing :   
   Shorts – shorts or capris if you are a flyer   
   Shorts should be long enough to cover if not must wear Spandex under shorts   
   yoga pants – leggings that are not see through   
   T shirt   
   Socks  
   Sneakers  
   Hair tied back (out of Face )**

**MISSING** practice or a game for no good reason  
 (school, sick, doctor appointment, hurt, family emergencies)- good reasons .. will take dr. Notes parent notes as well . If you know. ahead of time you won’t be at practice please tell the coach ASAP must tell coach your self .. no one else can tell coach yourself

1. **RESPECTING** COACHES — inside and outside of school / practice and this means to respect high school team members as well as coaches they are just trying to help to better your skills.
2. **Ineligible** — must keep your grades up every time you are ineligible that is a point . 3 ineligibles you are off the squad

**Rules/Regulations**

* No jewelry may be worn for any practice or games.
* Attendance at every game or practice is required by all cheerleaders.

(exceptions: illness, death in the family, grades, doctor appointments)

* Any appointment that causes an absence from practice will require a note at least 2 days prior to that day- this gives me time to re-plan the practice schedule for that day.
* All grade requirements given by the Tulpehocken Area School District must be met. (Cheerleading is important, but your grades come first!)
* School attendance requirements by the Tulpehocken Area School District must be met. (If you do not come to school, you cannot come to practice.)
* No PDA while in uniform or at practice- Remember that you’re representing your school.
* No gum- An obvious choking hazard and distraction at practice.
* Be prepared- bring all necessary uniform or practice articles. It not only affects yourself, but it also effects your team. (example: if a flyer forgets her shoes, there is no stunting)
* Communicate with your team, coach, parents and teachers - if you’re concerned, nervous or need help with anything from cheerleading to school work, ASK FOR HELP.
* Appropriate Dress is required for all practices and games. No tank tops or spandex may be worn by themselves, but under other clothes will be acceptable.

\*\*\*Part of being on the team requires you to purchase the necessary items of the uniform. If finances are an issue, talk to me and we can work something out. Some items that may be needed include: body liner, spanks, socks, sneakers and bow.

ABOUT THE COACH

HELLO!

My name is Katie Mease. Here’s about me...  
I graduated from Tulpehocken in 2012. While attending Tulpy I was a cheerleader 7-12th grade. I cheered for soccer and basketball and did competitions. After graduating Tulpy I attended Reading Area Community College, in Early Childhood Education. I graduated with an Associate Degree in May 2017. I also worked in a daycare for 5 years working with children from infants all the way up to 10-year-olds. This school year is my second year working for Tulpehocken as a sub paraprofessional. I work at all three schools. I am also Attending at Kutztown University Studding for a Bachelor’s Degree in Early Childhood Education. This is my Second year Coaching and I am excited to work with each one of you! If you have any questions, or concerns please talk to me I am here to help.

***HERES TO A FUN SEASON!***   
\*Coach Mease

Contact the coach



**Katie Mease   
Email - [measerr21@yahoo.com](mailto:measerr21@yahoo.com)   
Cell phone Call or text - 6106985481**

**\*\*\*\*\*\*Also Download Team app, this app has videos/ pictures from practices and games also a great way to keep in touch with me and the team …. I put updates it   
when you sign up look for :**

**Look for Tulpehocken Jr. High cheer   
\*\*\*\*\*\*\*Team app is important to download ! \*\*\*\*\*\*\*\*\*\*\*\***

**I try to keep in touch durning the season I send out reminders about games and practices**

**If you know you or your child will not be at practice or a game please let me know ahead time.**

**Thank you**

Items that are needed For the season :

Please go to [omnicheer.com](http://omnicheer.com) to purchase your materials for the season. You will need to have it all purchased before pictures/ and our first game. DATE for these are still to be announce : IF any problems to order anything please contact me

ITEM Color

Chasse boy Cut briefs………………………………….Royal Blue   
Chasse cropped V-Neck body suit ……….Royal Blue   
Any cheer sock (Ankle)……………………………… Royal Blue   
Chasse Glitter Performance hair bow…..GOLD   
Any cheer shoes……………………………………………..White   
Any bag for uniform and practice gear   
Sweet pants or yoga pants …………………………Black

\*\*\*\*\*I will supply the uniforms and pompoms

**Please fill this sheet out and return to coach**

**This Information is for coach Only no one else will see it**

Cheerleader Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader Cell phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Names : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Both Parent /Parents Cell Phone Number :  
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Cheerleader Email address :  
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Any other emails that wants updates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any other information that I would need to know :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PLEASE FILL OUT AND RETURN !

**CHEERLEADER RULES & REGULATIONS CONFIRMATION**

I, the student has read the Tulpehocken Jr. High cheerleading rules and regulations carefully and thoroughly. I agree to fully abide by the rules stated in the rules and regulations at all times. I understand the responsibilities of being a Tulpehocken cheerleader and will do my best to uphold the high standards of the squad. I will accept the decisions of the coach and the administration as well.

Cheerleader’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I, the parent, has read the Tulpehocken Jr. High cheerleading rules and regulations carefully and thoroughly. I agree to help my child comply with all policies, rules and regulations set forth. I understand the responsibilities of being a Tulpehocken cheerleader and will abide by the decisions of the coach and the administration as well.

Parent’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_