



2018-2019

Tryout & Informational Packet

Monday, October 22 - 3:45 - 6:00pm - Field House

Cheerleader & Parents/Guardians,

You will find that this packet contains an ample amount of information for you and your parent(s)/ guardian(s). The purpose of this packet is to inform you of what your expectations are as a Libertyville cheerleader.

In this packet you will be provided with the following:

- LHS welcome and program overview- *keep for your records*
- LHS Expectations and Regulations- *keep for your records*
- LHS Tryout Permission Form/ Participation Waiver- to be signed by cheerleader and parent(s)/ guardian(s) and returned at the first day of tryouts.
- LHS Expectations and Regulations signature form: to be signed by cheerleader and parent(s)/ guardian(s) and returned at the first day of tryouts.
- LHS Questionnaire: to be signed by cheerleader and parent(s)/guardian(s).

Items that require signatures must be turned in, in order for you to be able to tryout:

LHS Expectations and Regulations form, and tryout permission form

Tryout Date - Field House

Monday, October 22 - 3:45 - 6:00pm

*****If you have a conflict, you must contact Coach Vance before Thursday, Oct. 18*****

Results of your tryouts will be done in alphabetical last name order on Tuesday October 23 starting at 3:45 in the computer science room 122. Anyone who makes the Varsity roster will practice from 5-6pm

**There will be a mandatory parent meeting on Nov 27 at 6:15pm
in the cafeteria for all winter team participant families.**

Tryout Attire: Solid colored t-shirt, hair up and off your face with a white bow, black shorts, cheer or gym shoes, and game face. Remember there is NO jewelry or gum allowed. - NO cheerleading-related shirts allowed.

TRYOUT/CUTS

We offer JV and Varsity Cheerleading teams at LHS. Our maximum capacity as a program is 48 athletes, however, we will only take athletes that show committed potential and the ability to perform the necessary skills safely.

All athletes that tried out and made a team during Spring 2018 tryouts will be placed on a team, but are not guaranteed a spot on the competition floor and may switch levels from where they were placed in the summer/fall. Each athlete was informed of this multiple times during summer and fall practices.

October, 2018

Dear Parent(s)/ Guardian(s),

We are excited to hear that your athlete is interested in trying out for the 2018-2019 JV, and Varsity Cheerleading Squads. If your athlete is chosen to represent Libertyville High School as a member of the squad it will not only be an honor, but also a **major** commitment. The responsibilities are numerous and **must** be fully understood in advance. Please fill out the following release form and read the following rules and expectations explained in the LHS Cheer Bylaws.

**2018-2019 Libertyville High School Tryouts
Information and Parent Release Form**

(Slip must be brought with to tryouts for candidate to participate. Please PRINT clearly)

ATHLETE NAME: _____ Current Grade _____

PARENT(S)/GUARDIAN(S) NAME(S): _____

ADDRESS: _____

CITY: _____, IL ZIP _____

HOME PHONE NUMBER _____

PARENT(S)/GUARDIAN(S) CELL NUMBERS: _____

Parent e-mail address: _____

cheerleader LHS email address: _____

***IN CASE OF EMERGENCY AND PARENT(S)/GUARDIANS CAN NOT BE REACHED –
CONTACT:***

NAME: _____

PHONE NUMBER: _____

RELATIONSHIP: _____

We have read the Libertyville High School Cheerleading information packet. We understand the commitments associated with becoming a Libertyville High School Cheerleader. We understand the qualifying process and respect the final decisions of the selection process for the members of Libertyville High School Cheerleading Squad. We understand that cheerleading involves physical activity and skills may cause injury.

Cheerleader's Name (Print Clearly)

Cheerleader's Signature

Date

Parent(s)/Guardian(s) Signature

Date

LIBERTYVILLE HIGH SCHOOL CHEERLEADING BY-LAWS 2018-19

General Expectations of a Libertyville High School Cheerleader

- Attendance at **all** practices, games, competition, spirit events, community events, and fundraising is mandatory. Practice and game schedules are presented and announced in advance and therefore MANDATORY. Schedule changes not in control of the cheerleading coaching staff will be made known to squad members as soon as possible. When transportation is provided by the school, your athlete must ride to and from the athletic events with the team.
 - Fall season is 4 days a week with some weekend activities. Wednesdays will be our weekday off for most of Fall 2018— attendance is expected at the scheduled Wednesday practices
 - Winter season is generally 5-6 days a week. Practices Monday-Friday with competitions on the weekends. We do our best to consistently have a day off each week, but some weeks are difficult due to the basketball schedule.
 - Tumbling outside of scheduled practice is Mandatory Summer & Fall and highly encouraged in the winter. *Tumbling Classes are available in the Libertyville, Mundelein, Grayslake and Barrington areas.*
- Members of all Cheerleading Squads will be responsible for (not limited to) the purchase of cheerleading equipment, shoes, clothes, camps and clinics. This is outlined in the cheer packet.
- Additionally, all squad members will participate in fundraising activities, i.e.- camps and clinics, etc., and any other events deemed necessary for the program.
- As a member of the squad, your athlete will be responsible for maintaining a good academic and behavioral record. This is monitored on a weekly basis in accordance with LHS and IHSA guidelines.
- **All members are required to follow the rules set forth in the Cheerleading Contract and the Students Handbook/ Athletic Code. LHS Cheerleading squads follow IHSA rules and those set forth in the NFHS Sprit rules book.**

After you have discussed these requirements and reviewed the packet of information with your son or daughter and agree to make the commitment if chosen for a squad, please sign the attached tryout permission form.

YOUR SON OR DAUGHTER MUST BRING THE SIGNED FORMS IN THE FRONT OF THE PACKET TO TRYOUTS AS WELL AS FILLING OUT THE ONLINE FORMS.

Please contact Head Coach Erin Vance, at erin.vance@d128.org with any questions.

LHS CHEERLEADING PROGRAM BY-LAWS

EXPECTATIONS & REGULATIONS

All Cheerleaders must participate in sideline cheerleading for football and basketball season. You cannot choose to cheer only football or only basketball season. If you were on the team the year before, it does not guarantee you a spot for the following year. A veteran can be cut, or a person who is on Varsity can be placed on JV for the following year.

If you are chosen as a member of this squad, you are making a major commitment. Any member of this team will not be allowed to participate in any other spirit group (Poms) or any fall or winter sport at LHS or a club team (All-Star Program) during the fall and winter season. **Members are, however, encouraged to participate in a spring sport or the spring play at LHS, or join a post season cheer team like ICE Aftershock (Barrington).**

A cheerleader can get moved up or down levels within the program at the coaching staff discretion. You can start on Varsity and get moved to JV or vice versa. If a cheerleader does not know the material or keep the required skills up, they can be removed from the program. **Competition teams will be determined during October's re-evaluation.**

ACADEMICS

The LHS Cheerleading program expects academics to be each participant's first priority. LHS cheerleaders are expected to follow the LHS rules for eligibility set forth by the IHSA. Tutoring however is not an excused absence for practices or games. Cheerleaders must budget their time to balance academics, athletics, and family.

PRACTICES

Practices are closed to parents; all cheerleaders are expected to arrive at practice 10 minutes early to rollout mats. Practice location may vary based on gym availability or space needs. Most Varsity after-school practices will run from 3:45-6:00pm. JV will have some after school practices, but many will start go from 4:30-6:45 to allow for both teams to have adequate 'full mat' time. Study areas are available for JV athletes who choose to stay after school to complete schoolwork.

Schedules will be given out at the beginning of each season. Please keep in mind that practices may be changed due to weather or added to aid in assembly/competition preparation. Attendance to all practices, games, competitions, fundraisers, and community events are MANDATORY.

NO CELL PHONES AND NO TEXTING DURING PRACTICES, AND/OR GAMES. If an emergency in the family arises, parents may contact the coaches. Cheerleaders will be allowed to contact a parent if a transportation issue arises.

GAMES

Cheerleaders will cheer at all home and away Football Games in the fall season. Teams will only cheer at boys and girls home basketball games during winter season. Cheerleaders will not cheer at some basketball games when it conflicts with the competition schedule or preparation. Basketball games will be selected in advance by the coaching staff and athletic director.

If a participant is absent from school on a practice or game day, he/she may not participate in any event that same day. If absent for any reason, it is the cheerleaders responsibility to contact their coach by text, e-mail,

or phone call by 1:00pm. **Any excuse other than sickness must be sent by the athlete's parent or guardian.** Failure to do so by the given time will result in an unexcused absence.

ABSENCES

Cheerleaders and parents must do their best to limit the number of absences during fall and winter seasons. Adequate time for family and travel will be given around the holidays. **All doctors appointments are to be made without conflicting the cheerleading schedule as much as possible.**

Excused- doctor's appointment-note must be given to coach upon return, excused from school, religious events, family birthday, sickness, college visit-note must be given to coach prior to absence

Unexcused- no call prior to absence, missing paperwork, ditching school, complete no-show, detention/ Saturday school, friend's birthdays, concerts, pro-sports games, etc.

TARDY & ABSENCE CONSEQUENCES

**Absences due to illness do not fall into any of these categories, however competition spots are not guaranteed if time is missed due to illness the week of a competition.

Football Season

MISSED PRACTICE OR EVENT-EXCUSED

- #1 - 20 minutes extra conditioning
- #2 - 45 minutes extra conditioning
- #3 - 1 hour community service
- #4 - Removed from Homecoming Routine
- #5 - Meeting with parents / AD

MISSED PRACTICE OR EVENT-UNEXCUSED

- #1 - 45 minutes extra conditioning
- #2 - Removal from Homecoming Routine
- #3 - 2 hour community service & Meeting with Parents
- #4 - Removal From Team

Basketball/ Competitive Season

MISSED PRACTICE OR EVENT-EXCUSED

- #1 - 30 minutes extra conditioning or removed from competition
- #2 - 1 Hour extra conditioning or removed from competition
- #3 - Removed from competition routine
- #4 - Meeting with parents / AD

MISSED PRACTICE OR EVENT-UNEXCUSED

- #1 - Removed from competition routine
- #2 - Removed from competition routine & extra basketball game, meeting with AD and parents
- #3 - Removal From Team following meeting with AD

Tardies:

Practice begins at the scheduled time. Cheerleaders should be dressed and ready at the scheduled time, not just walking in the gym. The following policy will be used for tardies to practices and events:

- Tardy #1 - 15 minutes conditioning after practice
- Tardy #2 - 30 minutes conditioning after practice
- Tardy #3 - 1 hour LHS community service
- Tardy #4 - Unexcused absence & Parent meeting

All cheerleaders can and are encouraged to be in a spring sport, activity or fine arts performance.

Cheerleaders can participate in an All-Star program **AFTER** the competitive season is over. This is an IHSA rule. If you have any further questions please contact Coach Vance.

Any sport or activity that is not sponsored through LHS is never excused from a LHS Cheerleading event, practice, game, camp and/or any cheerleading function. Any absence due to attending a sport or activity that is not sponsored by LHS is automatically unexcused

***If an athlete is absent from school or practice during Homecoming week, the athlete will not be allowed to participate in the Homecoming performances!* —Same rules apply for the week of a competition.**

TRANSPORTATION

Cheerleaders must ride the athletic bus to and from events. In certain cases, if a cheerleader needs to leave early from an event a written note needs to be given to the coach 24 hours prior to that event. Cheerleaders will only be released to their parent/guardian. NO cheerleader will be released to friends, friend's parents, or siblings.

They must be in full uniform or warm-up to travel in. We do not travel to any cheerleading function in street clothing. If they do not have the on the proper attire, they will be sent home with an unexcused absence.

ATTIRE

Cheerleaders are representatives of LHS in school and out. Anytime LHS cheerleading apparel is worn, athletes are expected to be model citizens and follow LHS and Cheer rules. This is ANYTIME and not just at practices, games, or competitions. We want to be role models for younger cheerleaders in the community.

AT ALL PRACTICES AND GAMES:

NO JEWELRY Including watches, necklaces, rings, earrings, gauges, and anything else pierced. (If just pierced, they are to be removed and will not be permitted to participate if not taken out.)

NAILS KEPT SHORT & NO ACRYLIC/FAKE NAILS - Any fake nails applied for dances must be removed before participating in a practice or game. Nail polish must be a skin tone/neutral color or clear.

NO GLITTER

NO GUM

NO UNNATURAL HAIR DYE (outside of temporary for school spirit events)— Accent color highlights are fine.

NO SHOWING OF BRA STRAPS under game uniforms - you are responsible for your proper undergarments

Proper uniform for all games includes:

- Cheerleading uniform, black brief/boy shorts, cheer shoes, no-show WHITE socks, and designated hair bow.
- Hair Pulled back away from face and secured tightly so that it does not fall out during game activity.
- Warm-ups should be worn to and from games during cold weather.
- During wet weather conditions, competition cheer shoes should not be worn outside.
- No uniform skirt may be worn over warm-up pants.
- Flip-flops, boots (Uggs/ Hunters) or other non-cheerleading shoes are not to be worn with a piece of uniform (this includes warm-ups in school). Team designated gym shoes are the exception.

All cheerleaders should wear their Libertyville Cheerleading uniform with pride on game days and at all regular season games and tournaments (unless otherwise specified by the coach).

If you are sitting out due to non co-curricular reasons, you will sit out in full uniform. (This could be warm-ups, shirt and shorts, and/or uniform; it is up to the coaches' discretion).

Uniform Care Instructions:

- Uniform should be washed frequently, separate in cold water
- Uniform can be dried in the dryer!
- Turn uniforms with rhinestones inside out before washing on delicate cycle

- DO NOT DRY CLEAN - ruins elasticity in the material
- Please treat stains immediately — Parents, please make sure uniforms are washed regularly.
- Damaged, lost, or permanently stained uniforms will result in a fine from the LHS athletic department to help cover the cost of replacement

Competition

If an athlete is absent from school or practice the week of a scheduled competition they will not be allowed to participate in that weekend's competition. This includes missing a game or other event that week.

Both teams will compete in six competitions a year. In addition to the six competitions, Varsity will participate in the IHSA State Series.

****There will be no mandatory practices November 21-25 and December 23 - Jan. 6!**
to allow holiday time with family or travel.

*There will be open gym style practices over winter break to keep skills polished it is expected that if you are NOT traveling during winter break practices, you WILL attend.***

THIS IS RARE FOR A WINTER SPORT TO HAVE THIS MUCH ALLOWED VACATION TIME.

Competition Dates

DECEMBER

9th- Stevenson
15th- Rolling Meadows

JANUARY

12th- Grayslake North
13th- Niles West
18th- NSC Conference
19th- Fremd

JANUARY (Varsity only)

26th- IHSA Sectional**
***JV goes to support!*

FEBRUARY (Varsity only)

Feb 1st&2nd- State Finals

SPORTSMANSHIP

A LHS Cheerleader will:

- Uphold the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play
- Respect and abide by all program expectations set forth by coaches and the IHSA Spirit Rules, including, but not limited to proper attire, jewelry, hair, uniforms, and procedures.
- Respect and show courtesy to all coaches, teammates, visiting/home teams, competitors, hosts and officials, and respect the integrity and judgment of all sports and competition officials, coaches and school administration.
- Each cheerleader will follow the **Libertyville High School Code of Conduct**
- Each cheerleader will post on social media responsibly showing LHS Cheer and themselves in a positive and appropriate light.
- Each cheerleader will sign and adhere to the LHS Cheerleading Expectations and Regulations.

A LHS Parent will:

- Uphold the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play from the stands/sidelines as well as any public commentary on all social media platforms.
- Follow the chain of command for communication: Parent—> 1. Athlete—> 2. Coach—> 3. A.D.—> 4. LHS admin.
- Parent participation is appreciated. Attendance at quarterly WCPO meetings is expected. Decisions about team selection, coaching and program management are solely the responsibility of the coaching staff. Any day to day concerns should be directed to the cheerleader's level specific coach. All other parent concerns should be directed to the Head Coach.

TRAINING ROOM

The athletic training room is under the direct supervision of Ron Russ our head athletic trainer. The training room is a coed facility located at Libertyville High School. The athlete as a member of the cheerleading

program is responsible to report all injuries to the coach, and also to the athletic trainer. It is important that the athlete report not only injury, but also illness, which may affect the way the athlete is able to participate. If the athlete is under the care of a physician, the athletic training room needs to have this important information on file to aid in the recovery of the athlete.

TRAINING ROOM cont.

Priority of care will be given to the in season athletes. However, emergencies will be treated immediately. If your son or daughter has been injured, the athletic training room will notify you as soon as possible. If you are unreachable, the family physician will be contacted.

*If you have questions regarding the training room please feel free to contact Ron Russ, our athletic trainer, directly.

EXPENSES

New team members and all freshman will need to purchase ALL items and those previously on the team only need to purchase items they do not have or need to replace for the current year.

Competition season will incur additional costs of bows and team apparel.

PAYMENT

Most payments will be set up to pay through the d128 Webstore. These payments will occur at the end of May, July, September, and November. This allows for debit and credit card payment. Due to possible individual fundraising totals, some athletes may need to make payments to the WCPO instead.

Cheerleading Estimated Expenses 2018-19			
1st Year LHS CHEER MEMBERS		ALL LHS CHEER MEMBERS	
Black Team Backpack	\$45	Overnight Camp	\$370
Black Pro Shorts of choice	(2-3+ pair on your own)	College Instructors Skills Camp	\$100 (WCPO covering the rest)
Practice Cheer Shoes	\$50-80 (may already own)	Game / Trainer Shoe	\$75
Football 1/4 zip Sweatshirt	\$50 (used each year)	Practice Clothes	\$100
		Game & Competition Bows	\$55
ALL LHS CHEER MEMBERS		Competition Shoe	\$70-100 (4 options)
LHS Athletic Fee	\$60	Fall Team Spiritwear	\$50
LHS Summer Practices	\$200 through d128	Tumbling - various locations	\$185 per session

****If you have an outstanding balance from the season before, it must be paid in full in order to tryout ****

If a cheerleader quits the team, they will be responsible to pay for any pre-ordered items, re-choreography fee, and/or outstanding balances. There are no refunds for any camp/clinics, clothing and or anything else ordered and not received. If you sign up for a camp and decide not to go after the deadline, there are no refunds.

FUNDRAISING AND VOLUNTEERING WORK

As a part of the LHS Cheerleading program, each member will actively participate in fundraisers and volunteer work throughout the year.

Possible Fundraisers

Charity Mania Sweepstakes Summer/Fall

Wildcat Yard Signs

Restaurant Nights

Year Round

Year Round

Volunteering

Tentative Local 5k - volunteers

Any other deemed as necessary, but not limited to those above

Future Cats in the summer and winter

Feed My Starving Children / Relay for Life

ATHLETIC PAPERWORK

For the 2018-2019 season(s), all athletic department forms will be completed during school registration.

- Current physical needs to be on file. Please take directly to Athletic office, NOT to the coaches.

Don't forget to bring the signed By-Law agreement and paper tryout permission slip to the Tryout.

Make sure to fill out the online information google form to officially register for tryouts.

<https://goo.gl/forms/aKF9kYqf6AwAVHVv1>

Please sign and return bottom portion of this page

LIBERTYVILLE HIGH SCHOOL CHEERLEADING BY-LAWS 2017-18

I, _____ understand the role and responsibilities of being a Libertyville High School Cheerleader. I have read the By-Laws completely along with my parent/guardians(s). I am fully aware of the commitment and effort it takes to be an LHS Cheerleader.

I will uphold the academic standards set by the athletic handbook and be a strong example of the Life of a Wildcat social behaviors and athletic standards.

_____	_____	_____
Cheerleader's Name (print)	Cheerleader's Signature	Date

_____	_____	_____
Parent/Guardian's Name (print)	Parent/Guardian's Signature	Date