

# Rockford Middle School: Sideline Cheer 2020

Welcome to Rockford Cheerleading! We are excited you have your daughter as part of our 2020 team. Sideline cheer is a low-pressure way to introduce 7<sup>th</sup> and 8<sup>th</sup> graders to cheerleading. We learn proper stunting techniques, program-wide cheers, teamwork traits, leadership skills, health and wellness tips, and basic cheerleading principals. Over the course of the season, we will be cheering at all 8<sup>th</sup> grade home games and possibly one 7<sup>th</sup> grade game!

## **COACHES INFORMATION:**

Please contact us if you need anything throughout the season. We all work outside of the school system however are very quick to answer emails and calls as needed! Our team email this year will be: [RockfordMSCheerleading@gmail.com](mailto:RockfordMSCheerleading@gmail.com)

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## **REQUIREMENTS:**

### **Cost:**

- Pay to Play Fee of \$50.00 (***to be paid ONLINE through Family Access***)
- Long sleeve dry fit shirt
- Team jacket (Optional)
- White tennis shoes
- Plain black leggings to be purchased wherever you choose

### **Attendance:**

Attendance is mandatory at all practices and games. Cheerleaders who miss half a practice or more **for any reason** will sit out one quarter of the following game. We depend on each other for formations and stunting, therefore when people are absent or late, the entire team misses out. Material is required to be known in order to cheer so they must also be there to learn! Please do not schedule appointments during practice time.

Cheerleaders are expected to arrive at practice and games ready to cheer. Each cheerleader can be prepared for practice and games by having her hair pulled back, removing ALL jewelry whatsoever, and wearing appropriate clothing.

### **Behavior:**

Cheerleaders are expected to follow the RMS Code of Conduct at all cheer activities. In addition, we expect our cheerleaders to:

- Be respectful of teammates and coaches
- Try their best at all times
- Focus on cheerleading while at all practices and games
- Keep a positive attitude
- Communicate with coaches openly
- Have a fun and exciting season!

**Clothing:**

At Practice, a cheerleader should be in comfortable gym attire. This includes a t-shirt, shorts of appropriate length, sports bra, and tennis or cheer shoes. Briefs are not appropriate shorts and we will ask a cheerleader to find an alternative clothing option if they are worn. Wide strapped tank tops are ok, however spaghetti strapped tank tops are NOT. Being ready for practice includes: hair pulled back, no gum, and all jewelry removed. If such attire cannot be followed, a cheerleader will not be able to practice.

At games, our outfits will be dependent upon the weather. Girls are required to order a t-shirt, skort and team coat. If she already has the skort or team coat from the previous season, she does NOT need to order a new one. Girls will arrive to the game in their t-shirt and skort. If the weather permits, we will add our coats and/or change into pants. Cheerleaders are expected to bring ALL uniform items to games! Being game ready includes: hair pulled back, WHITE low cut socks worn with tennis shoes, no nail polish and no gum.

**Gymnastics:**

After a lot of thinking we decided not to offer gymnastics for the sideline season. Since it is a short season it would carry over into our competitive season and we would not get in a full eight-week session. However, Northstar is offering a tumble class on Monday evenings and we encourage you to sign up for that class especially if your daughter plans on trying out for the competitive cheerleading season.

**Practices:**

We don't have a lot of practices, so we practice hard! We recommend that girls bring a water bottle to practice. Practices will take place on Tuesday's from 5:30 pm to 7:30 pm at the NRMS track. We will practice on the track (weather permitting). Please plan to pick your cheerleader up on time or make arrangements to carpool. In years past we have sent out a carpool list due to Covid-19 we will not be offering a carpool list this season. Cheerleaders must attend at least 3 hours of school the day of practice/game to participate.

**Other Helpful Information:**

We do not hold try-outs for sideline cheer. We do follow the cheerleading rules and regulations of competitive cheer in regard to stunting and format for safety reasons. Grades and social media will be monitored. Girls will be placed into stunt groups based on strengths and usually moved around throughout the season as needed. The majority of our stunts will take place at the elevator (shoulder) level.

Girls who wish to continue in cheerleading after sideline has completed will have the option to try-out for the 7<sup>th</sup> and 8<sup>th</sup> grade competitive teams toward the end of October. More information will be given out at that time.