

# ACP SPIRITLINE CHEERLEADER HANDBOOK





# Practice Dress Code

- Wear the assigned clothing
- Hair must be in pony tail
- Fingernails must be short
- No jewelry
- No hoodies or sweatshirts on the mat
- Cheer shoes or athletic shoes should be worn based on activity



# Game Dress Code

- Hair must be worn as coach has requested
- Make up must be done as coach has requested
- No bra straps showing
- No show white socks must be worn
- No jewelry
- Nails must be short
- Bring your materials (there will not be any borrowing from the cheer room)
- Follow guidelines for travel attire



# Competition Dress Code

- Hair must be worn as coach has requested
- Make up must be done as coach has requested
- No bra straps showing
- No show white socks must be worn
- No jewelry
- Nails must be short
- Bring your materials (there will not be any borrowing from the cheer room)
- Follow Guidelines for travel attire

# Communication Expectations

- Ensure your notifications for Band are on.
- Check your weekly schedule on the Band app.
- Stay up to date with any information posted on Band
- Pose questions to your coach via the Band app or in person.
- Read the weekly newsletter.
- Bring your cheer binder to class every day.
  - Calendar
  - Character Lessons
  - Committee Information
  - Goals
  - Protocols
  - Handbook
  - Manual

# Spring Practices

Current athletes on the squad attend and practice with their squad

Rising 9th graders may attend IF signed up via CUSD

Camps/Clinics

- Conditioning
- Jumps
- Stunt Progressions
- Chants
- Tumbling
- Motion Technique

# Summer Practices

Current athletes on the squad and rising 9th graders may attend (practice with your assigned squad)

- Conditioning
- Jumps
- Stunt Progressions
- Chants
- Tumbling
- Motion Technique
- Material for the year
  - halftime dances
  - Assembly dances
  - Pre-Game routines
  - Game Day Run throughs
  - Cheers
  - Band Chant

# In Season Daily Practices

- Athletes need to be in the gym with mats out by the start of practice
  - Start with dynamic warm up
  - Motion Warm Up
  - Jump Warm Up
  - Tumble Warm Up
  - Stunt Warm Up
  - Material Practice
  - Conditioning
  - Mobility and Stretch
- Weekly and Daily Goals will be posted in the locker room
- Practice with your squad



# After School Practices

- Athletes need to be in the gym with mats out by the start of practice
  - Start with dynamic warm up
  - Jump Warm Up/Tumble Warm Up/Stunt Warm Up based on practice goal
  - Material Practice
  - Mobility and Stretch
- Weekly and Daily Goals will be posted in the locker room
- Practice with your squad

# Saturday Practices

- Athletes need to be in the gym with mats out by the start of practice
  - Evaluation/Reflection of Practice and Performance
  - Character Lesson
  - Grade Check
  - Start with dynamic warm up
  - Jump Warm Up/Tumble Warm Up/Stunt Warm Up based on practice goal
  - Material Practice
  - Conditioning
  - Mobility and Stretch
  - Team Builder
- Weekly and Daily Goals will be posted in the locker room
- Practice with your squad

# Assemblies/Pep Rally

- Varsity Cheer and Pom only
- Assembly entrance is Game Day - Fight Song with stunts and tumbling
- Cheer will perform a routine with a dance, tumbling, jumps, a stunt sequence, and a cheer routine with props
- Pep Rallies will be held in the courtyard on big game days for ALL sports

# Games

- Pregame and halftimes are expected.
- Game Time Start Performance will remain the same for the season utilizing the fight song, tumbling, and stunts
- Week of the game come to practice with the assigned dance reviewed. Teams will add a stunt sequence to the dance.
- Week of the game come to practice with the assigned quarter cheer reviewed. Teams will add props and stunts to the cheer.
- Postgame will consist of the fight song, tumbling, and stunts.
- Athletes are expected to cheer frequently.
- Complete three skills after each cheer.
- No talking on the sidelines.
- Each coach is in charge of their athletes' game day look.
- Hair must be up, off shoulders, and out of their face.
- Make Up application will be taught by coach.

# Competitions

- Game Day is our focus - competition comes second
- AIA and USA Game Day Competition Squad will be pulled from ALL squads
- Show Cheer Competes ( 2 1/2 minutes with music and cheer)
- All Girl (1 minute 4-5 members stunt only)

Varsity

AIA Regionals

Showcases

USA Qualifiers

UCA Qualifiers

TSC

USA Nationals

Competition Selected by squad

JV/Freshman/Sophomore

Showcase

USA Qualifiers

TSC USA Nationals

Competition Selected by squad

# Committees

Athletes assigned to committees to run business for the squad and program

- Community Service
- Pep Rally
- School Spirit
- Team Event
- Social Media

# Miscellaneous

Bigs and Littles - Veteran Varsity Members will be big sisters to new athletes and returning athletes on JV/Freshman/Sophomore

Football Locker Room Decorating - Varsity Only (this may be returning 2022-2023)

Snacks for designated football players - We may consider this for all levels, but it is a decision to make when all coaches are hired

Welcome snack gifts for away cheer squad - Varsity only (most lower level squads do not travel)