FORMS CHECK LIST![MMj02347000000[1]]()

The following forms must be turned in on: **TBA** to the **WFHS** office in person to receive a **TRYOUT TICKET**. You can’t come to tryouts without a **TICKET**.

Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_Wake County HS Athletic Participation Form/ Copy of Current Physical

 [**http://www.wcpss.net/forms/hs-athletic-form.pdf**](http://www.wcpss.net/forms/hs-athletic-form.pdf)  (see WFRHS web site for download)

 **Make sure all sides are completed and signed**

 \_\_\_\_Sports Medicine Information Sheet (<http://files.leagueathletics.com/Text/Documents/4792/34079.pdf>)

 \_\_\_\_Athletic Code of Conduct (<http://files.leagueathletics.com/Text/Documents/4792/34841.pdf>)

\_\_\_\_Travel Form (<http://files.leagueathletics.com/Text/Documents/4792/34837.pdf>)

\_\_\_\_Concussion Form (<http://files.leagueathletics.com/Text/Documents/4792/34838.pdf>)

\_\_\_\_Cheer Team Commitment Pledge/Code of Conduct

\_\_\_\_General Information Sheet

\_\_\_\_1 Recommendations (1 Coach/ 1 Teachers if you’ve never cheered) New People Only

\_\_\_\_Transcript Unofficial / Power Schools **PRINT OUT** before you leave school.

(**2.0 Overall GPA 10TH-12TH GRADE)**

\_\_\_\_Copy of final report card **(9th Grade Only)**

**(Final eligibility will be based on second semester grades and attendance)**

**Coach Faulkner Coach Blount**

**rrfaulkner@wcpss.net cblount@wcpss.net**

 **554-8611**



WAKE FOREST

COUGAR PRIDE

 August 2015

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon**July 29th****All Forms Due** | TueALL PRACTICES ARE MANDATORY!! If you miss a pre-season practice for any reason you will not cheer the first game. | Wed | Thu | Fri GO! FIGHT! WIN! | Sat |
|  |  |  |  |  |  | **1**Tryouts**8am-4pm****Lunch 11-12:45****You must have ticket to play** |
| 2 | 3**9am-12pm**Tryouts | 4***VARSITY CUTS*** 9am | 5***JV CUTS*** 9am | 6PRACTICEJV 8:30-10:30Varsity 10-12 | 7 PRACTICEJV 8:30-10:30Varsity 10-12 | 8PRACTICE All 10-1 |
| 9 | 10PRACTICEJV 8:30-10:30Varsity 10-12 | 11PRACTICEJV 8:30-10:30Varsity 10-12 | 12PRACTICEJV 8:30-10:30Varsity 10-12 | 13PRACTICEJV 8:30-10:30Varsity 10-12 | 14**OFF****Online Team orders are due** | 15**OFF** |
| 16 | 17OFF | 18**OFF** | 19ALL PRACTICE**TBA** | 20ALL PRACTICE**TBA** | 21**Panther Creek****HomeMC900441788[1]****Team Dinner** **4:30-6:00** | 22**OFF** |
| **23** | 241ST DAYSCHOOL !!!!!!OFF | 25JV PRACTICE2:30-4:30 | 26ALL PRACTICE2:30-4:30 | 27JV**MC900441788[1]****Apex****Home Meet @ 5**PRAC VAR2:30-4:00 | 28**Apex AwayMC900441788[1]****TBA** | 29**OFF** |
| **30** | 31OFF | 1ALL PRACTICE2:30-4:30 | 2ALL PRACTICE2:30-4:30 | 3JV**MC900441788[1] S.East****Away TBA** | 4**S.EastMC900441788[1]Home****Team Dinner** **4:30-6:00** | 5**OFF** |
|  Varsity Date | Opponent | Site | Time | Sept. 25 | **Broughton** | **Away** | **7:00** |
| Aug. 14 | Friday Night Pigskin Kickoff | Home | TBA | Oct.2 | **Millbrook**  | **Home** | **7:00** |
| Aug. 21 | **Panther Creek** | **Home** | **7:00** | Oct. 9 | **Wakefield** | **Away** | **7:00** |
| Aug. 28 | **Apex**  | **Away** | **7:30** | Oct. 16 | **Heritage Homecoming** | **Home** | **7:00** |
| Sept. 4 | **South East** | **Home** | **7:00** | Oct. 23 | **Leesville Road** | **Away** | **7:00** |
| Sept. 11 | **Rolesville** | **Away** | **7:00** | Oct.30 | **Sanderson****Senior Night** | **Home** | **7:00** |
| Sept. 18 | **Open** |  |  | Nov 6 | **Enloe** | **Away** | **7:00** |

**CHEER TEAM CODE OF CONDUCT**

**Grounds for Automatic Dismissal**

* Disrespect shown to coaches or squad members
* School Suspension
* Inappropriate Behavior including Facebook/Twitter/Photos(Instagram,Snapchat)
* An F in any subject at any Report Card Period
* Excessive Tardy(s) to school, any one class, or cheerleading event
* 1+ Game absences unexcused/ excused Aug-December
* 2+ unexcused school/practice absences/4+ excused (must notify the coach by 11:30am on practice days)

Sick, doctors’ appointments

***IF YOU CHECK IN LATE ON GAME OR PRACTICE DAYS, YOU MUST HAVE A Dr.’s NOTE!!!!!!***

**UNACCEPTABLE CONDUCT**

1. Detention/ Office referrals/ ASD/ Skipping/ ISI
2. Teacher complaints
3. Insubordination /poor attitude
4. Not properly attired for game/practice

**ATTENDANCE**

**Absences due to any other activities will NOT be deemed excused. Drivers Ed is not excused.**

**Please arrange to take Drivers Ed after the season.**

 \*Please do not ask us to give you permission to be late or not attend a scheduled practice, game,

 or event.

 **Make whatever decision is best for your family and accept the consequences.**

**UNIFORMS/PERSONAL APPEARANCE**

* **Clean Uniform after every event**
* **Half /messy ponytails will not be allowed**. Hair/ponytails must be pulled all the way thru.
* **NO JEWELRY!!!!!!!!** If I have to remind you, you will be disciplined. **Don’t get anything pierced that you can’t take out by Tryouts/Camp/Practice. You must be able to take all jewelry off at every practice.**
* **Nails need to be trimmed and polished in a neutral color. Colored nail polish is prohibited at all events.**

**CONSEQUENCES**

* Warning
* Probation
* Suspension
* Grounds for Permanent Dismissal

**Anytime demerits are issued the Athlete will receive notice.**

**ACADEMIC POLICY**

* Squad members need to maintain an overall C average with a 2.0 GPA
* Any member getting a D or F at Interims will be put on probation and must attend approved extra help session with documentation. (i.e. NHS tutoring, study hall w/ coach, extra help w/ teacher, private tutoring)
* If any team members have a D on the first report card, they could be suspended from the team until the next Interim and will continue with tutoring options.
* Any team member with a Failing grade at the Semester could be dismissed from the team.

**We realize this policy is strict, but academics MUST take priority over cheering. This policy also helps ensure that during peak competition season we are not forced to replace or re-work routines because team members have not been performing academically.**

**\*\*\*As with other activities, All-Stars is allowed, but do not come before WFR scheduled events. Absences due to any other activities will NOT be deemed excused.**

**\*\*\* *Cheerleaders will not be allowed to participate in another school organized same season sport.***

**Everyone needs to realize his or her own limitations. It is very frustrating to prepare for an event and then have cheerleaders not be able to show up.**

**Team Commitment Pledge**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_has our/my permission to try out for the 2014-2015 WFHS**

**Cheerleading Squad. We have reviewed all the requirements and team policies. We fully understand the yearlong commitment our family is making. We have also reviewed the list of anticipated expenses and are aware of the financial obligation we must assume. If selected, we agree to adhere to the WFRHS Cheerleading rules and regulations and those of the WCPSS. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Parent signature/date) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Student/date)**

A copy of this page will be returned to you upon your child making the team.



**New candidates only**

ATTACH

A

CURRENT

PHOTO

(will be returned upon request)

**GENERAL INFORMATION SHEET**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE: \_\_\_\_\_\_\_\_

TEAM ELIGIBILTY: JV 9-11 VARSITY 9-12

CHEER POSITION: \_\_\_\_\_ BASE \_\_\_\_\_FLYER \_\_\_\_\_BACKSPOT

**VARSITY FLYERS REQUIREMENTS**

* **SOLID HEEL STRETCH 360**
* **360 ALL 1 LEGGED STUNTS**
* **ADVANCED BASKET i.e. Kick 360, Pike, etc.**

**VARSITY BASES/BACKSPOTS MUST BE ABLE TO CONFIDENTLY BASE AND CATCH THE ABOVE EXECUTED STUNTS**

NUMBER OF YEARS CHEERING: \_\_\_\_\_ WHERE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ARE YOU CURRENTLY A MEMBER OF AN ALL-STAR PROGRAM? \_\_\_\_\_\_\_\_\_\_\_\_\_

IF YES, WHERE AND HOW MANY TEAMS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SCHOOL STUDENT ID. # (from report card): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CELL PHONE: MOM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DAD\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETES CELL PHONE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PLEAS PRINT CLEARLY**

PARENT’S E-MAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETE’S E-MAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Teacher/Coach Recommendation Form 1**

**PLEASE TYPE OR PRINT**

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ High School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_

This recommendation completed by: Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please rate the student on each of the following areas of personal competence:**

Please check the appropriate box

Completes assignments: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

Accepts constructive criticism: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

Assumes responsibility: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

Is motivated to achieve: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

Has good work habits; is disciplined: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

General Attitude: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

Attendance/Tardy: [ ] Above Average [ ] Average [ ] Below Average [ ] N/A

**Please check one:**

I, [ ] Highly recommend [ ] Recommend [ ] Recommend with reservation [ ] Do not recommend

**Teacher's Statement**

Special consideration should be given to this student because:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

**PLEASE RETURN TO STUDENT IN A SEALED ENVELOPE. OR RETURN DIRECTLY TO ME BY, EMAIL, COURRIER OR FAX** **RRFAULKNER@WCPSS.NET** **/ fax 919554-8617 before 6/11, after 6/11 fax 919 554-8408**