



ROHScheer.weebly.com  
Varsity Coach – Jess Eichles-Tolonen  
ROHSprogramCHEER@gmail.com  
248-600-3760

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

## Fundraising Info

Fundraising is required by ALL athletes to be on the team. Parent volunteers are required to work all Tag Days/Car Washes/A.B.E./Home Competitions. The money the program raises helps to lower the athletes cost and provides equipment that the school district cannot. Parent nights and meetings will take place to explain what the program needs from the parents in order to have a successful season. Our goal is to make the Royal Oak Ravens Cheer Program be a successful one that outsiders look at and want to be a part of.

Money raised in the past has helped to pay for the below.

- Tumble trak
- Uniforms
- Extra tumbling sessions
  - In house stunt clinics
  - Over night camps
- Athlete/Coach banquet cost
  - Extra clothes
- Meals for long practices
  - Judges fees
  - Cleaning fees
- Asst Coaches fees
- 

### Parents

-Fan section – sit closely together and wear the same colored top (fan gear). We will sell fan t-shirts at the beginning of each season.

-Parents night – come together and make posters, signs, noise makers, plan team events, socialize and just have some kid free fun and get to know each other.

-ABE – Arts Beats & Eats (Labor Day 4 day weekend) - All cheerleaders' parents are required to work 2 shifts per cheerleader in household throughout the 4 day weekend at the beer/wine tents.

If you have 2 cheerleaders in your home you are required to work 4 shifts. This is a very fun experience and a HUGE money maker for the program. We work side by side with the dance team and the money raised is split.

### Athletes

-Tag Days – Several times throughout the season you will come together as a team and promote our team by doing cheers, pumping gas, cleaning windows, etc. @ Royal Fuels while collecting donations.

-Car Wash – Pretty self-explanatory...We set up on the circle drive at ROHS off Crooks Rd. and wash cars for donations.

-ABE – Arts Beats & Eats (Labor Day 4 day weekend) – All cheerleaders who are 14 years of age and older must work 2 shifts throughout the 4 day weekend at the pop booth.

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

# MAY - 2019 SIDELINE Cheer Expense Sheet (Estimated)

Prac. T's	4 shirts (all new)	\$60
Prac. Short's	(white, gray, royal, black-if you already have you do not need new shorts. \$10 each)	\$10-\$40
Sweatshirt	(new)	\$40
Poms		\$30
JV CAMP	3 day overnight camp \$300 (\$100 nonrefundable fee)	\$300
Varsity CAMP	3 day overnight camp \$360 (\$100 nonrefundable fee)	\$360
Bows	(new)	\$30
White Leather Cheer Shoes	You purchase on your own.	
Black Leggings		
Wrist and Ankle Weights	They sell the weights at 5 & below.	
*Socks	2 pair (1 black/1 white)	\$15
* Bag	(New Backpack this year)	\$40
*Warm-up Jacket	(1 <sup>st</sup> year Varsity only)	\$65
*Briefs	Varsity - Black/JV – Royal Blue -boy cut briefs	\$15
*Body Liner	JV - White	\$20
*Gymnastics	\$12 per week paid to "Breakthrough"	\$264
		\$150
***Pay to Play	(Pay to Athletic Department)	

We do not charge additional fees to help cover other program expenses in the above list. Fundraised money pays for additional program cost. What you pay for you keep.

In trying to lower cost for you we have 4 shorts that are repeats from previous seasons. This will only affect returning cheerleaders so you will need to fill out the item list for ordering so we know exactly what to order for your athlete. We will adjust your total due once I have verified what you are ordering.

We will use the same warm-up jacket and briefs. Pay to Play fee is not included in "Program Dues" and will need to be paid directly to the athletic office when you get your eligibility card. Program payments must be made via the school's website "payschools" link below. Please do not pay via checks! Link below for online payments.

Royal Oak Schools – Parents – Payschools – ROHS Cheer Program

**MONEY DUE: May 31st for all items.**  
***Money and paperwork packet must be turned in at time of FINAL TRYOUT.***

\*\*\*Tumbling payments due at the beginning of each session. No payment means the athlete will sit out. If athlete has to sit they will fall behind and will risk not being prepared thus not being eligible to perform at games/comps.

Any questions please email me [ROHSProgramCheer@gmail.com](mailto:ROHSProgramCheer@gmail.com)

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_



# 2019-2020 Royal Oak Sideline/Competitive Cheer



## Rules & Guidelines

[www.ROHSCheer.weebly.com](http://www.ROHSCheer.weebly.com)

### *Attitude/Behavior*

1. As a representative of Royal Oak High School, all cheerleaders must conduct themselves in an appropriate manner in school, on the field/competition setting, traveling to games/competitions, and out in the community.
2. Positive attitude, good sportsmanship, and being a team player are qualities expected of each team member. Failure to exhibit any of these qualities will be subject to consequences per coaches' discretion.
3. Any behavior that is a detriment to the team aspect or an individual's well-being will not be tolerated and may result in removal from the team.
4. Coaches have the right to add or take away performance/competing time for any team members. This is based on performance and attitude at practices, games, competitions, school, and off the field.
5. Insults, disrespectful behavior, or dishonesty towards a teammate or coach in any way will not be tolerated from any member of the program. Consequences will be determined by the coaches.
6. Girls will represent the cheer program at all times including but not limited to Facebook., Twitter, Instagram, Snap Chat etc. They are required to "friend" all team accounts and coaches within three days of tryouts. These will be checked and monitored by coaches. If inappropriate pictures, videos, or comments are on these pages, proper consequences will take place, which may include the sitting of a game/competition and in some instances suspension/removal from the team.
7. During the season, girls representing Royal Oak Cheer will NOT attend any venue that is 18 and over where alcohol is the primary source of income. (Without their parent present)

### *Communication with Parents, Athletes, and Coaches*

1. Communication between parents and coaches will follow the Coaches/Parent Relationship handout.
2. If the **athlete** has a problem, question, or concern **they** will discuss this with the head coach **FIRST**. Once the cheerleader has discussed their problem with the coach, a parent may then contact the head coach (via email) regarding the same issues.
3. If a parent needs to contact the coach for any reason they will do so **via EMAIL**. Coaches will have 24 hours to respond. Please **DO NOT** call coaches unless there is an emergency.

**Jessica Eichles-Tolonen**

rohsprogramcheer@gmail.com - 248-600-3760

4. Emails & REMIND text messages from coaches will be sent out to parents periodically giving any pertinent information needed. ☺

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

## *Grades*

1. School is the girls' first priority. MHSAA grade guidelines will be followed to ensure eligibility. They must also maintain satisfactory citizenship.
2. In some circumstances, weekly progress reports will be turned in every Thursday. Failure to turn in a progress report will result in the sitting of a game/competition.
3. If an athlete's grade drops below eligible level, they will have one week to bring their grade up. If the grade does not improve, the cheerleader will not participate in practices or games until that grade is reached or the coach has arranged an agreement with that teacher.

## *Practices/ Gymnastics*

1. **All practices scheduled by the coach are mandatory. This includes gymnastics, workouts, and strength training.** If you miss a practice on a game/competition week you will risk being benched at that week's game/competition. **Please check website for up to date calendar.** [www.ROHSCheer.weebly.com](http://www.ROHSCheer.weebly.com) You can also view all items on TEAM APP
2. You are expected to be on time. Early is on time (15 minutes) and on time is late. **Practice times are subject to change and be extended with no notice.**
3. You are to be ready to practice when practice is scheduled to begin. That means mats rolled out, stretching, hair, and social conversation should be completed by the time practice is scheduled to begin.
4. Everyone must come to practice dressed appropriately including: correct and assigned practice clothes, shoes, hair tied back, no jewelry or long nails. (Any wrapping/taping by the trainer must be done PRIOR to the start of practice.)
5. DO NOT make medical/dental/hair/nail appointments on scheduled practice/game/competition days.
6. You MUST contact the coach PERSONALLY **prior** to missing a practice or other function. A text or email will not be accepted. Failure to do so will result in a no-call/no-show absence. If you miss a practice on a game/competition week you risk being benched at that week's game/competition.

## *Transportation*

1. Varsity cheerleaders will be provided *both-way* transportation to football games. Cheerleaders MUST ride the bus both ways to each game. JV cheerleaders will only go to HOME games. ALL cheerleaders will provide both-way transportation to all camps, competitions, practices, and other events.
1. Athletes may NOT leave any event without informing the coach in person.
2. Once the post-game/competition/event discussion has ended, the athletes are free to leave. At this point, the girls are the parents' responsibility. Please arrive ON TIME to pick up your athlete. If you are unable to be on time, please arrange another mode of transportation for your child.

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

## *Absence Policy*

1. Two tardies = one unexcused absence.
2. There are three kinds of absences: excused, unexcused, and no-call/no-show.
  - a. **Excused:** This means that the coach is aware that you will not be in attendance and has approved your absence. There is no penalty for this type of absence.
  - b. **Unexcused:** This means that the coach has been notified prior to practice but has decided that the reason for the absence does not warrant it to be excused. The penalty for this type of absence is as follows:

Absence One~ Cheerleader will sit out an entire game/competition, participating in absolutely NO activities.

Absence Two~ Cheerleader will be dismissed from the team.

- c. **No-call/No-show:** This means that you failed to contact the coach PRIOR to the designated meeting time. There is no excuse for this type of absence and the penalty is severe.

Absence One~ A meeting will take place with athlete; potential dismissal from the team.

Absence Two~ Cheerleader will be dismissed from the team.

## *Games/Competitions*

1. Cheerleaders must attend **all** games/competitions as scheduled. **Please check website for up to date calendar, [www.ROHSCheer.weebly.com](http://www.ROHSCheer.weebly.com).** Failure to do so will result in full suspension of the next game/competition. Coach will make final decision regarding suspension.
2. Cheerleaders must be at the field or school 30 minutes before the pre-game/pre-competition practice and/or bus time is scheduled. Failure to do so will result in partial/full suspension of game/competition.
3. Cheerleaders must be ready to begin the third quarter of a football game **2 minutes** before half time is over.
4. A post-game/competition discussion is required by all team members. Cheerleaders are not dismissed until the conclusion of this meeting.
5. Cheerleaders suspended from a game or portion of a game or competition will sit in uniform on the sidelines with the coach. Failure to comply with this will result in immediate dismissal from the team.
6. Illegal substances and/or illegal underage activity brought/occurring at games and competitions are grounds for immediate removal from the program. Any and all cases involving illegal activity will be reported to administration.

## *Immediate Suspension; Pending Parent Meeting*

1. Blatant disrespect for coach or any other team member.
2. Poor moral conduct.
3. Insubordination.
4. Failure to adhere to absence policy.
5. Alcohol or drug use.
6. Any cheerleader who participates in a “walk-out” of practice is choosing to remove themselves from the team.

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

### *Illness Policy*

1. If you are sick and must miss more than one practice, workout, gymnastics, or game, or competition you will need to provide a doctor's note. You need to go no later than the day after the missed event.
2. Your attendance is expected at practice to watch unless you are physically unable to do so.
3. A headache, cold, and/or cramps does not constitute an excuse to miss practice.
4. You must contact the coach **PRIOR** to **each** practice. For example-if you are sick on Tuesday, do not assume that the coach knows you are still sick on Thursday. Coaches expect a phone call before each missed practice.
- Failure to comply with above will result in an unexcused absence.

### *Uniforms/Equipment*

1. **CLEAN** uniforms are required to cheer an event. Excellent care of uniforms is expected at all times. Hand wash in cold water and hang to dry.
2. Uniforms are for cheerleading activities **ONLY**.
3. Any damage or illegal tampering of the uniforms or Royal Oak Cheer equipment will result in the player paying for all damages. Additional consequences may follow at the coach's discretion.
4. On game/competition days, the athletes will wear appropriate uniform/ warm-up.

### *Finances*

- 1 Money for expenses of the sideline/competitive season will be due before the items are ordered. No money = No order. Late payments may incur additional cost as our prices go up for smaller orders.
- 2 Once money (cash, personal checks, fundraising monies) has been deposited into the internal fund it **cannot** be refunded. Money will carry over to the following season.
- 3 (The financial breakdown will be very specific). Parents will be aware of every expense related directly to daughter.
- 4 Fundraising money is non-refundable.
- 5 If a parent has any concerns regarding finances or at any time would like to see where there money is going, they may request (via email) a statement for their daughter.
- 6 If on a payment plan, parents will adhere to the agreed upon plan. Failure to make payment without notification of coaches ahead of time will result in a "hold" or "tag" on the student's school account.

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

**ATHLETES COPY**

The Royal Oak Cheer Program takes great pride in the excellence of their cheerleaders not only on the field and competitive mat but also outside of cheer in their day to day lives. The cheer coaches hold the girls accountable and expect nothing but the best from them at all times. The rules in this packet are enforced at all times. By initialing every page and signing the final page, you are agreeing to the terms of this cheer program.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_



# \*\*\*Turn this page in at tryouts!

## COACHES COPY

The Royal Oak Cheer Program takes great pride in the excellence of their cheerleaders not only on the field and competitive mat but also outside of cheer in their day to day lives. The cheer coaches hold the girls accountable and expect nothing but the best from them at all times. The rules in this packet are enforced at all times. By initialing every page and signing the final page, you are agreeing to the terms of this cheer program.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

# \*\*\*Turn this page in at tryouts!

## Sideline Sizing Chart

**Athletes Name:** \_\_\_\_\_

ONLY CIRCLE THE ITEMS YOU ARE PURCHASING!!! Please refer to the expense sheet to see what you need.

**ALL paperwork and money is due at final tryout Friday, May 31st.**

<b>Adult T-Shirt:</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	
WHITE Women's Shorts:	XS	S	M	L	XL
GRAY Women's Shorts:	XS	S	M	L	XL
ROYAL Women's Shorts:	XS	S	M	L	XL
BLACK Women's Shorts:	XS	S	M	L	XL

**Adult Sweatshirt: S M L XL**

**White NIKE Socks: YES**

**Black NIKE Socks: YES**

**Back Pack: YES**

**Poms: YES**

**Women's Warm-Up Jacket (Varsity only): S M L XL**

**Name on Warm-Up Jacket (Varsity Only):** \_\_\_\_\_

**Women's Boy-cut Briefs: S M L XL**

**Women's Bodyliner (JV only): S M L XL**

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

**\*\*\*Turn this page in at tryouts!**

## **VACATION SCHEDULE**

**Just because it is on this sheet does NOT mean it is excused!!!**

\*Please list any scheduled vacations below. Also, please list any school activities you will be involved in during this cheer season. (June 1-Oct 25)

**Family & friend dinners, parties, dr. appointments, hair appointments etc. are not excused.**

**If you miss practice you risk being benched for games, competitions and other events due to not being prepared. Game/Competition round participation will be determined by the coach.**

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

**\*\*\*Turn this page in at tryouts!**

## Contact info

Athlete Name - \_\_\_\_\_

Athlete Cell - \_\_\_\_\_

Athlete Email - \_\_\_\_\_

Athlete Address - \_\_\_\_\_

~~~~~

Parent/Guardian Name - \_\_\_\_\_

Parent/Guardian Cell - \_\_\_\_\_

Parent/Guardian Email - \_\_\_\_\_

~~~~~

\*\*\*We use TEAM APP, Email and Remind text messaging to relay info to parents. The calendar is available on Google Calendars and in the TEAMAPP. The calendar is subject to change so check daily.

“[rohsprogramcheer@gmail.com](mailto:rohsprogramcheer@gmail.com)”.

<https://calendar.google.com/calendar/ical/rohsprogramcheer%40gmail.com/public/basic.ics>

\*\*\*The athletes use Groupme to communicate.

\*\*\*All forms, links, videos, calendars, contact info can be found on the TEAM APP.

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_

# Royal Oak High School Cheer Program

(to be completed by any participant, guest, or coach under the age of 18)  
(248) 600-3760

ROHSProgramCheer@gmail.com  
[www.ROHScheer.weebly.com](http://www.ROHScheer.weebly.com)

I, the undersigned parent or guardian, do hereby grant permission for my son/daughter, and hereinafter referred to as "participant" to participate in any Royal Oak Cheer Program event. In order that the participant may receive the necessary medical treatment in the event of injury or illness, I hereby hold the event's staff and representatives harmless in the exercise of this authority. I further acknowledge and understand that certain cheerleading activities have inherent risks and that cheerleading activity can be dangerous, especially if the participant fails to follow established guidelines. I further agree to hold harmless Royal Oak Cheer Program including its members, directors, contractors, and staff for any injury or illness incurred by the participant during the course of the event. I hereby grant permission to Royal Oak Cheer Program to use participant's image or video on its website or in other official publications without further consideration, and I acknowledge the right of Royal Oak Cheer Program to crop and treat the images/videos at its discretion. Royal Oak Cheer Program participants: I have read and agree to abide by all rules and payment/refund policies as outlined in the "2018-2019 Royal Oak Sideline/Competitive Cheer Rules & Guidelines" provided in the Coach's tryout packet.

Participant's name (please print clearly): \_\_\_\_\_

Parent/Guardian's full name/s (please print clearly): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Alternate phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Emergency contact person (if parent/guardian is not able to be reached):

\_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Participant's date of birth: \_\_\_\_\_

Medical Insurance Company and policy # (required): \_\_\_\_\_

Medications to which participant is allergic: \_\_\_\_\_

Medications to which participant is currently taking: \_\_\_\_\_

Pre-existing medical condition(s) and/or injuries which may prevent participation or other concerns:

\_\_\_\_\_

Current activity restrictions? Check one: No \_\_\_\_\_ Yes \_\_\_\_\_

If "Yes" please describe: \_\_\_\_\_

Signature or participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Anyone without a completed release form will NOT be allowed to participate!**

Parent Initials \_\_\_\_\_  
Athletes Initials \_\_\_\_\_