

Travis Cheer
Spirit Handbook
2024-2025



THS Cheer Spirit Handbook

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THS Cheerleader Requirements

The responsibilities outlined below are aligned with the FBISD Cheer Handbook attendance and participation requirements. While this is to be viewed as a comprehensive document, situations/circumstances could arise that are not referred to in this document. Cases such as these will be handled at the discretion of the coaches and/or school administration as the situation dictates.

Welcome to the 2024-2025 Travis High School Cheerleading Program! We are excited to have you and look forward to a great year. As a Travis Cheerleader, you are subject to the rules, policies and procedures set forth in the THS Spirit Handbook, FBISD Cheer Handbook, THS Student Code of Conduct and the FBISD Extracurricular Handbook. You will be held accountable to all rules, requirements, expectations and policies from this point forward.

It is important that FBISD Cheer members realize the level of commitment that is necessary to make a team successful. Attendance at all games and cheer events is not only crucial, but also mandatory. Absences jeopardize the entire squad and hinder our success.

- Attending all practices, games, events, pep rallies, and fundraising activities is mandatory.
- Work or All-Star/competitive team practices are not an excuse to miss any of these events!
- An absence to a game/event will only be considered excused in the following circumstances:
 - *Personal illness/accident (resulting in missing school and a doctor's note may be required)*
 - *Funeral, serious illness or emergency in the family*
 - *UIL, academic or school-related performance/event*
 - *It is the coach's discretion as to which absences will be considered excused*

Sporting Events and Expectations

All cheerleaders will participate in supporting the following THS sporting contests & events as mandated by the coaches;

- Football
- Basketball
- Volleyball
- All Sports Teams' playoffs
- Spirit send-offs
- Community-wide events
- UIL State Competition
- Orientations & Ceremonies
- Open house
- School ceremonies
- Volunteer activities/events

Additional Cheerleader Duties & Requirements

- Support every THS team & organization with a positive and respectful attitude
- Cheer at Pep Rallies
- Attend Summer Cheer Camp
- Squad social and team bonding events
- Special appearances
- Paint Signs
- Provide football treats and signs
- Dress up for spirit theme days
- Participate in fundraisers and cheer clinics
- Competitions & events
- Exercise/Conditioning/Work Outs
- Maintain and progress tumbling skills
- Mandatory after-/before-school practices (TBA)

Travis Cheer Program Discipline Process



A Travis Cheer member takes on the role of a respectful and disciplined athlete who should be a model for her/his peers - in school, after school, and in the community. This is a very visual position and your peers are looking at you. This position calls for a great deal of responsibility, an excellent work ethic and a spirit of cooperation with parents, coaches, other cheerleaders and other students. Each squad member will be held to these high standards in and out of school, in and out of uniform throughout the calendar year. All accountability will be handled in such a way as to teach the squad member the ethical principle that applies to the circumstance. The coaches will determine all consequences based on the following prescribed discipline process and FBISD Cheer Handbook and FBISD Extracurricular Handbook. In addition, coaches will not discuss discipline/consequences with the entire team related to any one cheer member due to privacy issues. Cheer members and parents should refrain from asking coaches about any incident/discipline/consequence not involving their student.

We follow the FORT BEND ISD CHEERLEADER DISCIPLINE POLICY.

Please reference that document for any inquiries.

THS Cheer Expectations

General expectations:

- Respect for all members and coaches
- Responsibility to read and abide by:
 - *Coach emails*
 - *Text messages*
 - *Travis Cheer website*
- If it is on the calendar, it is required and you must plan for it. You will not be excused.
- Be prepared for games/ practices/ events.
- Be responsible for your uniforms and accessories.
- Keep Your Grades Up.
- NO PDA
- NO smoking/vaping, alcohol, drugs
- NO unnaturally colored hair
- Be a positive role model.
- No showing tattoos in uniform
- When in uniform, you must be 100% in uniform.
- No wearing your uniform outside of scheduled school events
- No jewelry in uniform and/or practices
- Maintain a positive attitude.
- Cooperation and good sportsmanship
- Abide by all FBISD Cheer Handbook policies and rules.
- Responsible use of social media
- Email ALL coaches if sick, absent from school, or if missing an event.
- Attend all competitions and events scheduled by the coach.

Physical Expectations:

- Cheerleaders will demonstrate clear diction, vocal strength, rhythm, and coordination.
- Cheerleaders will perform physical moves that involve jumps, balance, agility, upper and lower body strength.
- Cheerleaders will exhibit stamina in physical activities that involve physical endurance and fitness and will be able to perform routines in both indoor and outdoor settings, in hot and cold weather.
- Cheerleaders must uphold the skill level demonstrated (i.e. tumbling, stunting, jumps, etc.) at tryouts while striving for continuous improvement. *Failure to uphold skills may result in consequences to be determined by the coach.*
- There will be times when cheerleaders must meet requirements determined by the coaches to participate in pep rallies, away games and/or other performances. Coaches will determine which cheerleaders will attend these functions.

THS Cheer Practice & Game Day Expectations

- Respect your coaches.
- Respect your captains.
- Respect your teammates.
- NO COMPLAINING!!!
- Be an Athlete 100% of the time.
- Always do your best!
- Make **respectful** suggestions, comments and constructive criticisms.
- Have a positive attitude and never give up.
- Be on time (= at least 5 minutes early).
- Do not talk while a coach or cheerleader is addressing the team.
- Turn in all paperwork on time.
- NO gossiping!
- Be willing to try new things.
- Be dressed properly, including:
 - Attire for the day
 - No jewelry
 - Hair style for the day
 - Sports bras & bloomers with uniforms
 - Cheer shoes
- No cell phone use during class, practices, games or events (except with coaches' permission). This is a district-wide policy.
- 5-minute dress/changing time
 - This means you have 5 minutes after the tardy bells rings to be completely dressed, OUT of the locker room & READY for practice to begin.
 - 7th period tardy bell rings at 2:00, meaning you have until 2:05 to get dressed.
- Keep the locker room clean!

THS Competition Guidelines & Requirements



Travis High School has elected to compete at various competitions throughout the school year. All members are expected to participate in preparation for competition. The Travis Cheer team has elected to be a **“Co-ed Competitive Squad”** for the 2024-2025 school year which includes adding male athletes that are not current members of the cheerleading team. All competitions allow only 30 members to participate on the mat. This means that not all 32 cheerleaders on our gameday squad will be on the mat for our competition squad. Being selected as an alternate for the competition squad does not diminish your abilities or your standing with the THS Cheer squad as all members are still valuable and needed in other duties throughout the season, alternates are still required to be at every practice/competition.

The number of alternates varies based on the number of male athletes we secure each season; however, at a minimum one to three males must be always on the mat (depending upon the rules of the competition). In addition, alternate positions can and potentially will change based on feedback given from each competition. Our goal is to ensure that each athlete is given the opportunity to compete at least once, but this not a guarantee.

The following criteria are monitored/judged all season:

- General technique and mechanics
- Motion Placement
- Tumbling Ability
- Stunt Position

The following positions can be selected,

- Flags
- Signs
- Co-Ed Stunts
- Motions
- Tumbling

These positions can also change based on the evolving needs of the different formations in our competition routine.

Travis Cheer Financial Responsibilities

- A payment schedule may be set up with the head coach for all payments due.
- All cheer members must be current with their payment schedule.
- Not being current may result in missing cheer events or games.
 - If a cheer account is not current, permanent suspension is at the discretion of the coach and administration. In that case, the cheer member will still be responsible for the amount due to their program.
- Cheer members who owe a balance on their account will not be eligible to try out the following year until the amount is paid in full.
- Cheer members with an outstanding balance will be placed on the THS Fines and Fees List and will not be allowed to exempt their semester exams.
- Cheer members are expected to participate in group fundraising activities in which all money earned will be contributed to the general cheer activity fund.
- At the high school level, all financial obligations are handled by the head coach. Please turn in all money & checks directly to her/him.
- Checks or cash only to THS ABC Booster Cheer
- A late payment fee may be instituted if the pay schedule is not met.
- Cheer members who quit, resign, or are dismissed from a team may be responsible for unpaid balances. Items ordered and unable to be returned must be paid for by the cheer member.

Mandatory Parent Payment Meetings

We will have 3 mandatory parent meetings soon after the new squad is announced to retrieve funds and kick off the program for the next school year.

Payment	Type of Meeting	Amount
1 st Payment	March 28th	\$500 – Camp Registration
2 nd Payment	April 30th	Uniform(s) and Camp Clothes
3 rd Payment	May 31 st , 2024	Your remaining balance & Sponsorship Balances

*Please review & understand the FBISD policy regarding payment expectations & consequences for not staying current. The FBISD Cheer Handbook states, "All cheer members must be current with their payment schedule. Not being current may result in missing cheer events or games. In the event that a cheer account is not current, permanent suspension may result at the discretion of the coach and administration. In that case, the cheer member will still be responsible for the amount due to their program."

Cheer Program Sponsorship & Donation Responsibility



The Travis Cheerleading Spirit committee asks that each cheerleader, upon making the team, help raise funds in the form of sponsorships/donations for the program. This will serve as the bulk of our fundraising efforts for the year. We will also hold traditional cheer fund raising initiatives such as: Cheer Clinics, Spirit Item Sales and some additional events.

Sponsorships & donations will serve to support program expenses such as: new/additional equipment, camp events, uniform accessories, travel, gifts, competitions & banquet. Each cheerleader is asked to raise at least **\$100.00** in sponsorship/donations.

Cheerleaders may acquire sponsorships by solicitation to businesses (area doctors, dentists, salons, real estate firms, car dealerships, restaurants, etc.) or friends and family member donations.

An official sponsorship letter will be distributed to the new cheer members in early March in order to promote the fundraiser and distribute to potential sponsors. The letter will state sponsorship levels with incentives and rewards for supporting the THS cheer program.

The sponsorship funds will be due by May 31st, 2024 in order to prepare and organize the sponsorship package rewards.

Cheer Sisters



The Big sister/Lil sister relationship exists to foster support, mentorship, and camaraderie between squads and members within our program. Cheer sisters are asked to motivate, support, encourage, protect, and serve as accountability partners for each other. This is a bond that should be taken to heart and deeply respected.

Cheer sisters will focus on bonding, encouragement, mentorship, and spending quality time with one another. The older (big) sister will serve as a mentor and personal guide/teacher to the little (lil) sister. The big sister will take the lead in organizing, mentoring and planning events with their little sister.

Also, during the cheer class and throughout the year, we will schedule "sister time" to bond, mentor and work with your big/lil sister.

Consider the following thoughtful gifts and activity ideas for your sister;

- Dates will be set later in the season for mandatory gift exchanges
- Notes, posters, and cards of encouragement
- Meeting for coffee, tea or smoothies before school
- Eating team meals/snacks together during camp, summer practices and throughout the year
- Cooking a meal together at each other's homes
- Sleepovers and outings with other sister groups
- Craft making, poster painting, bow making, t-shirt designing together
- Go see a movie together
- Send a sweet, encouraging or inspirational text, tweet, or e-mail
- Sit together at lunch during the school year
- Bake her something and make a card for her birthday
- Go to your sister's games and cheer her on!

We look forward to your commitment and dedication to this part of our program. Please follow the guidelines set above and we will have a strong and successful cheer sisters program.

Team Guidelines and Expectations Acknowledgment Form

Cheerleader: _____ Team: _____ Date: _____

The purpose of our Team Guidelines is to provide parents and athletes with the expectation provide parents and athletes with the expectations/rules for the rules for the Travis High School Cheer Program. By informing parents and athletes of these expectations in advance, we hope to avoid any misunderstandings or discipline we hope to avoid any misunderstandings or disciplinary actions during the season. Please contact the appropriate coach if you have any questions or concerns regarding these guidelines. Your signature below acknowledges that you have read and understood the guidelines and will support your athlete and coaches/administration in the execution of these expectations.

We have read the Travis Cheer Team Guidelines and agree to abide and accept the consequences outlined.

Parent (print) : _____

Parent (signature): _____

Cheerleader (print): _____

Cheerleader (signature): _____