

## 2024-2025 BSH CHEER

We proudly represent Bend Senior High by leading and demonstrating school spirit for all our sports teams! Our role is BIG and not just limited to providing entertainment, school spirit, cheering at sporting events, performing at assemblies, making support signs and spirit bags for ALL sports, and providing additional leadership involvement where needed.

Being a part of this team is a privilege and a big responsibility. BSH Cheerleaders are in the spotlight and looked up to by their fellow classmates and seen by many in our community. If you're a BSH Cheerleader you and your parents understand and accept these responsibilities.

Meaning of Cheer: shout for joy or in praise or in encouragement. Give support!  
Meaning of Leader: To lead or command a group or organization.

2024-25 Lava Bear Cheer Focus:

School spirit, pride and strong leadership demonstrating the importance of respect, community and support for all LAVA BEAR SPORTS.

Expectations:

School first: maintain a good standing GPA 2.5 minimum

Lead by example

Give your best

On time dressed and ready

Avoid unexcused absences

No phones

Practice uniform required (provided in swag bag) blue shorts & white tank tops

Drama free zone

Respect for your fellow teammates and coaches

Represent the meaning of the word "cheer" "leader"

Understand the game you cheer for as well as value the work ethic required to participate and play the sport(s) you cheer for.

We work out! We run, we do Bear tracks, we do burpees, we lift weights.

Cheerleading is a sport of endurance, strength, balance, flexibility and coordination... This requires practice, conditioning and training for not only the sport of cheer but for the respect and understanding of the sports we cheer for!

School spirit requirements:

Team locker decorating  
Game day support bags  
Door signs  
Spirit awards  
\*student government recommended

**Mandatory Tryouts:**

5/28 4-6:30 pm main gym

5/30 4-6 pm mini gym

5/31 6-8 pm main gym

Tryout for our 24-25 football and basketball season or:

FB only

BB only

\* Uniforms: FB and BB uniforms are property of BSH and checked out for the season. UNIFORM CARE: hand wash and hang dry only! Uniforms must be returned as you receive them.

**Cost:**

\$100 Pay to play fee (Due by June 10th)

\$400 swag bag includes: camp wear(3 shorts, 2 tanks ,1 t-shirt), jacket,warm-ups/leggings, 2 pair cheer shoes, 2 sets poms, and accessories (bows, body liner, spanx, socks)

(Due by August 1st)

**Payment options:**

online at [touchbase.bend.k12.or.us](http://touchbase.bend.k12.or.us)

Bend High accounting window: cash/check/CC

**Summer schedule: TBD**

Cheer camp! This is a 3 day mandatory camp held at Bend High. Tentative dates

Aug 14th-16th

Daily Doubles: Aug 19th- 30th . Times TBD

\*team building (parent lead)

\*Optional workouts

Fundraising: Cheerleaders are required to participate in any and all scheduled fundraisers. Fundraised money goes towards the team and helps cover team expenses. For example our cheer camp and uniforms.

Fall/football practice schedule: Tentative

T/TH practice with Thursday's practice being JV football games (perfect opportunity for a dress rehearsal for Friday night lights). Wednesdays are our spirit assignments and required too!

\*Cheer ALL Varsity football games! Home and away.

Attendance: practices are required! If you are tardy or have an unexcused absence you will be benched for the next varsity game.

Game Day appearance:

We are a team (1 squad) and represent BSH. We will wear full uniform, hair the same, socks the same, everything will be the same! You're representing Bend High and in front of a large audience looking at you for leadership and direction. Remember being a Bend High Cheerleader is a privilege . Having unity through appearance, cheer routines and an organized approach is leading by example. This is not up for discussion.

Safety first! Proper clothing for practice and games is essential, no jewelry, no gum, no phones (distractions).

Zero tolerance: smoking and drug use (including alcohol) is not allowed and you will be immediately removed from the team.

Competition: The 2024-2025 Cheer team will most likely NOT be competing.

Team Communication : Team Reach App (required for all Cheerleaders). Parent communications will be done through email.

#### AGREEMENT TO EXPECTATIONS

We have read the Bend High Cheer Team requirements. We agree to uphold these expectations outlined, as well as respect the decisions made by the coaches. We understand that actions taken outside of this contract may result in removal from the team. By signing I also agree to turn in signed contract, get my physical, and complete payments by the due dates.

Student signature:

Date:

Parent/Guardian signature:

Date: