

SUFFOLK PUBLIC SCHOOLS

(Attach to field trip application requiring School Board approval)

Field Trip #: 22236

School: Nansemond River High School

Grade/Subject/Club/Team: V. Cheerleading

Date of Field Trip: November 8, 2024 to November 9, 2024

Destination: Richmond, Virginia

Purpose: Nansemond River High School V. Cheerleaders will participate in the VHSL Competition Cheer State Championships.

Objectives: Nansemond River High School V. Cheerleaders will have the opportunity to participate in the VHSL Competition Cheer State Championships at VCU Seigel Center in Richmond, Virginia.

Approve

Disapprove



Director of Secondary Leadership

9/10/24

Date

School Board Action:

Approve

Disapprove

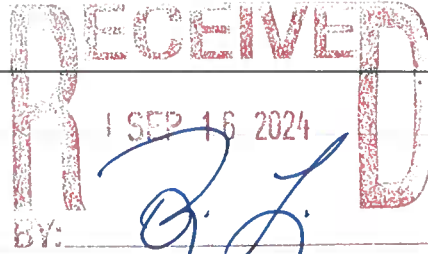
Clerk of the Board

Date



- Main
- Trip Approval**
- Calendar
- Reports

Suffolk City Public Schools Travel Tracker



Trips Pending Approval

Waiting on Approval

Trip Emails

Trip Inquiry

Schedules/Assignments

Daily Vehicle Schedule

Assignment Inquiry

Create Duplicate Request

Travel Request Form

Please Note: Welcome to Suffolk City Public Schools Travel Tracker, your one-stop travel center. Within this software, you can submit student field trip requests, reserve an activity bus for a field trip or athletic event, and reserve a car for staff travel. If you have any questions or comments please email kevinrivott@spsk12.net or call (757) 925-5573.

Trip Number **22236**

* Category Staff Only Travel Travel With Students

* Type of Trip

* Athletic Event (you may check more than one)

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Band | <input type="checkbox"/> Boys Soccer | <input type="checkbox"/> Boys Tennis | <input type="checkbox"/> Boys Volleyball |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Debate | <input type="checkbox"/> Forensics | <input type="checkbox"/> Girls JV Volleyball |
| <input type="checkbox"/> Girls Soccer | <input type="checkbox"/> Girls Tennis | <input type="checkbox"/> Girls Volleyball | <input type="checkbox"/> Golf |
| <input type="checkbox"/> HS ACTIVITY BUS | <input type="checkbox"/> Indoor Track | <input type="checkbox"/> INTRAMURAL BASKETBALL | <input type="checkbox"/> INTRAMURAL FIELD HOCKEY |
| <input type="checkbox"/> INTRAMURAL FOOTBALL | <input type="checkbox"/> Intramural Outdoor Track | <input type="checkbox"/> INTRAMURAL SOCCER | <input type="checkbox"/> INTRAMURAL VOLLEYBALL |
| <input type="checkbox"/> JV Baseball | <input type="checkbox"/> JV Boys Basketball | <input type="checkbox"/> JV Boys Soccer | <input type="checkbox"/> JV Cheerleading |
| <input type="checkbox"/> JV Field Hockey | <input type="checkbox"/> JV Football | <input type="checkbox"/> JV Girls Basketball | <input type="checkbox"/> JV Girls Soccer |
| <input type="checkbox"/> JV Softball | <input type="checkbox"/> JV Wrestling | <input type="checkbox"/> MS ACTIVITY BUS | <input type="checkbox"/> One Act Play |
| <input type="checkbox"/> Outdoor Track | <input type="checkbox"/> Scholastic Bowl | <input type="checkbox"/> SHUTTLE BUS | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> V Baseball | <input type="checkbox"/> V Boys Basketball | <input checked="" type="checkbox"/> V Cheerleading | <input type="checkbox"/> V Field Hockey |
| <input type="checkbox"/> V Football | <input type="checkbox"/> V Girls Basketball | <input type="checkbox"/> V Softball | <input type="checkbox"/> V Wrestling |

Trip Leave

* Date **11/8/2024** Friday

* Time **8:00 AM**

Trip Return

* Date **11/9/2024** Saturday

* Time **10:00 PM**

Trip Year/Week 2024-45

* Is this trip overnight, out-of-state, or greater than 200 miles one way? Yes No

Comments

Enter any comments about this trip that is important for the driver to know such as pick up and drop off location. This information will print on the trip ticket for the driver.

* Your School/Dept ⓘ

240 Nansemond River High

3301 Nansemond Parkway, Suffolk, VA 23435

* Main Destination ⓘ

SIEGEL CENTER

1200 W. BROAD STREET, RICHMOND, VA 23284

Add a Stop on the Way There

Add a Stop on the Return

* Approximate Nbr of Miles Round Trip

* Funding Source #1 Budget Code
Est Trip Cost \$1,272.12 Est Est \$255,000.00
Funding Source Desc test of funding management Budget Code Desc
Funding Approver

* Teacher / Advisor / Staff Name
* Teacher / Advisor / Staff Phone #
Teacher / Advisor / Staff Email
Note: This email will receive the requester emails if different from requester
Emergency Contact Info Same as Teacher / Advisor / Staff
* Emergency Contact Name
* Emergency Contact Phone #

Number of Individuals Making Trip

* Male Adults 0 * Female Adults 2 Total Adults 2
* Male Students 1 * Female Students 15 Total Students 16

Additional Information

* School will be billed for Mileage Yes No
* School will be billed for Driver Yes No
* District Event Yes No
* Non District Event Yes No
* Description of the funding source you will be using :
* Will a coach be driving the trip? Yes No
* If yes, please enter the coaches name. If no, enter NA.

* Will you be using external transportation (ex. plane, walking)? Yes No

Vehicles Needed

* Do you need vehicles? Yes No
 Check here to indicate trip is drop-off only Location
 Check here to indicate trip is pickup only Location
Vehicle Pickup * Date
* Time
Vehicle Return * Date
* Time

Total Trip Hours 38.00

* Type of vehicles needed to reserve ⓘ

* How many vehicles do you need?

Vehicle Guidelines: Elementary 64 and 77 passengers Secondary 44 to 48

* Need Lift? Yes No

Nbr Wheelchair Slots 0 Nbr Safety Vests 0 Nbr Fold Down Seats 0

Special Needs

Portable Child Restraints (PCR) Safety Vests Wheel Chair Slot

Comments or Details Concerning Needs

[Empty text box]

Vehicle Driver Information

[Empty text box]

Owner taylorbracy@spsk12.net
Bid Id/Closing Date 24-11-03 10/31/2024

Reserve Vehicles

Location Used to Reserve Vehicles 240 Nansemond River High
taylorbracy@spsk12.net
Trip Location Zone Nansemond River Trip Year/Week:
Bid Id 24-11-03 Trip Hours:
Total Number of Vehicles Needed: 1 Number w/ Lift:

Person Submitting Request kristybrett@spsk12.net
Date Submitted Sep 13, 2024, 1:09:19 PM

▶ Trip Estimator (click to open and enter additional information for estimating trip cost)

Level 01 Approval - Location Approval

Comment
Decision Approved
Name tinapaul@spsk12.net
Decision Date Sep 16, 2024, 2:29:20 PM

Level 02 Approval - Second Level Location Approval

Comment [Empty text box]
Decision Approved Denied
Designated Approver lindaliverman@spsk12.net
Name
Decision Date

Level 07 Approval - Overnight/OOS Approval

Comment
Decision
Name
Decision Date

Supporting Documents

File Type	Size	File Name	Created On
application/pdf	370 KB	Comp Cheer - Seigel Center.pdf	9/13/24, 1:09 P

Save/Close Send Email Comments Create Duplicate Request Cancel Trip/Reservations Reschedule Trip

Request Status Trip: 22236 Pending Second Level Location Approval

Final Approval Date

Email Audit Log: Refresh

Subject:	Email Sent on:	Email Sent by:	Email Sent To:
Date	User	Action	
9/16/24, 2:29:48 PM	tinapaul@spsk12.net	Save and Close Trip (Return to Trip Inquiry)	N
9/16/24, 2:29:20 PM	tinapaul@spsk12.net	Location Level Approved	
9/13/24, 1:09:44 PM	kristybrett@spsk12.net	Save and Close Trip (Submit Page Determines Return)	N





Application for Field Trip

Submit intact to the Athletic Director, Principal, or Bookkeeper/Secretary, at least 30 working days (6 weeks) prior to the scheduled date of the trip. All professional leave forms for this trip must be submitted with this form. All forms are to be done in blue or black ink only.

School/Organization Nansemond River Date 9/9/24
Grade/Subject/Club Competition Cheer Teachers Amanda Lyons

REQUEST FOR SPECIAL USE OF SCHOOL BOARD VEHICLE (Personal cars are not to be used to transport students)

Date of Field Trip 11/11/24 + 11/19/24 Time Departing School 8:00am Time Returning to School 10:00pm
Destination: VCU Seigel Center
School Bus Number Needed 1

SPECIAL NEEDS BUS

Equipment Needed: W/C PCR Safety Vest

School Car _____ Number Needed _____

Non-School Board Transportation	
Type:	_____
Furnished By:	_____

(School cars are not to be used to transport students)

Number of Students 16 Number of Classes _____

Overnight Trip? Yes No

Total Cost to Student _____ *Other Costs Incurred _____

*Paid By Athletics

Names of Chaperones (Not including Teachers) Amanda Lyons / Heather Stoner / Tina Howton

Date Parental Permission Secured and Filed in Office 10/10/2024

Trip Requested By: A. Lyons

Trip Received By: Impaul Date: 9-9-24

(Any field trip is subject to last minute cancellation due to local, state, national and/or international situations)



SUFFOLK PUBLIC SCHOOLS
Field Trip Instructional Objectives

School NRHS

Person completing the form A. Lyons

Grade Level 9-12

Date of Trip 11/8 + 11/9/24

Listed below are the instructional objectives for the requested field trip:

Objectives:	Correlated Standard of Learning:
To participate in the	
VHSL State tournament	

This form must be attached to the Application for Field Trip.

**FIELD TRIP
CHAPERONE LIST**

****By listing the chaperone's name, if a parent, you certify that they have an approved volunteer form ON FILE!!**

TEACHERS

Coaches

1. Amanda Lyons
2. Tina Houston
3. Heather Stoner
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

****PARENTS**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SPECIAL EDUCATION TEACHERS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

TEACHER ASSISTANTS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

ADMINISTRATORS & COACHES

OFFICIALS

PARENTS & STUDENTS



Q Search

English

ATHLETICS

ACADEMICS

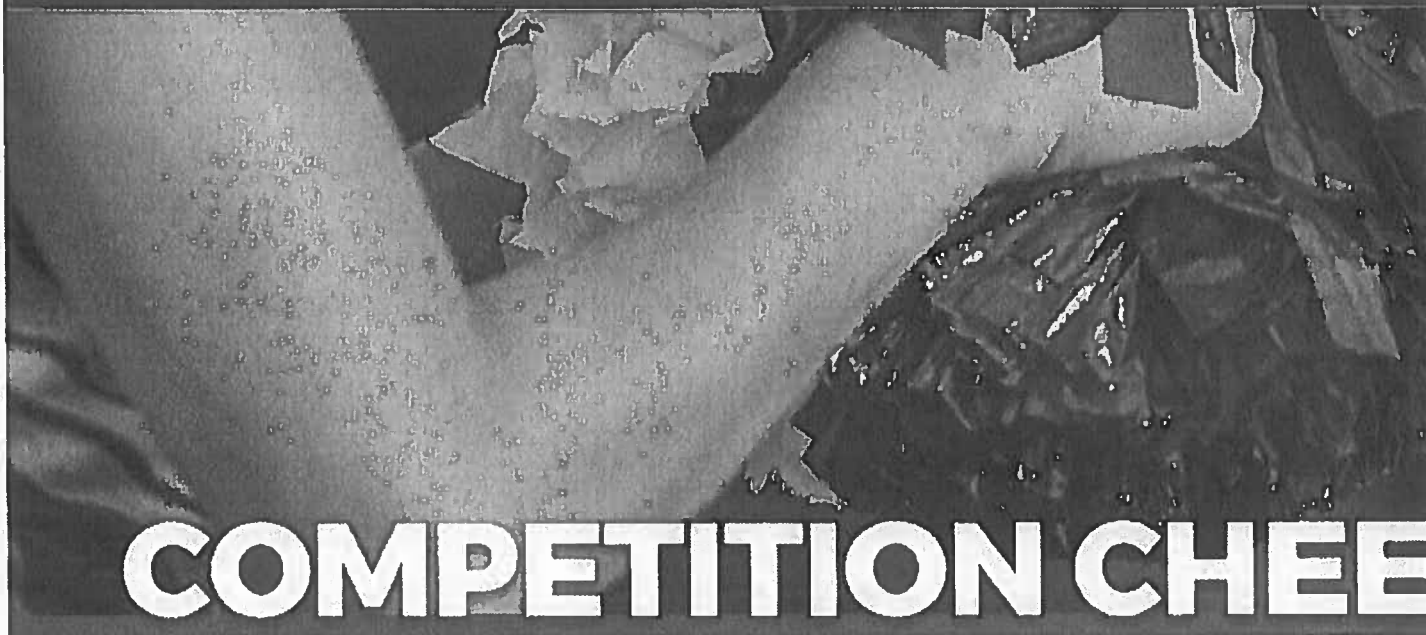
ABOUT VHSL

FOUNDATION

SPORTSMANSHIP

FORMS

MAXPREPS



COMPETITION CHEER

SPORT

Competition Cheer Varsity

Find a Member or Bobble Today (<http://www.rschooldtoday.com/>)

Cosby	Broadway	Glenvar	Deep Run
Mechanicsville 2024, Sep 21 12pm	Page County 2024, Sep 21 2pm	Auburn 2024, Sep 28 TBD	Mechanicsville 2024, Oct 05 TBD

Kelley Haney
 Assistant Director for Athletics
 (434) 977-8475
khaney@vhsl.org

Rules Interpreter
 Bill Ahern
 (800) 238-0286, ext. 4307
bahern@varsity.com

SEASON DATES

+ FORMS/INFO

+ All-State Team

+ 2024-25

Technical/Routine
 Scoresheet/Scoring
 Rubric

English

Competition Cheer – Region Start
October 26

Competition Cheer – Region Deadline
November 2

Competition Cheer – VHSL Championships
November 9

Videos

Tie-Breaking Procedures

STATE & REGION RESULTS

2024 STATE TOURNAMENT FORMAT

VHSL Competition Cheer State Championships

FINALS | November 9, 2024 at VCU Siegel Center

Competition Cheer Online Rules Clinic

ONLINE DATES | August 1 thru August 23, 2024

Rule clinics for football, field hockey, competition cheer, sideline cheer, golf, and volleyball are online this fall. These clinics can be accessed on each respective sports page on the VHSL website starting August 1. It is important to note that the deadline to complete the rules clinic is August 23 at 11:59 p.m. Schools that sponsor these sports must ensure that at least one coach from the coaching staff completes the clinic in its entirety. Failure to do so will result in a penalty, as outlined in rule 30-5-1. School completion lists will be updated and posted on the VHSL website. Coaches will not receive a certificate of completion.

Schools that do not have a coach view the rules clinic by August 23 will receive a fine. If you do not have a coach hired by August 23 for a fall sport, please email Kelley Haney(khaney@vhsl.org) in the league office.

2024 COMPETITIVE CHEER RULES CLINIC (ACTIVE)

RULES CLINIC ATTENDANCE LIST

Cheerleading Coaches Education

click on ⇒ NFHS Cheer & Dance Safety Course
click on ⇒ NFHS Coaching Cheer & Dance Course

Title IX and English

Impact of Competitive Cheer Laws, Regulations on Title IX Compliance
By Lee Green, J.D. on April 16, 2019

Cheerleading and The Law
By Lee Green, J.D. on April 16, 2019

Music Copyright Law Info

- USA Cheer Guidelines for Music Providers
- USA Cheer Music Initiative Announcement
- USA Cheer Music Copyright FAQ
- USA Cheer Preferred Provide List
- USA Cheer Music Initiative

ORDER CHEER PICTURES FROM NEXT LEVEL PHOTOGRAPHY

VHSL Quick Resources



Posts from @VHSL_

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English