



SHS CHEERLEADING TRYOUT APPLICATION PACKET

2019-2020 CHEERLEADING SEASONS

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: tryout information with a list of important dates, an information sheet, the Rules for Cheerleading, and the Statement of Permission and Agreement. Please read and understand all the enclosed information before tryouts.

Cheerleading Tryout Dates:

- The Mandatory Try-out Clinique will be held **Tuesday, May 28th – Thursday, May 20th from 4:00-6:00 pm** each day. Tryout material will be taught during this time. As well as short interviews of each candidate.
- Official Try-outs will take place on **Friday, May 31st at 4:00pm until** everyone has been seen. The goal is to contact the candidates by Saturday with results.

Eligibility:

To be eligible in the fall/spring of 2019-2020 for cheerleading, a student must have:

- Achieved a 2.3 grade point average or better for the previous school year accumulative.
- 2 letters of recommendation from teachers of the previous semester

The following MUST BE turned in BEFORE you can participate in tryouts on Friday, May 31st, 2019:

- Completed Information Sheet
- Statement of Permission and Agreement
- Physical Release, Concussion Consent Form and Emergency Contact Form (Current students that participated in sports for 2018-2019 seasons may use existing completed packet.)
- Copy of your year-end report card

Note: *The deadline for turning in this paperwork is **Thursday, May 30th!** Participation in cheer try-out on the final day will be prohibited if any of the forms are missing or incomplete.*

Selection of the cheerleaders will be based on the following:

- A cheer and dance that will be taught to you during try-out days. You may also be required to create an original cheer or dance within a group.
- Jumps (A toe touch and a jump of your choice out of what else is taught)
- 2-3 interview questions
- Scholastic achievement and eligibility
- Attitude and Coach-ability

What do you wear to tryouts?

- Clinic & tryout attire, Sac High school colors ONLY: T-shirt (NO TANKS), shorts with spunks under shorts, hair pulled away from face and ABSOLUTELY no jewelry.
- During all try-out days please wear comfortable, length appropriate shorts and a t-shirt or tank top. Sports bras must be worn. No basketball shorts or pajamas. No denim shorts or jewelry. Your hair should also be off your shoulders and out of your face.
- An athletic shoe with ankle support is necessary. No Vanz, Jordans or Converse.

***Attached you will find your teacher recommendation sheets, sample interview questions and the template that will be used to judge you on try-out day.**

For those who make the squad:

Meeting for all cheerleaders/Mandatory Parent Meeting: Tuesday, June 4th at 4:30 pm in the Annex

Uniform Fitting/Mandatory Parent Mtg: Tuesday, June 4th at 4:30 pm in the Annex

Practices will begin and continue through the school year. These practices are mandatory and missing them (without valid reason from parent or legal guardian) will result in appropriate action. A Calendar will be provided at the beginning of every month to the cheerleaders and parents.

Date/Time: TBA
Location: SHS Cheer Annex

*During summer, there may be some early morning or Saturday practices. Camp dates will also be announced. Dates and location TBD.

Fundraising:

First will begin on June 4th; Second will run in conjunction with the first, but run longer. All info will be distributed after a team is chosen.

Estimated Costs

We realize that Cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fundraising. We will be ordering uniforms through TeamLeader, and the cheerleader will be responsible for paying for them. There will be multiple fundraisers starting from the first meeting after the team is formed and throughout the season. Of which, much of the costs can be covered.

Description	Approximate Cost
Uniform 1: Shell, Liner, Skirt, Briefs, Bow	\$250
Uniform 2: Shell, Liner, Skirt, Briefs, Bow	\$250
Warm-Ups Package: Pants, Jacket, Bow, Practice Poms, Bag	\$100
Camp Attire: 3 Shirt/Short combo, Bows	\$150
Camps: Dance, Stunt and Sideline Cheer	\$300-400
Game Day: Snacks & Water	\$50 once for both Seasons
Total for New Cheerleader	\$1,100-1,200
Total for Returning Cheerleader	\$500-600

First deposit and payment is due on Tuesday, June 4th during Mandatory Parent Meeting of \$150. Exact due dates for remaining payments TBD. This is an approximation. Total and accurate balances will be provided during information meeting and after uniform fittings. Please be prepared to participate in all fundraisers to offset costs and ensure that you are prepared on the exact deadlines. There are NO REFUNDS.

I look forward to seeing you at tryouts. If you have any questions, please contact Coach Andre'a Best or Coach Jessica Owens at sachighcheer@icloud.com.

Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name:	Student ID #:
Current Grade Level:	School you attended 2018-2019:
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/ Medications (Please describe in detail):

Were you involved in any behavior infractions during the 2018-2019 school year?

If yes, please explain below or on a separate sheet of paper.

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to your high school, your coaches, your teammates, and yourself for the complete season (full year). The decision to tryout should not be taken lightly. Furthermore, as a representative of Sacramento High School, you must maintain proper behavior at all times. You must follow the athletic and activity guidelines set forth in the athlete's handbook. Students who break the rules will be disciplined accordingly. By making this commitment to the Sacramento High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group.

Student Agreement

I, _____, have read, understand and agree with the statement above. I have also read the RULES FOR CHEERLEADING in its entirety and I agree to abide by these rules if I am chosen as a member of the squad. I am agreeing to the information in the packet pertaining to try-outs and understand that failure to adhere to any of these policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the RULES FOR CHEERLEADING and the 2019-2020 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in my child's dismissal from the squad.

Parent Signature

Date

RULES FOR CHEERLEADING

Purpose

The objective of the Sacramento High School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for SHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride.

Squad Members and Practices

- Members will be chosen at a formal tryout session.
- The JV squad will consist of no more than 15 students who will cheer at JV football and basketball games and will participate in some rally events.
- The Varsity squad will consist of no more than 25 sophomores, juniors, and seniors who will cheer at all Varsity football and basketball games, competitions, and rally events. Freshmen typically do not make a Varsity squad; however, exceptions can be made at the coach's discretion.
- If a member of a squad is removed from a position, a replacement will be determined by the coach, Athletic Director, and Principal.

Practices and Games

- Squads will have practices each week. A tentative schedule will be given out at the beginning of each month. ALL PRACTICES ARE MANDATORY. Additional practices may be added when needed.
- Cheerleaders will be expected to be present at all games, including playoff games. Also, JV will stay until half time of Varsity games and Varsity will show up at half time of JV games unless told otherwise.
- All cheerleaders must download and use BAND application available for free on all cell phone platforms. This will be a direct communication link between cheer peers and coaching staff, as well as parents and coaching staff.

Attendance Requirements

- ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices.
- Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible. Please call or text to notify the coach of any excused absences
- As stated in the Athlete's handbook, students must be present half the school day (2 full class periods) to be eligible for practices and games scheduled for that day.

Grades

- A minimum of 2.5 GPA must be maintained throughout the cheering season to remain on the team.
- Cheerleaders expecting to be a part of competitions WILL maintain a 2.9 or better. NO EXCEPTIONS
- Because cheerleaders are students first and athletes second, bi-weekly progress reports will be turned in so the coach can monitor academic progress.
- If at any time you are failing a class, you will be required to attend tutoring at Dragon Academy and/or study hall, and failure to attend will result in benching.
- From the time the No Grade/Credit is written on the progress report, you have two weeks to pull it to a C or better before a more severe consequence is given.

Tutoring

- Cheerleaders are encouraged to attend tutoring/study hall on all off days.
- If the cheerleader must attend tutoring/study hall on a practice day, the cheerleader must inform the coach, and bring a note from the teacher to the following practice.

Uniforms

- Washing instructions will be provided when uniforms are distributed.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform.
- Cheerleaders are NOT to distribute any article of cheer attire to other members of the school. You must be the only one to wear your uniform, warm ups, camp clothes, etc. We take it very seriously if articles of clothing is found on non-cheer members, it could result in removal from the squad.

- There will be **NO PDA** (public displays of affection) while in uniform. This goes for boys and girls. It also includes hugging while in uniform. Unless it is immediate family.

Fundraising

- Every cheerleader will be expected to support all fundraising events which support the team.
- Failure to participate can result in dismissal from the squad.
- Turning in fundraising money after the due date will result in being benched.

Transportation

- If a parent/guardian is going to pick up their cheerleader at an home or away game, the coach must speak or have visual confirmation of the parent. Otherwise how we arrive, is how we will leave.
- Your parent is the only one you are allowed to leave a game with, not friends UNLESS your parent/legal guardian has told the coach otherwise.

Expected Behavior

- All Sacramento High School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing SHS , cheerleaders must not:
 - ☹️ Drink alcoholic beverages
 - ☹️ Use controlled substances
 - ☹️ Use tobacco products
 - ☹️ Show unsportsmanlike conduct
 - ☹️ Use profanity
 - ☹️ Show displays of affection
 - ☹️ Be academically dishonest
- Cheerleaders must wear the designated uniform to school on game/rally days.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders cannot wear or loan cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and can be grounds for dismissal.
- **ZERO TOLERANCE FOR FIGHTING OR ANY KIND OF VIOLENCE.** Automatic dismissal from the squad.

****Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.***

****Exceptions made for Major School Events such as Prom, Homecoming, etc.***

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Squad Coaches, Athletic Director, School Principal.