

Summit Academy High School

Cheerleading tryout packet

2018-2019



Head Coach: Nicole Masco
Assistant Coach: Taylor (Teeg) Kirk
JV Coach: Marianne Brown

PARENT MEETING

- **Monday March 19th - 6:00-7:00 PM** Parent meeting - All students wishing to tryout must attend with one parent or guardian in order to tryout.

TRYOUT DATES

- **Tuesday March 20th – 3:40 – 4:00** Registration **MUST BRING-** All tryout packet information (list below)
- **Tuesday March 20th 4:00-7:00** Clinic Dance, cheer and tumbling (bring a phone if you want to record the dance and cheer)
- **Wednesday March 21st 4:00-7:00** Stunting (Dance, cheer, tumbling review)
- **Thursday March 22nd 4:00-8:00** Tryouts (Wear dark shorts and a white top that is fitted and covers the stomach and chest area)

All tryouts and clinics are closed to the public

TRYOUT PACKET INFORMATION

The following forms are to be completed and handed in to the cheer coach on Tuesday March 20th (3:40-4:00)

- Application (with attached picture of cheer candidate – The picture is used for judges to identify candidates more easily. Please sure to attach a picture that will fit within the designated area)
- Consent and Acknowledgement Form
- Medical insurance information & release
- 3 Letters of Recommendation sealed and signed (one from your Math or English Teacher, a teacher of your choice and the last from a coach/boss/leader)
- A copy of 3rd quarters grades (GPA must be calculated before giving to coaches)
- Signed Transportation Form

TRYOUT GUIDELINES

- Hair pulled back, we must see your face (pony tails)
- No gum, acrylic nails, or jewelry (nails must be short)
- Candidates must have stomachs and chest area covered at all times
- Comfortable lace up shoes should be worn at all times (preferably with smooth bottoms)
- Wear dark shorts and a white fitted top the day of the Tryouts (March 22nd)

TRYOUT CLINICS, PROCEDURES AND OBJECTIVES

- Candidates will go over: Stunting, Jumps, Flexibility, Cheer, Tumbling and a Dance.
- Coaches will set your stunting positions.
- A panel of judges and video for judges review will be present at the tryouts.
- We are looking to select squad members that demonstrate strong skills in the following areas:

Facials Being Coachable Running and Standing Tumbling Motion Technique Jumps
Tight Stunting Dance Vocal Flexibility Attitude Spirit Energy / Enthusiasm

*Stunting: A full-up to elevator is required for the Varsity team (As a flyer, base or backspot)

*Flexibility - All 3 splits required for varsity (All cheerleaders will demo- Heal stretch, lib form, etc)

*Tumbling - A standing handspring and round of handspring is required for the Varsity team. For JV a standing back handspring is highly encouraged (If someone has the same abilities as you, the judges will then pick according to best tumbling abilities) *There will be no tumbling spots during tryouts on March 22nd*

ELIGIBILITY

- Candidate must attend pre-tryout meeting with at least one parent on March 19th. (unless arrangements have been made prior to meeting)
- Candidates must have all required documents signed by a parent/guardian in order to participate.
- All cheerleaders trying out must have a 2.5 GPA or higher on 3rd quarters grades or 2.5 GPA cumulative
- Candidates must be in good health and must work to maintain good health in order to cheer. If there are injuries that will keep the athletes from performing abilities, reconsider your tryout.

SQUADS

This year, the Summit Academy High School would like to have a Junior Varsity (Freshman-Senior) team and Varsity (Freshman-Senior) team. The candidate will have the chance to be a part of the JV squad, if the judges don't place them on the Varsity team (refer to your candidate application for details). Both teams will be competing this season. Varsity will be competing locally and going to Nationals in February. JV will compete locally in the fall and into January. The number of cheerleaders for each team is not set. Many factors go into how the team(s) are set up such as: ability, the number of how many tryout, stunt groups, team compatibility, etc. Coaches reserve the right to move cheerleaders from squad to squad at their discretion. This includes games, performances and other cheer needs.

COMMITMENT

Participating in cheerleading is an exciting and fun experience. However, it requires a HUGE amount of time and commitment by all members, not only during the school year but the summer as well. As a member of the cheer squad you will be required to support the athletic teams at Summit Academy High School throughout the entire school year. This means in addition to 2-3 practices per week you will be cheering 1-3 games per week. You are also required to attend 2 tumbling classes per month. Cheerleaders do more than cheer at games; they help with assemblies, make gifts for teams and have other various responsibilities as they support the athletic teams at SAHS. You will also be required to attend training camps and practices during the summer as well as all fundraisers. Any long term or recurring situations that are holding a cheerleader from these responsibilities may cause dismissal from the squad. If you are going to participate on the cheer squad it is important to know that SAHS cheer comes first. Cheerleading is a team sport and we plan to stunt a lot. If there is just one person missing from practice it prevents the whole team from being able to stunt.

FINANCIAL COMMITMENT/FUNDRAISERS

-The *approximate* cost for cheerleader is below. If you have balance that is unpaid with the school, you are not able to tryout. The teams will be competing locally in November –February. Varsity will attending Nationals in Anaheim California in February. We will have fundraising that will help offset the costs. If you work hard on the fundraisers provided, it is possible to earn all of the money due. A updated payment list will be sent out after tryouts. Please keep track of all payments, so all money can be accounted for.

Approximate cheer cost:

Uniform, shoes, warmups, gear, poms, bows, bag \$500-600

Camp \$250-300

Participation fee \$100

Coaches fee \$50

Competition fee – JV \$100-150 / Varsity-\$500-700

TENTATIVE SCHEDULE All the following date are mandatory and will not be excused

- After tryout Parent Meeting March 26th – 6:00-7:00 / \$100 Payment Due
- Required Stunting Safety clinic – (one of the date between) May 3rd – May 18th @ 3:30-8:00
- Practice every Monday starting April 23rd through May 21st 4:00-6:30pm
- Practice June 19th-22nd 7:00-10:00am
- June 26th Camp Clothes / Practice 7:00-10:00am
- Spirit camp June 26th-28th (Logan Utah)
- July off (work on cheers on youtube and your conditioning – Must be prepared to pass off all cheers in August)
- Practice for games beginning July 30th Monday-Fridays 7:00-10:00am

SUMMIT ACADEMY HIGH SCHOOL CHEERLEADING CONSITITION

Summit Academy High School (SAHS) cheer team members should demonstrate high standards, good sportsmanship and promote the development of good character. All team members are expected to carry themselves in a manner which brings pride to SAHS. Cheerleading is a privilege and it's important that cheerleaders and their parents be aware of the necessary rules, expectations and goals it takes to be a SAHS Cheerleader.

- 1) **PURPOSE** The PRIMARY FUNCTION of the cheerleading squad is to support interscholastic athletics and to promote school spirit in a positive way. Throughout the year the cheerleaders support events in the following sports: Football games (JV/Varsity), girls soccer, wrestling, volleyball games, baseball, softball, drill, track, girls and boys basketball etc. Cheerleaders will also be in charge of the Homecoming dance decorations, support during pep rallies, and other needed activities. (If you choose not to participate in the homecoming dance decorating and clean up, you can opt out by paying a \$50 fee)
- 2) **ACADEMICS** A cheerleader's first responsibility is to his/her academics. Participating in cheerleading should not compromise the education process. All cheerleaders must maintain a 2.5 GPA with no F's at the end of quarter. Failure to meet grades will result in dismissal from the team. Grades will be checked every Monday to keep cheerleaders aware of their grades. There can be no F's allowed or you will not be allowed to cheer but will be required to come to all practices and games to support the team.
- 3) **RESPECT** Cheerleaders will be expected to respect coaches and team members at all times. Team members are also required to respect all religions, races, disabilities and backgrounds. There will be no swearing, obscene gestures, and inappropriate behavior at any cheerleading activities. Cheerleaders will be required to follow all cheer accounts so their social media can be monitored. A high level of respect and class on all social media sites must be maintained at all times. Bullying (cyber or otherwise) is not allowed. Cheerleaders will be positive leaders, set good examples, display a positive attitude and work to develop a sense of pride at all times. You represent the school.
- 4) **EFFORT/TUMBLING/STUNTING** Cheerleaders will engage in cheering, dancing, tumbling, and stunting while on the squad. The SAHS cheer squad adopts and executes a comprehensive safety program including conditioning and effective-spotting techniques at all times. All cheerleaders are expected to stunt. At least two monthly tumbling classes will be required. Tumbling skills performed at tryouts must be maintained throughout the year. Tumbling during the season will be performed on all kinds of surfaces (Example: Hardwood floors during basketball)
- 5) **COMMUNICATION WITH COACHES** If for any reason, parents would like to communicate with coaches, please do so by emailing cheer.sahsbear@gmail.com. If cheerleaders need to talk to coaches, ALL coaches need to be informed through Groupme.
- 6) **WORK** We realize that some students must maintain employment to participate in this organization, but their first obligation must be to cheer. Practices, fundraisers and performances may not be missed because of work. It is your responsibility to check the calendar daily. You will need your own form of communication to view team apps, and talk to coaches (Groupme, Google Cal) The schedule can change at short notice.
- 7) **OTHER COMMITMENTS** Coaches strongly encourage athletes not be a part of another sport/activity/team. Students desiring to participate in other SAHS activities/groups must know that cheer practices are every Monday and Wednesday after school, Fridays before school and select Saturday practices as needed. Cheer practices are not allowed to be missed for other sports/activities/teams. Games take place throughout the week. Varsity games are mostly on Fridays during football season and JV games are primarily on Thursday afternoons. Basketball season consists of games Tuesday-Friday. During competition season, more early morning practices may be required. Missing practices, performances, fundraisers, etc. for outside SAHS groups are not allowed.
- 8) **ABSENCES/TARDIES** All excused absences must be cleared with coaches. Excused absences consist of: extreme illness, death or funeral, weddings or school excused activity. If a cheerleader is sick and cannot attend to practices/games the cheerleader and their parents must inform coaches through Groupme. If a cheerleader is well enough to be at school, they are well enough to be at practice and they will participate at the coach's discretion. Doctors' appointments need to be scheduled around practices and games. Unexcused absences: work, social events, parties, etc. Cheerleaders are to be on time to events, practices and games.

9) **AUTOMATIC DISMISSAL** The following is a list of things that will not be tolerated and will result in dismissal:

- The involvement in illegal/criminal activity (drugs, vaping, alcohol etc)
- Cheating in school
- Sexual harassment, hazing and bullying

10) **TRANSPORATION** Cheerleaders are required to take the school bus when one is provided and can be released to their own parent only. Cheerleaders are not permitted to drive themselves. When buses are not provided, parents and coached will have to drive. Please sign the attached Driving Consent permission form for travel.

11) **PRACTICES/GAMES/ATTIRE** Practices will take place every Monday, Wednesday 3:15-6:00, and some Friday's before school and select Saturdays. All practices/games will be set on a monthly calendar and are mandatory.

Cheerleaders represent Summit Academy High School and will be done with class. Cheerleaders must come to practices with hair up, lace up shoes on and no jewelry or long nails. All clothing must cover stomachs, busts and behinds. Game attire (hair and bows) will be determined on the monthly calendars. No bra straps should be seen when wearing your cheer uniform. Socks must be white ankle socks and assigned spankies. Cheerleaders are an example to the school, and must be in dress code EVERYDAY!

12) **INJURY** When a cheerleader is injured and is observed by a coach and the trainer unable to perform, the cheerleader must obtain a doctors release to return to activities. Cheerleaders must attend all practices and games while injured/sick unless arrangements have been made with coaches. If you are able to come to school, you should be able to attend and sit practice. Cheerleaders may or may not be put back into performances or routines once cleared.

13) **FINANCIAL COMMITMENT** Each cheerleader will be responsible for expenses for being selected for the cheerleading squad. There will be fundraisers to help off set the costs. These expenses (approximate) include but are not limited to the following:

- Cheer summer camp \$280-300
- SAHS Participation / Coach fee: \$100 / \$50
- Uniform /Clothing/bags/shoes/poms/warm-ups etc. \$500-600
- Competitions and Nationals: \$100-600

If a cheerleader is dismissed from cheer or quits, no cost will be refunded and the remaining balance in the account must be paid in full.

My child, _____, has my permission to be on the cheerleading/stunt team at Summit Academy High School. I understand that he/she must abide by the rules and regulations set forth for all sports and activities at Summit Academy High School and the *Summit Academy High School Cheerleading Constitution*. I understand, if chosen, my child will be required to attend all safety/stunt camps. I give permission for my child have their picture taken and posted on SAHS cheerleading social media cites. I understand that there will be expenses for being selected for the cheerleading squad that I must pay.

*I understand by the very nature of the activity, cheerleading and stunting carry a risk of physical injury. No matter how careful the participant and coach are, or what landing surface is used, the risk cannot be totally eliminated. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Summit Academy High School or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian Name: _____
Parent/guardian Signature: _____ Date: _____

I am interested in being on the cheerleading/stunt team at Summit Academy High School. I understand the risks stated above. I promise to abide by the 2018-2019 Summit Academy High School Cheerleading Constitution and rules set forth by the coach(es) and the administration of Summit Academy High School.

Student Name: _____
Student Signature: _____ Date: _____

Summit Academy High School Cheer Application

Name _____ School attending this year _____

Grade Next School Year (2017- 2018): 9 10 11 12 Birthday _____

Address _____

Cheerleader Cell Phone # : _____ Cheerleader Primary Email: _____

Parent Name(s): _____

Parent Email(s) that you would like to receive updates for cheer account, team information etc through the year:

Parent's Phone #1 Cell: _____ #2 Cell: _____

What is your cheer experience?

If any, what positions have you experienced with stunting (Base, Flyer, Backspot) How long?

If you do not make the Varsity team, are you still willing to be on JV? _____

Are you planning on being apart of any other Sports teams/Activities that would interfere with cheer? If yes, what teams?

Glue or tape a picture of the cheer candidate below (It must fit within the space below and must be a correct picture)

Medical Insurance Information and Release

Student name _____

Parent/Guardian name _____

Telephone: Home _____ Cell _____

Contact person in case of emergency _____

Phone number _____

Personal physician _____

Phone number _____

List any previous injuries, illnesses, current medications and any allergies:

To my knowledge my son/daughter, _____, is physically, mentally, and emotionally fit to participate in all activities associated with cheerleading.

Parent or guardian signature _____ date _____

Medical insurance information

Name of policy holder _____

Insurance Company _____

Policy number _____

Phone Number of provider _____

Emergency Medical Treatment Statement

I, the parent/guardian of _____, give permission for emergency medical treatment of my child if I cannot first be contacted.

Parent or guardian signature _____ date _____

All SAHS student participating in any kind of athletics must be registered with "Register my athlete" and have a physical every year.

Teacher Evaluation for SAHS Cheerleading Tryouts (English or Math teacher)

Please complete the following form as soon as possible. Teacher evaluations will count for a portion of each candidate's score. The only teacher who is currently teaching the candidate will participate in the evaluation process. (has to be a student's teacher) Therefore, it is very important to give an honest rating based on your knowledge of student and how YOU feel they perform in YOUR class or classes. Please be realistic as well as fair.

Please return this form to your student both **sealed** and **signed envelope** by Tuesday **March 20th**. Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

Nicole Masco
cheer.sahsbears@gmail.com

Name of Candidate _____

Relation to Candidate _____

Is this student frequently absent or tardy? If so, how many days has she he/she or have they missed? _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

Is this student a leader or follower? Why?

On a scale of 1 to 5 (5 being excellent), please rate the applicant in each of the areas listed below. You may use half-points to give an accurate rating.

_____ Ability to get along with others(further comments if needed) _____

_____ Attitude _____

_____ Gets assignments work done (on time or late) _____

_____ Attendance and punctuality _____

_____ Dependability _____

Is there anything else that we need to know to get an accurate picture of this student's ability to be a role model, and representative of Summit Academy High School?

Teacher Signature _____ Date _____ School _____

Teacher evaluation for SAHS Cheerleading Tryouts (Teacher of your choice)

Please complete the following form as soon as possible. Teacher evaluations will count for a portion of each candidate's score. The only teacher who is currently teaching the candidate will participate in the evaluation process.(has to be a student's teacher) Therefore, it is very important to give an honest rating based on your knowledge of student and how YOU feel they perform in YOUR class or classes. Please be realistic as well as fair.

Please return this form to your student both **sealed** and **signed envelope** by Tuesday **March 20th** Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

Nicole Masco
cheer.sahsbears@gmail.com

Name of Candidate _____

Relation to Candidate _____

Is this student frequently absent or tardy? If so, how many days has she he/she or have they missed? _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

Is this student a leader or follower? Why?

On a scale of 1 to 5 (5 being excellent), please rate the applicant in each of the areas listed below. You may use half-points to give an accurate rating.

_____ Ability to get along with others(further comments if needed) _____

_____ Attitude _____

_____ Gets assignments work done (on time or late) _____

_____ Attendance and punctuality _____

_____ Dependability _____

Is there anything else that we need to know to get an accurate picture of this student's ability to be a role model, and representative of Summit Academy High School?

Teacher Signature _____ Date _____ School _____

Evaluation for SAHS Cheerleading Tryouts (Coach, boss or leader)

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Evaluations will count for a portion of each candidate's score. Therefore, it is very important to give an honest rating based on your knowledge of student and how YOU feel they perform. Please be realistic as well as fair

Please return this form to your student both **sealed** and **signed envelope** by Tuesday **March 20th**. Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

Nicole Masco
cheer.sahsbears@gmail.com

Name of Candidate _____

Relation to Candidate _____

Is this student frequently absent or tardy? If so, how many days has she he/she or have they missed? _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

Is this student a leader or follower? Why?

On a scale of 1 to 5 (5 being excellent), please rate the applicant in each of the areas listed below. You may use half-points to give an accurate rating.

_____ Ability to get along with others(further comments if needed) _____

_____ Attitude _____

_____ Gets assignments work done (on time or late) _____

_____ Attendance and punctuality _____

_____ Dependability _____

Is there anything else that we need to know to get an accurate picture of this student's ability to be a role model, and representative of Summit Academy High School?

Teacher Signature _____ Date _____ School _____



**Summit Academy High School 2018-19
Participation Travel Disclosure and Acknowledgement**

SAHS Cheerleading

I acknowledge that Summit Academy High School does not provide or sponsor all transportation in connection with the sport(s), competition(s), practice(s), or program(s) as listed below and that the student, or the student's parent or legal guardian, will be responsible to arrange transportation for the student. I further agree to make such arrangements as a condition of the student's participation.

Student's Name (Please Print)

Signature of Student

Date

Signature of Parent/Legal Guardian

Date

Activities and Seasons:

Cheer Camp 2018

Stunt Clinic 2018

Football Games-2018

Wrestling Matches-2018-2019

Basketball Games (Boy's and Girl's)-2018-2019

Cheerleading Competitions 2018-2019

Cheer events (Christmas Party for example) 2018-2019