

Millikan High School

Cheer Tryouts 2010-2011

ORIENTATION and CONTRACT INFORMATION

Dear Parents and Students:

It is imperative that you understand the commitment that Cheer involves. The Millikan Cheer Program is treated as a sports activity. It is therefore, **highly competitive** and the overall commitment expected from both parents and students is tremendous. I believe it is an honor and a privilege to be a part of the Millikan tradition. We are recognized around the nation as one of the leading cheer programs and I believe that the benefits of belonging to such an outstanding program far outweigh the sacrifices...but read on and make sure you understand exactly what you are committing to before you try out.

In the past, problems have arisen, different in nature each year but most having to do with..."I really wish we had been told about this in the beginning." To that end, I am trying to communicate exactly what is involved, what the coaches, booster club, and I will be expecting of both you and your child if he/she makes one of the two squads. There is no way that I can cover every situation, but this letter is an attempt to make the demands and expectations of participation in this program known BEFORE you sign up for the long term and invest what can be a great deal of money, time and energy.

The Millikan High School Cheer Squads are recognized as a sports activity. Today's cheerleader is an athlete with special talents, which include gymnastics and dance. All members of the cheer squads compete in local, regional and national competitions, as well as performing the duties of crowd leading at a wide variety of sports events. They set an example for others in their school spirit, their leadership, and commitment to their studies. **This program is not for the faint hearted!!!!**

I sincerely hope that you understand that while we love every one of your kids, it is impossible to make them happy all of the time, especially when it comes to selection of squads. Competition seems to become tougher every year so no one is guaranteed a place on the squad even though they have been on a squad this past year. We bring in outside judges to make scoring as objective as possible. If you look carefully at the scoring guide you'll see that because of teacher recommendations and GPA, talent alone, will not determine if your child makes the squad.

Prior to your child's tryout, read the following conditions, rules and expectations. If both parent and student agree to the following terms, the complete tryout packet must be turned in. In order for your student to be allowed to try out, this packet must be on file no later (and hopefully earlier) than Thursday April 1st. Once you turn in the packet, I will hold you responsible to the agreed upon terms. I realize this is a lot to take in--- especially those of you who have never participated before, but at the same time, I'd like to be as clear as possible to prevent misunderstandings later. If you have questions, I can be reached at school at 425-7441 ext.4289 or send me an email IHGuntner@lbusd.k12.ca.us. Leave a short message and I'll return your call or email just as soon as I can. I promise this is a lot more fun that this letter would lead you to believe. **We are looking for students who can represent Millikan High School as excellent cheerleaders and as excellent role models for the student body!**

Sincerely,
Ingrid Guntner
Cheer Advisor

CHEER TRYOUT PROCEDURE-INFORMATION 2010-2011

- _____ 1. Tryouts clinics are March 29th - April 1st. Actual tryouts will be held on Friday April 2nd, 3:30 - 7pm. Participants will be judged on the material learned at the clinics. NO OTHER DATES OR TIMES WILL BE AVAILABLE TO TRYOUT!
- _____ 2. All tryout packet information must be turned in and completed (4pgs information and 4 teacher recommendations). THE COMPLETE PACKET IS DUE ON THURSDAY April 1st.
- _____ 3. To try out, you need a G.P.A. of 2.0 or better at the completion of the semester grading period. Your grades, teacher, and counselor recommendations are a part of your total score and will be a part of the final decision.
- _____ 4. Participants at the tryout are expected to convey the Millikan standard for dress code and conduct. Come in spirited attire, no bra straps, piercings, baggy clothes etc.
- _____ 5. The order of tryouts will be at random. No special arrangements will be made to insure that certain candidate's tryout with others, in a certain order, or at a certain time.
- _____ 6. Tryouts may run several hours, so candidates must plan ahead and schedule their time to fit the tryouts. Callbacks may be held after all participants have tried out, **DO NOT LEAVE!** If you make the squad, you will be notified by phone the evening of April 2nd by 9pm. We will arrange a meeting for ice cream and get acquainted that night.
- _____ 7. We understand that all decisions of the judges at tryouts are final. If we have not been notified by 9:00 pm, we will know that our student did not make the squad. While this may be upsetting to them, there are plenty of activities at Millikan that they can participate in and they are welcome to tryout again next year.
- _____ 8. *There is a mandatory parent meeting April 12th - at 6:30 p.m. in the cafeteria for all new and returning squad members and their parents. This is the first "Booster Club" meeting for parents and the first meeting with coaches as a new squad. The first uniform payment of \$450 is due at the meeting!* Uniform Resale/Uniform fittings-April (date TBA) 3pm room 427 (no parents allowed)
- _____ 9. **FAILURE OF THE PARENT TO ATTEND THE PARENT MEETING AND PLACE DEPOSIT OF \$450 and/or ABSENCE OF THE CHEERLEADER AT UNIFORM FITTINGS WILL RESULT IN IMMEDIATE REMOVAL FROM THE SQUAD!**

SKILLS AND EXPECTATIONS

The following skills and expectations are part of the tryout process. If you have questions, please talk to a coach or the advisor the week of clinic/tryouts.

Varsity Cheer:

The Varsity cheer squad is all girl or coed. A back-handspring is REQUIRED for Varsity. The Varsity squad will be composed of student's grade 10-12. We will select a squad of 12-20+ students depending upon the results of tryouts. Alternates may also be chosen.

Junior Varsity Cheer:

Junior Varsity Cheer is for 9-11th grade only. The squad is all-girl, and depending upon the results of tryouts may be composed of 12-20+ members.

VARSDITY and JUNIOR VARSITY CHEER SQUAD

- Points are awarded to those with gymnastic skills.
- Toe touch jump (jump)
- The ability to either "fly" or "base" a pyramid
- Sharp, consistent cheer motions
- Performance skills: eye contact, smile, enthusiasm, confidence, showmanship
- GPA: minimum of 2.0, 2.5 or above is preferred
- Positive teacher/counselor recommendations
- Good attitude—willing to take direction
- Attendance and participation in cheer clinics March 29th, 30th, 31st April 1st, tryouts April 2nd

OFFICIAL CONTRACT REQUIREMENTS AND EXPECTATIONS

- _____ 1. **We understand** Millikan Cheerleaders are expected to be excellent examples of good sportsmanship, integrity, leadership, school spirit and academic excellence. We have a no tolerance rule for alcohol, drugs and tobacco. While I cannot police every move of every cheerleader, if any cheerleader is caught in uniform or at a cheer or school function using alcohol, drugs or tobacco, that cheerleader will be removed from the squad for the remainder of the year. SUSPENSION FROM SCHOOL FOR ANY REASON WILL ALSO RESULT IN IMMEDIATE SUSPENSION OR REMOVAL FROM THE SQUAD. Cheerleaders are expected to be leaders in all areas of school life.
- _____ 2. **We understand** that the Cheer program can be very expensive. (See page 6 for details)
- _____ 3. **We understand** that there is the potential for injuries in Cheer and we agree to provide the necessary insurance policy.
- _____ 4. **We understand** that there are major fundraisers and we will be expected to participate. We also understand that fundraising helps raise money for transportation, competitions, coaching fees, summer camp, spring fees, choreographers etc. It can greatly reduce the burden of part of the uniform and equipment costs for the individual member, but it also enables the team to participate in additional workshops and engage in social activities. Fundraising is a REQUIRED duty of each member. Details of each of fundraiser will be worked out by the incoming Executive Board. Unfortunately, fundraising does not help the initial uniform payment and only helps the balance of the uniform if the sponsor sheet is used early. Often the parents think that fundraising pays for the uniform however it is your own personal efforts that can only help with the uniform cost.

- Every year Millikan Cheer hosts a major fundraising event in which all cheerleaders and at least one parent of each cheerleader is required to work. Failure for both of you to participate will lower your cheerleader's grade by one full letter grade.
- _____ 5. **We understand** that making one of the two squads does not mean that you automatically become a member of a competition squad - some students may be designated as alternates. Coaches and the Advisor reserve the right to determine the size of the squad that will compete. We understand and agree that Coaches and the Advisor will not enter into any discussion with parents regarding Coaching decisions after selection for the competition squads. We make every attempt to talk with parents on an individual basis if problems arise; however, once decisions are made they are final.
- _____ 6. **We understand** that Millikan Cheerleaders are representatives of the school and are expected to abide by all uniform requirements to ensure professionalism and safety. As such, hair must be kept ponytail length, no extreme hair colors (which include drastic two toned hair color), and visible piercings and tattoos.
- _____ 7. **We understand that** any behavior that is considered unsportsmanlike, lewd or inappropriate as determined by the cheer advisor, coaches or other administrator may result in a referral, suspension, or dismissal from the squad.
- _____ 8. **We understand that** the Millikan Cheer Program has a "zero tolerance policy" for any type of criminal activity or "alleged" criminal activity no matter how severe the allegation or crime. The cheer advisor may elect to suspend or dismiss from the squad any cheerleader for ANY offense.
- _____ 9. **We understand** that the Coaches and Advisor will be happy to discuss your child's strengths and weaknesses in order to help your child increase his/her skills. We also understand that we (the parents) are not always the best judge of our student's talents—we think they are perfect—and that the Coach and Advisor have to consider the team as a whole rather than each individual.
- _____ 10. **We understand** that if your child is dismissed or removed from the squad for any reason noted above, you relinquish the right to own or wear the uniform. The uniform will be purchased back from you at a prorated rate determined by the condition and the time the uniform was owned by the cheerleader. The amount will be determined by the Booster Treasurer and the Cheer Advisor.
- _____ 11. We understand that the decision of the tryout judges is final and NOT negotiable after tryouts.

OFFICIAL CONTRACT REQUIREMENTS AND EXPECTATIONS (cont'd)

- _____ 12. **We understand** everyone may not be on a competition squad, however, everyone is required to attend all competitions, performances, and practices and is responsible for all fundraising events and cheerleading fees.
- _____ 13. **We understand** that all competitions AND practices that lead up to competitions are **MANDATORY**. Any activities including but not limited to school sponsored field trips or family commitments that conflict with competition and practices are unexcused in the weeks prior to competition and will result in the lowering of a grade and possible of removal from the routine.
- _____ 14. **We understand** that practices begin in April, continue through the month of July and resume again the last week of August and continue throughout the year. Please plan your vacations within the first three weeks of August. Practices are long and demanding, sometimes involving evenings, vacations and weekends. Your student needs your help in developing time management skills in order to maintain his/her grades.
- _____ 15. **We understand** that Cheer must become the 1st priority in terms of extracurricular activities. Jobs, appointments, vacations, other clubs, organizations, etc., must be arranged around practice and activities for Cheer. Failure to do so may result in lowering of their grade, and/or removal from a competition squad or benching at games.
- _____ 16. **We understand** that if our student misses a practice for an unexcused reason he/she may be benched for the following game and her grade will reflect the absence.
- _____ 17. **We understand** that our child is expected to be in the cheer period each day for roll and his/her failure to do so will result in an absence and absences from class may result in a lower grade. We understand that we can expect a grade of "A" for participation in cheer, but it is not automatic. Absences from practice and attitude may affect our student's grade.
- _____ 18. **We understand** that Junior Varsity is not Varsity. JV Cheer is expected to cheer for freshman football, JV football, JV/ Var. girls Basketball and other games as assigned. They will also be required to cheer at several CIF playoffs and other games as assigned.
- _____ 19. **We understand** that Varsity cheer will be required to cheer for varsity football and basketball (girls and boys) games. They will also be required to cheer at several CIF playoffs and other games as assigned.
- _____ 20. **We understand** that if our child is selected this year, he/she will still have to try out again next year and his/her position on the squad is NOT guaranteed. Improvement, attitude, talent--all play a part in whether or not he/she returns. A bad attitude in the classroom will almost guarantee that they will not be returning; a bad attitude at practice will probably assure it.
- _____ 21. **We understand** that teams are chosen on a basis of grades, teacher recommendations, talent and overall team needs.
- _____ 22. **We understand** that education always comes first. To be a member of the team students must maintain a **2.0 G.P.A. and no U's in conduct**. A cheerleader who does not make the 2.0 requirement will be given a probationary period in which they must attend mandatory study hall and complete weekly progress reports. If the 2.0 GPA is not met the following actions will be taken: suspension from games, rallies, performances, competitions, and removal from the cheer team may result. This is at the discretion of the cheer advisor, in consultation with the coach, and administration.
- _____ 23. You must have a physical (yes...even those returning) completed and on file at school, if selected for the squad. This is for your protection as well as a school rule. Cheerleading is a highly specialized and demanding physical activity. Your safety, as well as the safety of others depend upon your good health and abilities.
- _____ 24. Being a part of the Millikan Cheer team takes a tremendous amount of energy. All practices will be conducted full out, so as to ensure the safety of their teammates. Conditioning will be a part of daily practices including running and other exercises to build team strength and fitness. If your child is often absent or has medical problems that would hinder participation they are not encouraged to tryout.

OFFICIAL CONTRACT REQUIREMENTS AND EXPECTATIONS (cont'd)

- _____ 25. After-school practice is **MANDATORY** and work schedules, doctor appointments, haircuts, homework and life in general must be planned around cheer schedules. Football games, basketball and other sports as assigned are mandatory. *Failure to attend practice or assigned games will result in benching, lower grades and possibly removal from a competition squad*
- _____ 26. April, May, June and July summer practice and summer camp are **MANDATORY** unless you are currently already participating in another activity/sport. In that case you need to complete your obligation before becoming a part of cheer practices. Please plan family vacations during the first three weeks of August.
- _____ 27. Everyone in cheer must plan on practice after school and sometimes weekends and evenings. We work around coaches' schedules.
- _____ 28. **Cheer is both a class and after school sport, therefore you will be receiving a grade that counts towards your physical education credit.**
- Student's grades are based on points earned for projects, assignments, as well as attendance and participation, and basic citizenship grades. Extra credit assignments may be given from time to time depending on available materials and the need for refining skills in a certain area. Students will be able to view their grades and understand their progress at any time. It is my intent to provide this information and grade averages with computer printouts; grades will be posted online.
 - Mandatory tumbling class also counts toward your PE credit
 - Absences negatively affect the productivity of practices and will affect your grade. Any work that is missed should be made up immediately upon return, as due dates will not be extended without prior arrangements with the advisor.
 - Excessive tardiness and trancies will be treated as per school policy, no makeup work allowed for unexcused absences. Unexcused absences will result in laps, lower grade, the removal of the routine, benching from a performance and in some cases removal from the squad.
- _____ 29. If chosen as a cheerleader for Millikan H.S. all the previous mentioned requirements and responsibilities are not met, several actions may be taken.
- Grades in cheer may be lowered
 - Suspension from games, rallies or both may take place
 - In extreme cases, removal from the cheer team. This is at the discretion of the cheer advisor, in consultation with the coach, activities director, and administration.

Ask questions---don't wait until the last minute and then ruin your chances because you misunderstood.

Approximate Costs for 2010-11 CHEER SQUADS

(All costs are approximate)

Tax and shipping are an additional 13%

	Approx. Cost		Approx. Cost
Girls		Other Cheerleader Costs	
Competition/Night Shell	\$160.00	Sports bras (4 blue, white, yellow, black) \$17each	\$70.00
Competition/Night Skirt	\$90.00	Homecoming Flower/Garters	\$40.00
Competition Body liner	\$70.00	Summer Fee	\$350.00
Game Body Liner	\$20.00	Spring Fee	\$100.00
Day Shell	\$100.00	Coaches Gifts	\$10.00
Day Skirt	\$50.00	Beach Walk - Must donate \$5	\$5.00
Mesh Skort	\$40.00	2 bags candy/poster board for candy necklaces	\$10.00
Football Jersey	\$45.00	Misc. Team bonding activities***	\$50.00
Briefs (2)	\$20.00	APPROXIMATE TOTAL	\$635.00
Embroidery	\$25.00		
Poms	\$40.00	Additional Varsity Costs	
Sweats	\$150.00	Varsity Box (Varsity cost only)	\$30.00
Shorts (3)	\$45.00	Varsity Jackets (Optional)*	\$200.00
T-Shirts (3)	\$45.00	APPROXIMATE TOTAL	\$230.00
Shoes (2 pair)	\$100.00		
Sweatshirt	\$30.00	PARENT EXPENSES	
Duffle Bag	\$25.00	(Will vary depending on the individual)	
Sock, hair ribbons	\$5.00	Must Provide snacks for 1 or more games/summer practices	\$50.00
SUBTOTAL	\$1,060.00	Competition Spectator entrance/parking Fees**	\$150.00
Tax and shipping are an estimated 15%	\$159.00	Game Entrance Fees**	\$80.00
APPROXIMATE TOTAL	\$1,219.00	Banquet cost per guest	\$30.00
		APPROXIMATE TOTAL	\$385.00
Boys		* Varsity jackets are optional and not included in the uniform price they must be ordered during uniform fitting	
Competition/Night Shell	\$160.00	** Games/Competitions cost for entry and parking so this cost would vary depending on how many games/competitions you attend.	
Competition/Night Pants	\$60.00	*** Examples are cost of bowling, roller skating, secret sister gifts, etc.	
Day Polo	\$40.00		
Day Shorts	\$35.00		
Sweats	\$150.00		
Shorts (3)	\$45.00		
T-Shirts (3)	\$45.00		
Football Jersey	\$45.00		
Duffle Bag	\$25.00	REQUIRED FUNDRAISERS	Approx. Cost
Sweatshirts (optional)	\$30.00	There are many fundraisers associated with Cheer. However the fundraisers listed below could cost you money if your cheerleader does not go out and sell the required amount of tickets/items.	
Shoes (2 pair)	\$100.00	Two Car Washes - Cheerleader must sell \$35 worth of tickets for each car wash	\$70.00
Megaphone	\$20.00	Raffle Tickets - Cheerleader must sell 200 tickets ~ \$1.00 each	\$200.00
SUBTOTAL	\$755.00	RAMS Cards or Opt-Out (must sell 5 tickets at \$10 each or opt out for \$25)	\$50.00
Tax and shipping are an estimated 15%	\$113.25	Current Catalog - Must sell 4 items or opt out for \$25	\$25.00
APPROXIMATE TOTAL	\$868.25	APPROXIMATE TOTAL	\$345.00

Total **Estimated** Cost Per Cheerleader (this is an estimate only): **\$2,814.00**

CHEER BOOSTER CLUB

Parents -- Please-read this before tryouts!!

The Booster Club (RAMS Cheer Boosters) is an association of the parents of cheerleaders dedicated to the support of the Millikan Cheer program. In order for the program to participate in competitions, provide music and choreography, hire coaches, provide safety measures such as mats and miscellaneous items such as boom-boxes, hold the year-end banquet, etc. a great deal of money must be raised.

Even with required fees, the program still needs to raise further funds to cover the cost of competition entries, choreography for the routines of the competition squads, Homecoming, equipment, and numerous small expenses during the year. The fundraisers are **MANDATORY** for all members of the cheer squad. **Parents will be required to work 2 cheer fundraisers per semester. At least one parent will be required to work the Spirit Spectacular Fundraiser. Parents will also need to donate water or snacks for several events during the year. Parent attendance at mandatory booster meetings counts towards your cheerleader's academic grade.**

New officers will be elected for next year's Booster Club—nominations and volunteers will be taken at the first booster club/new squads meeting which is also the New Squad Orientation on April 12th 6:30 p.m., in the cafeteria. I encourage everyone to join the Booster Club that evening and look for a way to participate. The more people who volunteer to help, the easier it is to raise the money necessary .We also manage to have quite a bit of fun in the process!

If there are any questions, please feel free to contact

Ms. Guntner
425-7441 ext.4289 or send me an email IHGuntner@lbschools.net