

Pinecrest High School Cheerleading Tryout Packet

Tryouts for the Pinecrest Patriot Cheerleading Squad for the 2015-2016 season will be held on May 20, 21, 22, and 23 (Final Evaluations). Tryouts will be held at the Pinecrest High School auxiliary gym. Rising 9th graders will receive instruction from 6:30-7:30 pm. Rising 10th, 11th, and 12th graders will receive instruction from 5:30-6:30 pm on these same dates. Instruction will include a dance, cheer, and jumps. Links to videos of tryout material will be made available on the PHS Cheer website after the first day of tryouts. Final evaluations will begin on Saturday, May 23 at 10:00 am. Please complete **all** of the required paperwork and turn it in to the cheer coaches on or before the first day of Tryouts (May 20th).

Students without completed packets will not be allowed to participate.

Make sure you have included each of the following Required Forms:

- Current physical on the official MCS physical form (available in your school office or on PHS Cheer Website)
- Pinecrest Cheerleading Application (attached)
- Parental Permission to Play Form (available on the PHS Cheer Website)
- Two (2) completed Teacher Recommendation Forms-submitted in sealed, signed envelopes (attached)
- A copy of your most recent Report Card

BEFORE YOU MAKE THE DECISION TO TRY OUT, please carefully consider the following:

- Cheerleading involves more time and responsibility than most people realize. Cheerleading candidates need to be willing to devote a **minimum** of 12 hours a week to cheerleading related activities. The demands upon a person's time and energy are great, and all cheerleaders must be able to successfully balance academic requirements, cheerleading, and their social lives. Prospective cheerleaders must carefully consider their various personal commitments before deciding to tryout.
- Cheerleaders are expected to support all cheerleading related activities during the season. Such activities include but are not limited to: team meetings, practices, games, assemblies, pep rallies, camps, clinics, overnights, fundraisers, community events, and parades.
- The approximate cost for each squad member could range from \$550-\$700*. (*Please note that this is an approximate cost range and could include, but is not limited to, items such as: camp – 2 or 3 days, stunt clinic, pom poms, cheer shoes, spandex, socks, bow, warm ups, bag, and campwear.) Please note that fund raising will be available, **but parents are fully responsible for the cost of the cheerleader.**
- Cheerleaders must remain in good academic standing at all times. Failure to do so will result in probation or suspension from the squad.
- All practices during the school year will be held in the mornings in order to avoid scheduling conflicts with other sports/activities.

Tryout Rules and Procedures

1. All paperwork must be turned in on or before the first day of Tryouts in order to participate.
2. Shorts (no jean shorts), tee shirt, socks, and sneakers will be worn. (Black shorts, white shirt, and cheerleader number are required for Final Evaluation Day.)
3. Hair will be pulled back in a tight, high ponytail each day (Bow/ribbon is optional. Team bows are not allowed on Evaluation Day).
4. Nails must be short.
5. Jewelry of any kind will NOT be worn. This includes, but is not limited to, belly button rings and stud or post earrings.

All cheerleading candidates will perform the following on the Final Evaluation Day of Tryouts: cheer/chant, dance, and jumps. Tumbling is optional, but recommended.

The coaches will make the final selections. A list of JV and Varsity Cheerleaders for the 2015-2016 season will be posted no later than Sunday evening, May 24th, on the Cheerleading webpage of the Pinecrest website. If selected for the Varsity or Junior Varsity squad, summer camp and summer stunt clinic are **MANDATORY**. (Camp is tentatively set for the first or second week in August.) Cheer practices, morning workouts, and optional tumbling classes are also held during summer months. There will also be a mandatory "new squad" parent meeting, Tuesday evening, May 26th (place and time TBD). This meeting is very important, as we will discuss fundraisers, summer schedules, etc.

Pinecrest Cheerleading Application 2015-2016

Please print neatly. Be mindful of the fact that your interest and commitment may be judged by the care and professionalism with which this application is completed.

Name: _____ Current Grade: _____ Cumulative GPA: _____

Mailing address: _____ City: _____ Zip: _____

Home Phone: _____ Cell: _____

Email Address: _____

Do you play any sports, work after school, and/or engage in any other activities that require a significant amount of your time each week? What are your plans for balancing these other extra-curricular responsibilities and cheerleading?

List any community service and volunteer activities in which you have participated. Please include dates.

Why do you want to be a Pinecrest Cheerleader? (Please limit your response to the space provided.)

Please initial after each of the four (4) following statements:

I know and understand the Moore County Schools attendance policy, expectations regarding after school and summer jobs, and rules regarding the use, possession, and proximity of controlled substances. _____

Should I make the squad, I am prepared to fulfill all obligations as a cheerleader for Pinecrest High School. _____

I have asked the coaches any questions I have about the Tryout Process and expectations of the Cheerleading Program. _____

I certify that all the information I have provided in this application packet is true and correct. If provided information is untrue, I understand that this may be grounds for my removal from Tryouts or the squad. _____

Applicant's Signature

Date

I, _____ (*parent*), give my permission for _____ (*athlete*), to tryout for the Pinecrest High School cheerleading squad. I have read the above information.

Parent's/Guardian's Signature

Date

Dear Staff Member,

Please take the time to complete the following recommendation form for the prospective Pinecrest cheerleader named below. Upon completion, please return the form to the student in an envelope that has been signed across the seal so s/he may submit it to coaches. Thank you. **Due date is May 20th.**

Category	Score 1-5 (lowest to highest)				
Academics – Effort, turns in work	1	2	3	4	5
Attendance – punctual & excused absences	1	2	3	4	5
Attitude – cooperative, pleasant	1	2	3	4	5
Behavior – respectful, follows directions	1	2	3	4	5
Reliability – trustworthy, honest	1	2	3	4	5
School Spirit – participates, shows pride	1	2	3	4	5
Leadership – positive influence, proactive	1	2	3	4	5
Current Grade	F	D	C	B	A

Comments _____

Student's Name

Staff Member Signature

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