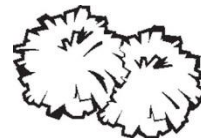




# 2015-2016 SAHS Cheerleader tryout packet



## PARENT MEETING

**Monday April 13<sup>th</sup> - 6:00PM** Parent meeting - All students wishing to tryout must attend with one parent or guardian in order to tryout.

## TRYOUT DATES

**Wednesday April 15<sup>th</sup> 3:45-4:00** registration **4:00-7:00** Dance/cheer/stunt/tumbling clinic  
MUST BRING- All tryout packet information (list below) at registration and a recording device.

**Thursday April 16<sup>th</sup> - 5:00-7:00PM** Review/tryout. Final Cuts (informed by letter after tryouts)

## TRYOUT PACKET INFORMATION

The following forms are to be completed and handed in at registration on Wednesday April 15<sup>th</sup>

- Application (with attached picture of cheer candidate)
- Honor Code
- Consent and Acknowledgement
- Medical insurance information & release
- 3rd quarter report card
- 2 Letters of Recommendation sealed and signed (1- English Teacher 2-from coach/boss)

## TRYOUT GUIDELINES

- Hair pulled back, we must see your face (pony tails)
- No gum, acrylic nails, or jewelry
- Candidates need to wear a plain white form fitted tee or tank and dark colored shorts.
- Comfortable lace up shoes should be worn at all times.

## TRYOUT CLINICS, PROCEDURES AND OBJECTIVES

- The candidates will be given a number which they should wear the two days of tryouts.
- Candidates will go over: Stunting, Jumps, Cheer, Tumbling (if applicable) and a Dance.
- Candidates can choose what stunt position you want to tryout for (flyer, base or backspot). Coaches may move you during tryouts to a position they think will be a better fit.
- A panel of judges, cheer coaches, and those teaching the clinic are present at the tryouts.
- We are looking to select squad members that demonstrate strong skills in the following areas:

|          |                  |          |          |                     |
|----------|------------------|----------|----------|---------------------|
| Tumbling | Motion Technique | Jumps    | Stunting | Dance               |
| Vocal    | Flexibility      | Attitude | Spirit   | Energy / Enthusiasm |

\*A straight to extension cradle is required to make the varsity team (As a flyer, base or backspot)

## ELIGIBILITY

- Candidate must have a 2.5 GPA at the end of the 3rd quarter to tryout. (3rd quarter or cumulative)
- Cannot have more than one 'F' in a class, and no NG's (an 'I' or a 'NG' is calculated as an 'F')
- Candidate must have AND maintain a 2.5 GPA for each quarter during the school year or they will be removed from the squad. There is NO probationary period! This becomes effective immediately (this means that candidates who make the squad must have a 2.5 GPA for 4<sup>th</sup> quarter).
- Candidate must attend pre tryout meeting with at least one parent on April 13th.
- Candidates must have all required documents signed by a parent/guardian in order to participate.
- Candidates must be in good health and must work to maintain good health in order to cheer.

## SQUADS

Summit Academy High School has a JV (Freshman, Sophomores and Juniors) and a Varsity team (Sophomores, Juniors, Seniors). There will be a competition team made up of the Varsity team. JV cheerleaders wishing to tryout will be used as alternates and will be pulled up to the competition team as needed. The amount of cheerleaders is not set. Many factors go into how the team(s) is set up such as: number of girls, stunt groups, etc. Coaches reserve the right to move any cheerleader to varsity whenever needed. 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 all of the athletic teams at Summit Academy High School throughout the entire school year. This means in addition to practices you will be cheering 2 to 3 nights per week. If you are on Competition Team (Varsity), you could have as many as 3 maybe 4 nights during basketball season. Cheerleaders do more than cheer at games; they make posters, plan assemblies, and have other various responsibilities as they support the athletic teams at SAHS. You will also be required to attend two training camps and practices during the summer as well as all fundraisers. (Coaches may make exceptions on a case by case situation.) Any long term or recurring situations may cause dismissal from the squad. If you are going to participate on the cheer squad it is important to know and understand what kind of commitment will need to be made. 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 is \$330.00 for cheer camps, \$220.00 for uniform, \$70 participation fee, \$30 cheer fund fee and \$300.00 for optional items such as camp wear, bags, warm-ups. Additional costs may come up (pictures, secret sisters, dinners etc). These prices do not include competition. Comp team will be competing locally in December – February, and possibly going to Nationals in California in March. Local competition fees will cost about \$300 (clothing, music, comp entrance fees). And if we decide to go to Nationals it will be an additional \$800+ (flight, hotel, food, etc). We will have fundraising that will help offset the costs. (Bearbook and Mini cheer) If you work hard on the fundraisers provided, it is possible to earn all of the money due. Each cheerleader is responsible to contribute or fundraise \$30 for the cheer fund. This money will be used to fund the various needs of the program (treats, supplies, judges, and equipment.) All additional money raised will go toward the cheerleader's costs for uniforms, camp, etc. Here is payment break down and the due date:

| Date Due                                | Amount Due (all are estimates) |                              |
|---|--------------------------------|------------------------------|
| April 21 <sup>st</sup> (Parent Meeting) | \$200                          | Uniform                      |
| May 1 <sup>st</sup>                     | \$100                          | 1 <sup>st</sup> Camp Payment |
| June 5 <sup>th</sup>                    | \$ 200 / \$140-180             | Camp Clothing/ Camp Balance  |
| August 1 <sup>st</sup>                  | Remaining Balance & \$50       | Fee's and Stunt Camp         |

## TENTATIVE SCHEDULE (Schedule does not include: pictures or fundraising dates)

**Tuesday April 21<sup>th</sup> 5:30** - 1<sup>st</sup> Payment, Bearbook, Uniform Fittings, (Mandatory- parent & cheerleader)

**May (TBA)** - Stunt safety training

**Every Monday in May 3:30-6:00pm** – Camp preparation practice at SAHS (except Memorial Day)

**June 15<sup>th</sup> 7:00-10:00am** Camp preparation practice

**June 16<sup>th</sup>-18<sup>th</sup>** Spirit camp (Logan Utah) Bus will be provided

Rest of **June and July off** (work on cheers on youtube)

**August Monday-Thursday 7:00-10:00am** Practice for games, Homecoming and Competition

**August 3<sup>rd</sup> and 4<sup>th</sup> 9:00-12:00** Stunting Camp(\$50) at Mac's cheer in Draper

Game scheduling will be handed out early so you can know when and where each game will be.

## SUMMIT ACADEMY HIGH SCHOOL CHEERLEADING PHILOSOPHIES, EXPECTATIONS, AND GOALS

- 1) **ACADEMICS** A cheerleader's first responsibility is to his/her academic program. Participating in cheerleading should not compromise the education process. All cheerleaders must maintain a 2.5 GPA with no F's or NG's every quarter. Failure to meet grades will result in dismissal from the team. There will be no probation. Grades will be checked every other week to keep cheerleaders aware of their grades. There can be no F's or NG's allowed or you will not be allowed to cheer. It will be required to come to all practices and games to work on school work if grade check expectations are not met.
- 2) **RESPECT** Cheerleaders will be expected to respect and listen to coaches at all times. Cheerleaders will treat their team members, peers and teachers with the same respect.
- 3) **EFFORT** Cheerleaders will engage in cheering, dancing, tumbling, and stunting while on the squad. The Summit Academy High School cheer squad adopts and executes a comprehensive safety program including conditioning and effective-spotting techniques at all times. All cheerleaders are expected to stunt. Tumbling that is done at tryouts must be kept the whole year. Make sure your tumbling you tryout with can be done on hardwood and concrete (basketball and football games)
- 4) **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, girls and boys basketball etc. Cheerleaders will also support during pep rallies, assemblies and other needed activities.
- 5) **COMPETITION** is secondary to promoting school activities. Cheerleaders should strive for excellence in cheerleading, dance, tumbling, and stunting techniques. All cheerleaders involved will be expected to give 100% effort to become their personal best.
- 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. If they are missed, the athlete may not be able to participate in future performances.
- 7) **OTHER COMMITMENTS** Coaches are okay with students participating in other groups and organizations. Only if it doesn't conflict with the cheer schedule or affect the athlete's ability to stay alert in practices or games. Students are not allowed to miss practices, performances, fundraisers, etc. for outside groups. However, we support students who want to be involved with their school. If it is a SAHS team/club (soccer, tennis, debate etc) the athlete can be excused as long as there is enough notice (month in advance).
- 8) **ABSENCES** All excused absences must be cleared with coaches. Excused absences consist of: extreme illness, death or funeral, weddings or school excused activity. Coaches must be given as much notice as possible if these events occur. Unexcused absences: work, appointments, social events, parties, etc.
- 9) **PROBATION/DISMISSAL** The coach will determine probation time. The member on probation may not dress or perform with the squad but must attend all games, practices and carry out all assignments. (Probation list is on "Honor code" sheet)
- 10) **INJURIES/SICKNESS** If a student becomes injured the advisor/coach needs to have a doctor's note in hand. This note needs to include a diagnosis, expected recovery time, and when the student will be back practicing at 100% in order to sit out at practices, performances, etc. Otherwise, the student will be expected to practice and perform at 100%. Remember, injured students are expected to attend practices and performances supporting their team, and depending on the severity of the injury, mark routines when able. If a student is ill they are still required to come to practice and watch. If they are too sick to sit and watch they must get a doctor's note.

# Summit Academy High School Cheer Application

Name \_\_\_\_\_

School attending this year \_\_\_\_\_

Grade Next School Year (2015- 2016): 9 10 11 12

Birthday \_\_\_\_\_

Address \_\_\_\_\_

Phone # : \_\_\_\_\_

Email: \_\_\_\_\_

Parent Name : \_\_\_\_\_

Parent's E-mail \_\_\_\_\_

Parent's Phone # Cell: \_\_\_\_\_ Home Phone # : \_\_\_\_\_

3<sup>rd</sup> Quarter GPA \_\_\_\_\_ (have attached)

\*\*\*Please Attach

- a picture of yourself

Picture here

# Summit Academy Cheer Team Honor Code

## 2015-2016 School Year

Summit Academy cheer team members should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. All team members are expected to carry themselves in a manner which brings pride to Summit Academy High School.

All of the following will not be tolerated and are terms for automatic dismissal from the team:

- The involvement in and illegal/criminal activity (Drugs, alcohol etc)
- Failure to maintain a 2.5 at the end of each quarter. There is NO probationary period.
- No F's or NG's in any class at the end of each quarter.
- Cheating in school.
- Sexual harassment or hazing.

There are certain actions that will be cause for discipline. Discipline could include suspension from games, probation, and in certain cases dismissal from the team. The coaching staff and school administration will decide all disciplinary actions. The following is a non-comprehensive list of these actions:

- Receiving and 'F' or 'NG' on grade checks (every 2 weeks)
- Inappropriate behavior at games and other school functions (dealing with cheerleading or not)
- Disrespect to advisors, fellow squad members, staff or student body.
- Bullying or cyber bullying in or out of school. (text, twitter etc)
- Foul language or obscene gestures.

Team members are also required to do/maintain the following:

- 2.5 GPA. (each quarter)
- Respect for all religions, races, disabilities and backgrounds.
- Respect for others (no gossiping about team members)
- Should be positive leaders, set good examples, display a positive attitude and work to develop a sense of pride at all times.
- All expected behaviors are to be maintained on social networks sites.

To cheer at a game, a student must be in attendance at school on the day of the contest. Exceptions to the above rule would be a doctor appointment, a family or medical emergency, or extenuating circumstances. These exceptions require a note from the student's doctor (for appointments) or parent/guardian and the exceptions will be reviewed by the coach and the administration who will determine the eligibility of the student to participate.

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Team Member Signature

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Parent/Guardian Signature

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Date

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Date

# Cheerleading/Stunt Consent and Acknowledgement Form

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 also by the rules stated in the Honor Code Contract. I understand, if chosen, my child will be required to attend all safety/stunt camps. I understand that there will be expenses for being selected for the cheerleading squad that I must pay. These expenses (approximate) include but are not limited to the following:

Cheer summer camp \$200-300  
Stunt Clinic \$50  
Cheer fund \$30  
SAHS Participation fee: \$70  
Uniform \$: 170-220  
Clothing/bags/shoes/ warm-ups etc. \$ 200-300  
Competition team: \$300-1100

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.

We also understand that our son/daughter will be required to travel to locations of campus for the purpose of participating in cheerleading activities and that transportation will be provided to him/her by the appropriate school personnel. In some situations a bus will not be provided, and cheer coaches and parents will have to drive. We consent to such transportation.

I understand if my son/daughter is dismissed from cheer or quits, no cost will be refunded and the remaining balance in the account must be paid in full.

Parent/Guardian Name: \_\_\_\_\_

Parent/guardian Signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

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 2015-2016 Cheer Honor Code and rules set forth by the coach(es) and the administration of Summit Academy High School. I promise to cooperate and follow the instructions of the coach and abide by the rules and regulations in the Cheerleading Contract.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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.

# English Teacher Evaluation for SAHS Cheerleading Tryouts

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 the students **English** 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 Wednesday **April 15<sup>th</sup>**. Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

Nicole Masco  
nmasco@2summit.org

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?  
\_\_\_\_\_  
\_\_\_\_\_

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 \_\_\_\_\_

\_\_\_\_\_ 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

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 Wednesday **April 15<sup>th</sup>**. Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

Nicole Masco  
nmasco@2summit.org

Name of Candidate \_\_\_\_\_

Relation to Candidate \_\_\_\_\_

Is this student frequently late? \_\_\_\_\_

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

\_\_\_\_\_

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 \_\_\_\_\_

\_\_\_\_\_ 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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ School \_\_\_\_\_