

# Liberty High School

## 2015-2016 Cheer Tryout Packet

**Thank you for your interest in being a part of the Liberty Lancer Cheer program!** Cheerleading is a unique and high-energy sport. We are so glad you want to lead our school as a cheerleader!

We have one squad:

\*Varsity squad that has both competitive and sidelines cheer responsibilities,

\*Made of 33 cheerleaders

\*24 spots on Competition

\* 9 alternate for Competition

Cheerleading season begins in August and ends in February.

In order to try out, carefully read and complete all documents By MAY 8<sup>th</sup>.

- A 2015-2016 Checklist
- Assumption of Risk Form
- Current Grades
- Cheer Application

If you have any questions please let us know.

Coach Jones  
[delia.hill@asd20.org](mailto:delia.hill@asd20.org)

Coach Walker  
[mallory.olivier@asd20.org](mailto:mallory.olivier@asd20.org)

## 2015-2016 Checklist

- \_\_\_\_\_ Assumption of Risk Form
- \_\_\_\_\_ Current Grades
- \_\_\_\_\_ Cheer Application

This information can be turned into the LHS Athletic Office or mailed to  
Liberty Cheer Try-Outs c/o Coach Delia  
8720 Scarborough Drive  
Colorado Springs, CO 80920.

### **All Paperwork DUE: Friday, May 15, 2015**

All late registration may delay participation in the tryout clinic  
**ALL PAPERWORK MUST BE RECIEVED IN ORDER TO TRY OUT.**

### Costs of Cheer

Cheer is one of the most expensive sports. We try to offset the cost by doing fundraisers during the year. This is ESIMATE of expenses to prepare you for the upcoming expenses associated with cheerleading. These are all approximations from our uniform book and may change as necessary.

**The Team has 3 uniforms**  
Scarlet, Navy, and White

<b>Payment or Item</b>	<b>Returning Cheerleader Cost (\$)</b>	<b>New Cheerleader Cost (\$)</b>
Practice/Camp Wear	\$75	\$75
Shoes		\$70
Game/Comp Bow	\$15	\$15
LHS & Pink Poms	\$40	\$80
Sweater		\$70
Cheer bag		\$50
Navy warm-ups		\$150
Navy Uniform		\$200
Scarlet Uniform		\$180
White Uniform		\$100
White, Navy & Red Crop Top		\$100
Scarlet, Navy & Silver Spanks		\$75
Navy Leggings		\$30
Ear Warmer & Navy Gloves		\$50
UCA Stunt Camp (6/18-6/19)	\$170 (Food Included)	\$170 (Food Included)
Cheer Camp (6/23-6/25)	\$250 (Food Included)	\$250 (Food Included)
Choreography (6/26-6/27)	\$200 (Food Included)	\$200 (Food Included)
16 wks of tumbling	\$200 (Fundraise)	\$200 (Fundraise)
<b>Approximate Total</b>	<b>\$950</b>	<b>\$2065</b>

**\*\* Camp and Camp Clothes must be paid in full by June 12, 2015 in order to attend camp. \*\***

## Tryouts

For tryouts, candidates will perform the LHS fight song, 3 jump sequences, a dance and cheer taught at the tryout clinic, show tumbling abilities.

- Tuesday, May 19th – Introduction and Interview
  1. Fight Song
  2. Cheer
  3. Dance
    - Jump Sequence
    - Standing Tumbling
- Wednesday, May 20th – Practice and Stunt- Try-Out 5:30pm-8pm

-Flyer

- 1.) Rt-Lib (5 pts)
- 2.) Left- Lib (5 pts)
- 3.) Arabesque (5 pts)
- 4.) Rt-Heel stretch (10 pts)
- 5.) Left- Heel stretch ( 10 pts)
- 6.) Scale (15 pts)
- 7.) Scorpion (15 pts)
- 8.) Bow & Arrow (20 pts)
- 9.) Needle (20 pts)

Back spots and Bases will take another form of fitness test.

Timed push-ups – 90 sec.

Timed Plank – 60 sec.

Timed Lunges- 60 sec.

Timed Flutter kicks – 90 sec.

Timed Wall Sit – 90 sec.

- Thursday, May 21st - Tumbling Skill and execution (Max points) and Practice 5:30pm-8pm

1. RO + Re-Bound (5 pts)
2. Standing BHS (Back Hand Spring) (15pts)
3. TT+BHS (Toe Touch + Back Hand Spring) (20 pts)
4. RO + BHS (Round Off + Back Hand Spring) (20 pts)
5. RO+ BHS Series (two or more back hand springs) (25 pts)
6. Standing Tuck (25 pts)
7. RO+TUCK (30 pts)
8. TT + Tuck (Toe Touch + Tuck) (30 pts)
9. RO + BHS + Tuck ( 35 pts)
10. RO + BHS Series + Lay (40 pts)
11. RO + BHS Series + Full (50 pts)

- Friday, May 22nd- Fitness Test and Practice 5:30pm-8pm

One mile run – 15 minutes

Timed crushes – 90 seconds

Timed push-ups – 90 Seconds

Timed Plank – 60 seconds

Timed Flutter kicks – 90 seconds

Timed Wall Sit – 90 seconds

- Saturday, May 23<sup>rd</sup> Try-Outs -9am

-Candidates will be judged by a panel of Coaches on

1. Jump Technique and Motions

2. Voice Projection

3. Cheer, Chant, Fight Song and Dance Technique, Motions and Knowledge

4. Tumbling

5. Proper Attire and Spirit.

May 23rd no later than 5:30 pm Team will be posted

#### Payments

- Each athlete is responsible for payment of his/her own uniform(s) and accessories.
- Once uniform or camp order is placed and confirmed on Monday, June 1, 2015, there are **no refunds**, even if cheerleader quits, moves, or size does not fit.
- \*Cheerleaders will not receive uniform until paid in full\* (benching will result)

**CHEERLEADING APPLICATION**

NAME: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_

YEAR 2015-2016 : (CIRCLE ONE) FRESHMAN      SOPHOMORE      JUNIOR      SENIOR

EMAIL: \_\_\_\_\_

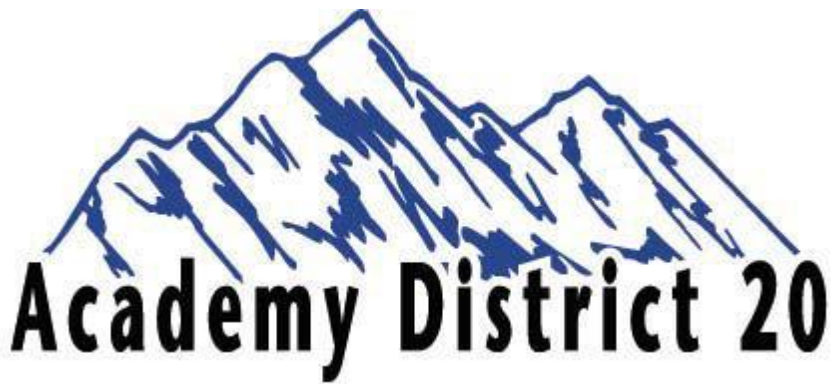
PARENT / GUARDIAN INFORMATION

PARENT / GUARDIAN NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

PARENT / GUARDIAN NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_



**ASSUMPTION OF RISK AGREEMENT AND EMERGENCY RELEASE FORM**

As the parent/legal guardian of the athlete named here \_\_\_\_\_ (athlete’s name), I/We understand that playing or participating in any sport can be a dangerous activity involving risks of injury, which may be serious. Although serious injuries are not common in supervised programs, it is impossible to eliminate all risk. By signing this permission form, we acknowledge that we have read and understand this warning and understand the inherent risks associated with this sport activity. We further understand that we are responsible for obtaining any Medical, accident, or other insurance that we deem appropriate; the district does not provide student accident Insurance. **Parents/Guardians and Athletes who do not wish to accept the risk described in this warning should not Sign this Assumption of Risk Agreement.** The District makes available to parents student accident insurance. Information which may be purchased at parent’s expense. I understand that the School District and its employees may have certain legal protections and immunities from liability with respect to any property damage or personal injury that may occur during the activity. The School District and its employees have not waived these protections and immunities. I understand that the School District and its employees may also have certain legal obligations with respect to the activity. By signing below, the athlete and parent/legal guardian confirm that the athlete has been deemed physically able to participate in athletic activities by a physician. Additionally, by signing below, the athlete and parent/legal guardian, in the event of a medical emergency in which the parent/legal guardian cannot be reached, grant permission to the physician selected by the school to hospitalize and secure proper treatment (including surgery) for the athlete and verify agreement to assume all costs for such treatment. Participants must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. The parent/legal guardian and athlete agree to abide by all district/school/camp rules and comply with the reasonable authority of the staff.

**This form applies to the following sport/camp/activity: 2015 Cheer Try-outs**

**Parent/Legal Guardian: By signing this form, I am not releasing the School District and its employees from any of their legal obligations. However, on behalf of myself, my student, and our family and representatives, I release and hold harmless the School District and its employees from and against all claims for any damages or injuries incurred by my student from any cause, including but not limited to *my student’s own misconduct or the actions or omissions of third parties*. I understand that for purposes of this Release, the term “employees” includes the School District’s directors, employees, servants, and volunteers.**

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

Home Phone \_\_\_\_\_ Day Phone \_\_\_\_\_ Cell \_\_\_\_\_

Phone \_\_\_\_\_

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

**Emergency Contact Information:** Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

**-Please return this form and maintain a copy for your records**



2015 Score Sheet - LHS

Try-Out Number: \_\_\_\_\_

<p><b>Cheer</b>  <b>Voice Projection (10)</b> _____  <b>Motion Technique (15)</b> _____</p>	<p>25</p>	
<p><b>Cheer</b>  <b>Knowledge (10)</b> _____  <b>Use of Signs/Poms/Meg (5)</b> _____  <b>Execution (10)</b> _____</p>	<p>25</p>	
<p><b>Chant</b>  <b>Knowledge (10)</b> _____  <b>Motions (15)</b> _____</p>	<p>25</p>	
<p><b>Fight Song</b>  <b>Motions (15)</b> _____  <b>Execution (15)</b> _____</p>	<p>30</p>	
<p><b>Tumbling</b>  <b>BHS (25)</b> _____  <b>Execution (25)</b> _____</p>	<p>50</p>	
<p><b>Jumps</b>  <b>Technique (15)</b> _____  <b>Execution (15)</b> _____</p>	<p>30</p>	
<p><b>Dance</b>  <b>Knowledge (10)</b> _____  <b>Overall (10)</b> _____</p>	<p>20</p>	
<p><b>Overall / Appearance (10)</b> _____</p>	<p>10</p>	
<p><b>Total</b></p>	<p>215</p>	