

Olathe South High School Cheer Tryout Packet 2015 – 2016



Olathe South High School

Cheer Tryouts 2015 – 2016

Head Coach: Rachel Carroll

Assistant Coaches: Kristin Cotton and Shaina Hunt

Spirit Director/Assistant Principal: Denise Herman

1640 E. 151st Street, Olathe, Kansas 66062

Phone: (913) 780-7160

Fax: (913) 780-7170

Email: rcarrollos@olatheschools.org

Dear Cheerleader Applicant,

It's that time of year for the annual Olathe South High School cheer tryouts and we are very excited that you want to be a part of this award winning team. Clinics and tryouts will take place **Wednesday, March 25, 2015 – Friday, March 27, 2015**. There will be an informational meeting for cheerleader applicants and their parents on **Monday, March 9, 2015 at 6:30 p.m.** The meeting will be held in the Library at Olathe South High School. The purpose of this meeting is to discuss the tryout process, time commitment, expectations, and costs associated with cheerleading at Olathe South. We will also address any questions or concerns parents and/or cheerleader applicants may have. If you are unable to attend this meeting and are interested in trying out for cheerleading and have any questions, please contact me at rcarrollos@olatheschools.org or (913) 780-7160.

Both cheerleader applicants and parents should read the contents of this packet very carefully. Being selected as a Falcon Cheerleader is an honor and privilege. Responsibility to the school, squads, and its members will be of highest priority.

Please feel free to contact me at rcarrollos@olatheschools.org or (913) 780-7160, if you have any questions or concerns. Please bring completed application form, contract form, grade check form, and a copy of cheerleader applicant's first semester grade card to the informational meeting on **Monday, March 9, 2015**. If unable to attend the informational meeting, please drop off completed tryout forms to the front office of Olathe South High School **before 3:30 p.m. on Friday, March 13, 2015**. ***No applications will be accepted after 3:30 p.m. on that day – no exceptions.***

Good luck and thank you for your interest in becoming a Falcon Cheerleader for the 2015-2016 school year.

Sincerely,

Rachel Carroll
OSHS Head Cheer Coach

OSHS Cheer Tryout Information

Informational Meeting: Located in the OSHS Library

There will be an informational meeting for all cheerleader applicants and their parents on Monday, March 9 at 6:30 p.m. in the OSHS Library. Please bring completed application form, contract form, grade check form, and a copy of cheerleader applicant's first semester grade card to the meeting. Parents and applicants are highly encouraged to attend.

Clinics: Located in the OSHS South Gym

Wednesday, March 25: 5:00 p.m. – 8:00 p.m. (Learn tryout material)

Thursday, March 26: 5:00 p.m. – 8:00 p.m. (Review and Mock Tryouts)

Tryouts: Located in OSHS South Gym and OSHS Auxiliary Gym

Friday, March 27: Promptly at 3:30 p.m.

Note: Candidates are highly encouraged to exit the building after completing their tryout.

Announcement of Team:

The new team will be announced **NO EARLIER** than 8:30 p.m. on Friday, March 27, 2015 via the OSHS Cheer website: <http://oshscheer.weebly.com/>

Note: If selected to be a member of the 2015-2016 OSHS Cheer Squad, a \$200 payment will be due at the post tryout informational meeting for cheerleaders and their parents on March 30, 2015. Selected members will receive more information via email, so please provide up-to-date email addresses on the Tryout Application Form.

How to Apply:

1. All cheerleader applicants must RESIDE IN THE OLATHE SOUTH ATTENDANCE AREA OR ALREADY HAVE BEEN APPROVED TO TRANSFER.
2. Cheerleader applicant must have a **2.5 cumulative** grade point average, have passed **all** classes in the fall of 2014, and currently be passing **all** classes to be eligible to tryout for the cheer team.

Grades will be verified as follows:

- Incoming Freshmen: 8th grade 1st semester and current grades will be evaluated
 - Sophomores, Juniors, & Seniors: Cumulative GPA will be evaluated
3. Complete the **Tryout Application Form, Contract Form, and Grade Check Form**, and get a copy of cheerleader applicant's **first semester grade card** (may be printed off ParentVue or see school counselor).
 4. Bring all three completed tryout forms and a copy of cheerleader applicant's first semester grade card to the informational meeting on **Monday, March 9**. If unable to attend the informational meeting, please drop off completed tryout forms to the front office of Olathe South High School **before 3:30 p.m. on Friday, March 13**.

Physicals:

There is no requirement to have a physical to tryout.

OSHS Cheer Tryout Information

Material:

All individuals trying out for cheerleading will be required to perform an entrance, jumps, individual cheer, group chant, and group dance. All tryout material will be presented at tryout clinics on March 25, 2015 and March 26, 2015.

Scoring:

60% tryout points and 40% observation by coaches during the clinics will select members. Each individual will be judged on motions, voice, coordination, jumps, dance ability, and presentation ability (sample of clinic score sheet and tryout ballot is included in this packet). Judges will consist of a variety of former cheerleaders, college cheerleaders, sponsors from other high schools, as well as adults.

Attire for Clinics and Tryouts:

White t-shirts and black/dark shorts should be worn to clinics and tryouts. NO spandex, sports bras (without a shirt), or tight fitting clothing can be worn to clinics or tryouts. Each individual will be given a number that needs to be visible at all times during clinics and tryouts. Wear athletic shoes in which you can easily jump, tumble, and dance. Gum and jewelry is not allowed during tryouts. Wear your hair pulled back in a ponytail.

Brief Description of Olathe South Cheer

Mission:

Olathe South Cheerleaders lead the student body by demonstrating school spirit and good sportsmanship at athletic events, encouraging attendance at school events, developing leadership qualities and skills and representing Olathe South High School with both pride and excellence.

Dedication:

Cheerleading is a year-round activity that includes summer practices as well as after school practices during the school year. OSHS Cheer is competitive and we attend at least one competition each year. Cheerleading is a commitment of time, energy and some expense. Membership requires a great deal of hard work and dedication, so please make sure you understand all of the expectations that are associated with being a Falcon Cheerleader.

2015-2016 OSHS Squad Configurations

Freshmen Squad: This squad will consist of freshmen girls.

Junior Varsity Squad: This squad will consist of sophomore and junior girls.

Varsity Squad: This squad will consist of junior and senior girls.

*Sophomore games will be covered by Freshmen/JV mini-teams and volunteers for make-up points.

OSHS Cheer Tryout Sample Clinic Score Sheet

Candidate Name &/or Number: _____

Coach: _____

1 = Lowest

10 = Highest

General Appearance and Overall Spirit: Proper attire, correct athletic shoes, hair is pulled back and off shoulders and face, and has no gum or jewelry; Facial expression, good eye contact, smiling, performs with enthusiasm and energy, overall confidence is high, strong, clear, and enthusiastic voice, and displays enthusiasm for cheerleading.

1 2 3 4 5 6 7 8 9 10

Memorization: Learns routine quickly and shows evidence of mastery of materials.

1 2 3 4 5 6 7 8 9 10

Participation: Stays on task throughout the duration of the clinic, on-time, uses time wisely, effective listening skills, follows directions, and displays quality effort.

1 2 3 4 5 6 7 8 9 10

Teamwork and Attitude: Cooperation with peers and coaches, accepts constructive and/or corrective criticism, shows "coachability," and displays willingness and ability to work with others.

1 2 3 4 5 6 7 8 9 10

Athleticism: Shows flexibility and stamina, jumps display proper technique, timing, approach, height and difficulty. Motions are sharp and tight.

1 2 3 4 5 6 7 8 9 10

Total: _____ /50 (x 2 for a grand total of 100)

Percent: _____%

OSHS Cheer Tryout Sample Ballot

Judge # _____

5 = Excellent **4** = Good **3** = Average **2** = Below Average **1** = Poor

Candidate #:			
<i>Entrance:</i>			
1. Effective Incorporation – running tumbling, rally, kicks, appropriate vocals, spirit & enthusiasm			
<i>Individual Skills:</i>			
1. Toe Touch – height, execution, chest up, pointed toes, landing			
2. Front Hurdler – height, execution, pointed toes, landing			
3. Connect 2 Jumps (of choice) – proper approach, technique and smooth execution			
4. Standing Tumbling – back handspring or back tuck			
<i>Individual Cheer:</i>			
1. Motions – sharp, tight, arm levels & correct placement			
2. Execution – coordination, timing & jump incorporation			
3. Confidence – voice projection, knowledge of cheer, smile			
<i>Group Chant:</i>			
1. Motions and Pacing – sharp, tight and correct placement with steading timing & synchronization			
2. Crowd Leadership – voice projection, pep, confidence, spirit & ability to hit the crowd			
<i>Group Dance:</i>			
1. Coordination – natural dance ability, rhythm, timing and synchronization			
2. Execution – sharp motions, popped motions, arm levels, jumps			
3. Confidence – eye contact, showmanship & memorization			
4. Stamina and Presentation – dances with enthusiasm and energy, smile & facial expressions			
<i>Overall Presentation:</i>			
1. Crowd Appeal – appearance, confidence, energy, spirit and presence of an Olathe South cheerleader			
Total: (75 possible)			

OSHS Cheer Tryout Tips...

- Make sure you thoroughly stretch before and after all work-outs!
- Practice in front of a mirror or with a friend who can comment on your performance.
- Listen carefully to what out-going cheerleaders tell you. They have lots of experience and can help you a great deal.
- Do not carry tryouts into the classroom.
- First impressions count! Neatness and cleanliness are important considerations during tryouts. Clothing should be flattering and clean.
- To prepare for tryouts, choose a simple outfit that will allow you to move easily so attention centers on your skill instead of your clothing. Avoid sloppy T-shirts, halters, tank tops, or jean shorts.
- Make-up should be kept to a minimum. Your appearance should be natural.
- Be sure your athletic shoes are comfortable and clean.
- Don't chew gum or wear jewelry!
- Pull hair from your face. Make sure your hair tie is secure. Your hair should look clean and natural.
- A pleasant expression and sincere smile on your face will be an asset to your total presentation.
- Stand tall. Good posture will help your confidence and enhance your presence. Practice standing up straight so that you feel natural while standing straight.
- Maintain good eye contact with the judges by focusing your eyes a little above their heads. It will appear as if you are looking at everyone in the audience.
- Concentrate on what you are doing instead of on your nervousness.
- Plan your entrance.
- If you make a mistake, don't panic. Simply ask the judges if you can begin again and be confident. Don't over perform. The judges look for coordination/skill, enthusiasm, confidence, and technical ability.
- Be poised and graceful.
- Stay mentally alert.
- Be positive about yourself and your ability. Visualize yourself doing everything perfect.
- Be thoroughly prepared mentally and physically.
- Smile naturally. Be yourself.
- Practice, practice, practice!
- Encourage others!
- Good Luck!

Parents: Ways to Support Your Daughter During Tryouts

- Praise her efforts and courage for trying out!
- Be a good practice audience. Encourage with smiles and positive words.
- Help her find a good balance during the week of tryouts between school, cheer and sleep. Keep her positive and help her relax/redirect after a stressful day.
- Be empathetic. Not everyone can make the team. If you have questions about the results, they can be addressed with the Spirit Director, Mrs. Denise Herman, the week **following** tryouts.

OSHS Cheer Tryout Application Form

Please print clearly.

Applicant Name: _____
(Last) (First) (Middle Initial)

Address: _____
(Street Name/Number)

(City) (State) (Zip Code)

Home Phone: _____ Applicant Cell Phone: _____

Applicant E-mail: _____ Applicant Birthday: _____

Mom's Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

E-mail: _____

Employer: _____

Dad's Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

E-mail: _____

Employer: _____

School Presently Attending (circle one):

SFT OT IT FT CST PT PRT MT CT OSHS Other: _____

Current Grade in School (circle one): 8 9 10 11 Student ID # _____

Please bring completed application form, contract form, grade check form, and a copy of cheerleader applicant's first semester grade card to the informational meeting on **Monday, March 9**. If unable to attend the informational meeting, please drop off completed tryout forms to the front office of Olathe South High School **before 3:30 p.m. on Friday, March 13**.

OSHS Cheer Tryout Contract Form

I understand that cheerleading is a time consuming and expensive activity (approximately \$900 in total costs-fundraisers will be available to help offset costs). I understand that I will be *required* to attend NCA summer camp at Baker University in Baldwin City, KS from June 12, 2015-June 14, 2015. I understand that cheerleading is both a privilege and an honor and can be a rewarding experience when expectations are met. If selected to any of the OSHS Cheer Squads, I will abide by the rules and regulations set forth by the coaches, cheer constitution, and administrators at Olathe South High School and be present for all practices, games, or other events (camp, competitions, fundraisers, etc.). I understand that I must attend all clinics and tryout sessions to be considered for a cheerleading position. I understand that I must reside in the Olathe South High School Attendance area or have already been approved for a transfer to Olathe South for the 2015-2016 school year. I understand that qualified judges will evaluate me and I agree to abide by the decision of the judges. I understand that if I am selected, cheerleading is a class during the seventh hour of the school day and my grade will be determined by my ability to follow OSHS Cheer expectations. I understand by the very nature of the activity, cheering, stunting, and gymnastics carry risks of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Olathe South High School or any of its personnel responsible in the case of accident or injury at any time. I understand if I am selected to be a member of the 2015-2016 OSHS Cheer Squad, a \$200 payment will be due at the post tryout informational meeting on March 30, 2015. (Selected members will receive more information via e-mail, so please provide up to date e-mail addresses on the Tryout Application Form.) If selected, I promise to abide by all aforementioned rules/regulations and to cooperate, follow any other instructions given by the cheer coaches, **pay all expenses in full by August 15, 2015** (unless other payment arrangements have been made and honored with the coach and an administrator approval), and fulfill my duties as a Falcon Cheerleader throughout the 2015-2016 school year.

Applicant Name (printed): _____

Applicant Signature: _____ Date: _____

Parent/Guardian Name (printed): _____

Parent/Guardian Signature: _____ Date: _____

Please bring completed application form, contract form, grade check form, and a copy of cheerleader applicant's first semester grade card to the informational meeting on **Monday, March 9**. If unable to attend the informational meeting, please drop off completed tryout forms to the front office of Olathe South High School **before 3:30 p.m. on Friday, March 13**.

OSHS Cheer Tryout Grade Check Form

Please bring completed application form, contract form, grade check form, and a copy of cheerleader applicant's first semester grade card to the informational meeting on **Monday, March 9**. If unable to attend the informational meeting, please drop off completed tryout forms to the front office of Olathe South High School **before 3:30 p.m. on Friday, March 13**.

Applicant Name: _____ Date Completed: _____ School Attending: _____

Course Name	Teacher Name	Current Letter Grade and/or Percent	Does this student exhibit the following: <small>Timeliness, responsibility, cooperative, attentiveness, teamwork, leadership, character, respect? Please circle YES or NO in space provided.</small>	Comments <small>Please email Rachel Carroll at rcarrollos@olatheschools.org if you have any additional comments.</small>	Teacher Signature and Date Signed
			YES NO		
			YES NO		
			YES NO		
			YES NO		
			YES NO		
			YES NO		
			YES NO		

Note: The purpose of this form is to communicate strengths and weaknesses of the above listed cheerleader applicant and to determine tryout eligibility. Teachers must currently have the above student in class.