



# SILVER BLUFF HIGH SCHOOL CHEERLEADING TRYOUT PACKET

## 2015-2016 VARSITY AND JUNIOR VARSITY CHEERLEADING SEASONS

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: tryout information with a list of important dates, an information sheet, the 2015-2016 Rules for Cheerleading, and the Statement of Permission and Agreement. You will also need to complete and turn in a **Insurance Verification Form and Proof of Eligibility**. These forms can be found on the Silver Bluff High School website. Please read and understand all the enclosed information before tryouts.

### Cheerleading Tryout Dates:

- Cheer Clinics will be held on March 30-April 1 from 3:30-6:00. (**PAPER WORK MUST BE TURNED IN BEFORE PARTICIPATING IN ANY CLINICS**)
- Try-outs will be held on April 1. Tryout material will be taught during Clinic.
- Official tryouts will take place on April 1 from 3:30-until.

### The following **MUST BE** turned in **BEFORE** you can participate in clinics or tryouts:

**Note:** *The deadline for turning in this paperwork is **March 30<sup>th</sup>**; however, the earlier you can get this paperwork in, the better. Participation in cheer clinics or try-out clinics will be prohibited if any of the forms are missing or incomplete.*

### Selection of the cheerleaders will be based on the following:

- A cheer, chant, and dance that will be taught to you during the clinic.
- Jumps
- Athleticism and physical fitness
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability

### What do you wear to tryouts?

- During clinic days please wear comfortable, length appropriate shorts and a t-shirt or tank top. Dress as if you would dress for cheerleading practice. Shorts should be three inches long. Sports bras must be worn. No basketball shorts or pajamas. No denim shorts, jewelry, or artificial nails. Your hair should also be off your shoulders.
- On official try-out day, you will need to wear dark colored shorts (black or navy blue) and a solid white t-shirt or tank top. Your hair should be off your shoulders, and no jewelry should be worn or artificial nails.
- Please do not wear any previous cheerleading or dance attire during tryout week.

**For those who make the squad:**

Meeting for all cheerleaders and their parents:

TBA

These practices are mandatory, and work schedules, vacation, extracurricular activities, etc. should be arranged so the cheerleaders are at practice each day. These practices are important, and attendance is necessary.

Practice schedule for will be given after tryouts.

**Estimated Costs**

We realize that Cheerleading in an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. There are, however, certain items that can not be passed down from squad to squad and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through Varsity, the leading cheer apparel company, and the cheerleader will be responsible for paying for them by \_\_\_\_\_. While I can't give you an exact amount I can give you an estimate that should be fairly close.

Uniform	\$150
Shoes	\$60
Undergarments	\$20
Warm-ups	\$100
Bags	\$25
Camp	\$150
Total =	\$505

**All monies are due by the \_\_\_\_\_. This is an approximation. Please be prepared to have this amount of money in the event that you make the team.**

Again, all paperwork must be in by March 30<sup>th</sup>. Please return paperwork to Coach Kirk or Coach Green mailbox.

I look forward to seeing you at tryouts. If you have any questions, please contact Coach Green at [lgreen3@acpsd.net](mailto:lgreen3@acpsd.net) or Coach Kirk @ [kkirk@acpsd.net](mailto:kkirk@acpsd.net).

## Information Sheet

Please complete the following information. Please write LEGIBLY.

<b>Student Name:</b>	<b>Student ID #:</b>
<b>Current Grade Level:</b>	<b>School you attended 14-15:</b>
<b>Home Address:</b>	
<b>Home Phone:</b>	<b>Cell Phone:</b>
<b>Email address:</b>	<b>Birthday:</b>

<b>Parent/Guardian Name:</b>	
<b>Home address (if different from above)</b>	
<b>Parent/Guardian Phone (If different from above)</b>	
<b>Mother's Work Phone:</b>	<b>Mother's Cell Phone:</b>
<b>Mother's Email:</b>	
<b>Father's Work Phone:</b>	<b>Father's Cell Phone:</b>
<b>Father's Email:</b>	
<b>Emergency Contact Name:</b>	<b>Relationship to You:</b>
<b>Emergency Phone:</b>	<b>Emergency Cell Phone:</b>

**Allergies/Health Problems/ Medications (Please describe in detail):**

Were you involved in any behavior infractions (ISS or OSS) during the 2014-2015 school year? If yes, please explain on a separate sheet of paper.

## Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Silver Bluff High School, your coaches, your teammates, and yourself for the **complete season (full year)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of SBHS, you must **maintain proper behavior** at all times. You must follow the cheerleading guidelines set forth in the Silver Bluff High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the Silver Bluff High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest in the state of South Carolina.

### Student Agreement

I, \_\_\_\_\_, have read and understand the 2015-2016 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

### Parent/Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the 2015-2016 RULES FOR CHEERLEADING and the 2015-2016 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

# 2015-2016 Rules for Cheerleading

## Purpose

The objective of the Silver Bluff High School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for SBHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for SBHS.

## Squad Members and Practices

- Members will be chosen at a formal tryout session.
- The JV squad will consist of up to 12 students who will cheer at JV football and basketball games and will participate in some pep rally events.
- The Varsity Football/Competition squad will consist of up to 15 sophomores, juniors, and seniors who will cheer at all Varsity football games, competitions, and pep rally events. Freshmen typically do not make a Varsity squad; however, exceptions can be made at the coach's discretion.
- If a member of a squad is removed from a position, a replacement will be determined by the coach, Athletic Director, and Principal.

## Practices and Games

- Squads will have practices each week. A tentative schedule will be given out at the beginning of each month. All practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are usually held on Thursdays for JV and Fridays for Varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.
- During basketball season, games are normally held on Tuesdays and Fridays. Occasionally, games may be held on other days of the week (especially during inclement weather when games must be pushed to the next night).

## Attendance Requirements

- ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for SBHS Athletes, students must be present half the school day (3 full class periods) to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS.

## Tutoring

- Cheerleaders are encouraged to attend tutoring on all off days.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the coach, bring a note to practice from the teacher.

## Uniforms

- Uniforms are issued by the school and are property of the SBHS Athletic Department. If for any reason a cheerleader quits or is dismissed, he/she is expected to return all uniforms/equipment within five days of the termination.
- Washing instructions will be provided when uniforms are distributed.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform.

- JV Cheerleaders choosing to stay for a Varsity game must change out of the cheerleading uniform and into regular clothing.

### **Expected Behavior**

- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing SBHS, cheerleaders must not:
  - ⊗ Drink alcoholic beverages
  - ⊗ Use controlled substances
  - ⊗ Use tobacco products
  - ⊗ Show unsportsmanlike conduct
  - ⊗ Use profanity
- Show displays of affection
- Be academically dishonest
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders can not wear or loan SBHS cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and can be grounds for dismissal.

***\*Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.***

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Squad Coach, Coach Lown- Athletic Director, School Principal