

Segerstrom High School Cheer Tryout Packet

Name _____ ID # _____ 2011-2012 Grade _____

2011-2012 Dates to Remember

- **Segerstrom students: Packet due May 13, 2011 by 4 pm**
- **Incoming students: Packet due May 20, 2011 by 4 pm**
- *** **Late or incomplete packets are not accepted or reviewed**

Turn in completed packets to Ms. Islas in the Admin building

- **Tryout Clinics: Tuesday May 31 and Wednesday June 1, 3:30-6:30**
- **Tryout Day: Thursday June 2, 3:30-7pm (location to be announced)**
- *** **For clinics and tryouts please wear red shorts and a plain white tank top**
- **Interviews Wednesday June 8, 3:00-6:00 (location to be announced) Please dress professionally**

Dear Parents/Candidates,

Thank you for your interest in becoming a member of the Jaguar Cheerleading Pep Squad for the 2011-2012 School year. If your child is elected there are specific responsibilities and obligations that each squad member must assume in order to qualify and remain an active member of the team. Please be sure to read through the Constitution so you know what is expected of all members of the squad. Please note that all candidates will be competing for a position on the Junior Varsity or Varsity squad.

We are excited to offer your son/daughter the opportunity to join a fantastic organization at our school. This will be a valuable and memorable experience for your son/daughter and we look forward to an exciting year! If you have any questions with the contents of the constitution, pep squad roles, or any other question you may have please contact me at: jamie.bates@sausd.us

Constitution

1. Overview

All cheerleaders will demonstrate courtesy, responsibility, dependability, cleanliness, and good will at all times. At home and away games, camps, or any other situation where the cheerleader is representing Segerstrom High School, the cheerleader will conduct herself accordingly. Good sportsmanship is essential and mandated.

- A. This Constitution has been written and adopted for the SFHS Jaguar Pep Squad. The team and its Constitution are governed by Segerstrom Fundamental High School Administration and the Advisor.
- B. Purpose: It is an honor to be a cheerleader. First and foremost cheerleaders are representatives of Segerstrom High school and the main focus is to Improve student morale and boost team spirit. Cheerleaders are expected to direct the student body in the support of their school's team and develop loyalty to the school and team, regardless of the outcome of a game. This role makes the team a strong influence in guiding student conduct at games, pep rallies and other performances.
- C. The Advisor has been hired by Segerstrom High School and is responsible for advising students, ensuring safety as well as holding high expectations for each member of the squad.
 - i. The Advisor is responsible for the daily running and activities of the SFHS Jaguar Cheer team.
 - ii. The Advisor will be responsible for dealing with minor disciplinary procedures as well as referring students to administration for major offenses.
 - iii. The Advisor may place certain restrictions on team members.

2. Eligibility

- A. Each member must maintain a 2.0 grade point average.
- B. Each member must submit a completed Application Form and Parental Consent/Medical Release Form BEFORE tryouts take place. This must be signed by the candidate and the parent/guardian.
- C. Each member must have a complete physical exam before the first scheduled performance.
- D. A member must also have a completed medical emergency form on file with the Advisor.
 - i. The Advisor and coaches must have these forms in their possession at all times.

3. Tardiness

- A. Less than 15 minutes late to practice, game, event = Sit out 1st quarter of next game.
- B. 15 to 30 minutes late = Sit out 2 quarters of next game.
- C. 30 to 60 minutes late = Sit out full game.
- D. More than 60 minutes= unexcused absence, sit out next 2 games



4. Attendance

Cheerleaders must be at all practices and activities unless they have an excused absence from school, a doctor's note, or there is a death or sudden illness in the immediate family. If one of the above occurs, it is the responsibility of the cheerleader to get in touch (personally) with the advisor. Failure to do so will result in possible dismissal from the squad or sitting out. Cheerleaders must attend ALL home and away football games, pep rallies- including playoff games in its entirety.

5. Uniform

- a. Each member will be expected to provide practice clothing (see separate handout for specifics). Footwear and accessories such as makeup, bloomers, ribbons, etc. may be provided through fundraising, etc.
- b. Performance uniforms will be provided through donations and team fund raising and will be the property of the school unless purchased by the cheerleader.
- c. Each member will be required to maintain good condition and cleanliness of his/her uniform on a weekly basis up to the end of the year at turn in.
- d. Appearance is part of the uniform. The cheerleader must wear their hair away from the face during practice and any time an activity is taking place (i.e. games, pep rallies, competitions, practices, etc.). Make up at games should be light and natural. Fingernails should be short with clear/natural color. No earrings should be worn at any time to ensure that no injuries occur.

6. Character

- a. Jaguar Pep Squad Cheer Team members should be leaders within the school and set a good example at all times.
- b. It is important that each member of the team overcome diversities in personality and character to support and work together. If any individual is unable to reach this goal it may be necessary for the coach to dismiss him/her to avoid damaging the cohesiveness and safety of the team. Cheerleading is not a social club. It is a very demanding sport that requires discipline and focus.
- c. Each member must be able to maintain this level of commitment to ensure success and safety for their self and the team as a whole. If we are to maintain the high standards in place, we must ask that each participant who wishes to undertake the privilege and responsibility of being a Segerstrom High School cheerleader make a serious commitment to our program.
- d. Cheerleaders will be required to work out or attend the weight room for strength training even when the cheer season ends. Cheerleaders are athletes and need to work to improve their strength, most importantly, for safety reasons. It is necessary to condition throughout the entire school year.



Cheer Advisor: Jamie Bates

jamie.bates@sausd.us

7. Violations that may result in immediate dismissal
 - a. Undesirable behaviors, as determined by advisor, coaches and administration, related to but not limited to fighting, smoking, consuming alcohol, drugs, or other inappropriate actions committed on or off school campus at any time.
 - b. An act committed by a cheerleader that would, in the opinion of coaches and administration, harm the reputation of the school or program.
 - c. Constant tardies or missing an event/function without prior approval from advisor/coach.
 - d. School suspension.

Signature below indicates understanding and agreement to all terms/conditions contained herein:

Signature of Athlete

Date

Signature of Parent

Date



Cheer Advisor: Jamie Bates

jamie.bates@sausd.us

Teacher Recommendation

Student Name _____

Teacher/Subject _____

Current grade _____

Citizenship _____

Please circle the number that best represents the above student's character and abilities. Rank 1 as the lowest and 5 as the highest.

Is this student motivated? 1 2 3 4 5

Is this student dedicated? 1 2 3 4 5

How well does this student interact with others?

1 2 3 4 5

In your opinion is this student capable of balancing cheerleading and academics?

1 2 3 4 5

Do you recommend this student for cheerleading?

1 2 3 4 5

Comments/detailed classroom behavior or leadership skills:

Teacher's Signature _____

Thank you for taking the time to complete this student's recommendation. Please return this form to my mailbox. If you return it to the student please place it in a sealed envelope.

Ms. Bates-Cheer Advisor



Cheer Advisor: Jamie Bates

jamie.bates@sausd.us

Discipline Release

Name _____

Student ID _____

Current Grade (circle one)

8 9 10 11

#1: Please indicate how many of the following disciplinary referrals this student has had.

Tardy Detention: _____

School Assigned Detention: _____

Suspension from School: _____

#2: Please indicate how many unexcused absences this student has had this year.

#3: Please indicate how many times this student has been marked tardy.

Signature of Office Personnel:

Application Release

I, (applicant name) _____, have read all rules and regulations that govern the Segerstrom cheerleaders. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2011-2012 school year.

Signature of applicant: _____ Date: _____

Parental Release:

I, the undersigned, have read and fully understand the rules and regulations which will govern my son/daughter if he/she is chosen to represent Segerstrom High School as a cheerleader. I further understand that this is an extracurricular activity and that attendance at all practices, games, special functions, and summer camp is a requirement of the elected cheerleader.

I hereby give consent to my son/daughter _____, to tryout for cheerleader at Segerstrom High school and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that school and/or personal insurance must cover my son/daughter. I give my permission for my child to receive medical attention in the event that I cannot be present or reached for any reason.



Cheer Advisor: Jamie Bates

jamie.bates@sausd.us

Signature of parent/Legal Guardian _____ Date _____

Candidate Questionnaire

Name _____

1. Are you currently a member of any club, organization or team requiring extra practice time?

If so please list:

2. List any honors you have received in school:

3. What are the dates that you will be out of town during the summer?

4. Please list any other obligations that may interfere with attending practice during the summer.

Please answer the following questions. Some questions may be asked when you interview. Please use another paper if necessary

1. Name two ways to get students interested in attending pep rallies.
2. What would you do if a member of your squad had a very bad attitude problem?
3. What three characteristics do you feel are most important for cheerleaders to possess?
4. Do you feel cheerleaders are an important part of the athletic program? Why?
5. Why are you trying out for cheerleading?
6. How can cheerleaders best represent their school and the student body?
7. How can you get teachers and administrators involved with school spirit?
8. Why should a cheerleader be responsible for maintaining good grades?

