

PERRY HIGH SCHOOL

POM AND CHEER TRYOUT PACKET

Dear Parent/Guardian:

We are excited that your daughter is interested in trying out for the Perry High School Pom & Cheer Squad. The purpose of the Perry High School Pom & Cheer Squad is to support school activities and programs with school spirit and pride. Athletes are positive role models to their fellow peers and are expected to be examples of school policy regarding attitude, attendance, academics, and sportsmanship. In addition, all squad members will learn the importance of commitment, teamwork, and responsibility.

Included are important documents to inform you about our program and to allow your daughter to tryout out next week. After the tryout process is completed and the final squads are selected, an additional meeting will be held to discuss final details pertaining to the program and the upcoming year.

Membership on the Perry High School Pom & Cheer Squad will require an extensive amount of time. Jobs, family obligations, and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected to this organization. There will also be the unavoidable financial commitment that goes along with participating as an athlete on the team.

Please take time to read through the attached pages and discuss them with your daughter. If you grant permission for your child to participate in the tryouts, sign the attached forms and return them to a member of the coaching staff first thing on Monday at tryouts. **NO ONE WILL BE CLEARED TO PARTICIPATE IN TRYOUTS WITHOUT A COMPLETED CUSD ATHLETIC/PHYSICAL PACKET IN ADDITION TO THE ATTACHED SIGNED FORMS.**

Again, we appreciate your family's interest and support and look forward to meeting you and your child.

Sincerely,

Michaela Granado - Head Pom Coach

Jamie Nielson - Head Cheer Coach

PERRY POM AND CHEER

TRYOUT PROCESS/TRYOUT INFORMATION

- Seniors are eligible for Varsity Only.
- Freshman are eligible for higher squads.
- Members of Varsity Pom, Varsity Cheer, and JV Cheer squads will compete. Members of Freshman may be called up to compete with JV. Pom will have a separate competition team.
- Applicants must choose whether they are to try out for Pom or Cheer. They may not tryout for both.

Due Monday, July 29th:

- Athletic Packets / Physicals to PHS Athletics Office

All eligible athletes must turn in a COMPLETE ATHLETIC PACKET / SPORTS PHYSICAL dated after March 1st and submitted to the PHS Athletic Office prior to tryout out. Cleared athletes will get a GOLD CLEARANCE CARD to bring to tryouts! **No card, no participation.**

- GOLD CLEARANCE CARD from PHS Athletics Office
- Cheer application w/ attached photo (will not be returned)
- Consent/Acknowledgement Agreement
- Pre-planned Vacation and Dual Participation Form

Applicants will be evaluated in several areas Monday through Friday. On each of those days, outside professionals may be brought in to judge alongside Perry Pom & Cheer coaches and score the girls on various abilities. Judges are aware of athletic ability that is needed to be a successful member and will be able to determine potential.

Pom Attire – All participants must wear dance attire clothing and bring tennis shoes and dance shoes each day. A plain white, properly fitted shirt is required. Lettering and symbols must not be visible. **Hair needs to be pulled back and secured. Absolutely no jewelry is allowed.**

Cheer Attire – All participants must wear athletic-style clothing and shoes each day. A plain white, properly fitted shirt and cheer/athletic shorts are required. Lettering and symbols must not be visible on either t-shirt or shorts. Cheerleading-related clothing may not be worn. **Hair needs to be pulled back and secured. Absolutely no jewelry is allowed.**

Tryout Help & Observation – Applicants may receive no outside of clinic help from any pom or cheer member that is currently part of Perry Pom & Cheer. Tryouts will be closed to all observers, including parents. Videos are NOT allowed at any clinics. Coaches will not provide a copy of the music for tryouts.

Monday-Friday Tryouts 3:00 – 4:00

Requirements

Varsity Cheer

Fight Song

Dance

Cheer

Chants

Jumps – 3 Jumps

Tumbling

- Running (bh tuck or higher)
- Standing (tuck or higher)

Stunting

Fitness Test

JV Cheer

Fight Song

Dance

Cheer

Chants

Jumps – 3 Jumps

Tumbling

- Running (bh series or higher)
- Standing (bh series or higher)

Stunting

Fitness Test

Freshman Cheer

Fight Song

Dance

Cheer

Chants

Jumps – 3 Jumps

Tumbling

- Running (bh or higher)
- Standing (bh or higher)

Stunting

Fitness Test

Varsity Pom

Fight Song

Dance (Jazz, Pom, & Hip Hop)

Chant

Jumps

Across the Floor

Fitness Test

EXPENSES

Regular team fees are estimated around \$1200 annually. Additional fees will be associated with competition. This includes but not limited to registration fees, tumbling/dance technique, personal uniforms, and travel expenses. Fundraising opportunities will be readily available. We will talk about payment plans when you make the team.

Payments can be made in via cashier's check or paid on line via Paypal.

This includes but not limited to:

Practice Uniform – Leotards, sports bras, compression shorts, Workout shirts, Cheer shoes, Jazz pants, Jazz shoes

Game Day Uniform – Shirts, hoodie, Jersey, Warm-ups, Bows, Team Bag, Water bottle

Misc. –Competition fees, Nationals*

*Only Varsity teams will be going to Nationals

Commitments:

All Perry Pom & Cheer athletes are required to cheer at all home football and basketball games. Both Varsity Pom and Cheer will also travel to away football games. There will be other MSE's (Mandatory Spirit Events) such as assemblies, parades, fundraisers, competitions, and team events that will be worth points toward their cheer class grade.

In Season Practices:

All squads will have practice during the 1st hour of school. There may be additional practices called to prepare for big games, performance, and/or assemblies. Competition teams will have additional after school practices. Competition teams do practice during CUSD Breaks. Additional after school practices will most likely change each season as we try to coordinate gym space with other teams. Members of all squads will condition a minimum of two days a week. Conditioning may be after school. Pom is required to take dance technique classes. Cheer is required to take tumbling classes.

INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT

Perry High School

Cheer Tryout Participation Agreement

I, _____, parent/guardian of
_____, give our permission for
her to try out to be a member of the Perry High School Pom & Cheer Program.

We understand that our daughter is required to be in good physical condition and that the activities which she will be asked and expected to participate in, are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to, a variety of tumbling skills, including back handsprings, back flips, aerials and round-offs and that there be a variety of stunts requiring the coordination of more than one participant on the squad. We are aware that the dance choreography will include varied high level technique, skill, and flexibility. It has also been explained to us that pom and cheer activities have a high risk of injury and any of the routines involving the participation of my daughter could lead to serious injury.

We honestly state that, to the best of our knowledge and belief, our daughter has no physical, medical, or mental disability or other limitations that would restrict her ability TO FULLY PARTICIPATE in tryouts or pom and cheer squad activities.

By signing this agreement, we acknowledge that we fully understand the risk of serious physical injury involved with the athletic activity of cheerleading and accept responsibility for this decision by giving our consent for our daughter to participate in the Perry High School Pom & Cheer Program, including tryouts. We do not hold the coaches, Perry High School, or chaperones liable for loss or damage of personal property or injuries to our daughter.

In addition, if our daughter is chosen to be on the team, we understand and agree to honor the time and financial commitment required to participate in the PHS Pom & Cheer Program as outlined by the coaching staff.

Parent/Guardian Signature

Date

PRE-PLANNED VACATIONS AND DUAL PARTICIPATION FORM

Name: _____

Last

First

Middle

Provide any pre-planned vacations, events or travel that may conflict with practice, football/basketball season, and competition season. Coaches will work on a case by case basis with parents and athletes on such events.

May 2013 N/A	June 2013 N/A	July 2013 N/A
August 2013	September 2013	October 2013
November 2013	December 2013	January 2014
February 2014	March 2014	April 2014

Dual Participation Request:

Athletes are encouraged to be involved in other school activities, but they must come second to the PHS Pom & Cheer Program. Athletes must alert coaches prior to tryouts if they plan to tryout/participate in a second sport or school activity that may conflict with pom or cheer. Campus coaches/sponsors will determine if dual participation is feasible.

List any PHS Teams or Activities you would like to tryout/participate for:

_____	_____
_____	_____
_____	_____