

CEDARCREST



CHEER

Tryout Packet

Tryouts: May 12-16—4-6 pm in the gym

Completed packets are due in the
CHS Attendance Office by Wednesday,
May 7th or the Tolt Main office by
Thursday, May 1st.

Mandatory Parent Meeting:

April 24 in the CHS LRC @ 7:00 pm

Dear Cheerleading Candidate,

Thank you for your interest in becoming a 2008-09 cheerleader at Cedarcrest High School.

This year's tryout schedule for the week of May 14-18 will be as follows:

- **Monday—Thursday cheer tryout practices (4-6 pm)**
- **Friday— Cheer Tryouts (4-7 pm)**

At least one of your parents must attend the informational meeting on **Thursday, April 24 @ 7:00 pm** in the CHS Library.

Completed tryout packets need to be turned into the CHS main or Attendance Office on Wednesday, May 7th or to the Tolt office (for 8th grade students) no later than Thursday, May 1st.

The following items need to be turned in by April 29th:

- Tryout Information Form
- Essay Questions
- Teacher Recommendations—(these will be sent to your school's office in a sealed envelope and picked up by coach before tryouts)
- A copy of your current attendance record

Each candidate will be required to perform the following at the tryouts on Friday:

- Dance Routine
- Two original sideline cheers with your cheer group
- Jumps
- Right and left high kicks
- Any tumbling you are able to do
- Rallying in and out of gym

I am looking forward to another great year with CHS Cheer. Please feel free to email me at scotttr@riverview.wednet.edu if you have any questions.

Tracy Scott

Dear Parent of Cheerleading Candidate,

Thank you for allowing your student to try out for the 2008-09 Cheer Squad at Cedarcrest High School. Please take a minute or two to read through this tryout packet.

At least one parent must attend the informational meeting on Thursday, April 24 in the CHS Library at 7:00 pm with their student. We will cover the expectations of the cheerleaders for the school year. Cheer is a big commitment, so I don't want there to be any surprises.

Candidates must wear comfortable work out clothes on Monday—Friday including tennis shoes. (shorts and t-shirts are just fine)

For tryouts, all candidates must wear the following on Friday:

- Black shorts with no writing on them
- Plain white t-shirt
- Tennis Shoes (socks too)
- Hair pulled back in a ponytail and secured

I look forward to meeting your child and getting to know them during tryouts. Please feel free to call or email me at 425-844-4806 or scottr@riverview.wednet.edu if you have any questions.

Tracy Scott



2008-09 Cheerleading Tryout Information Form

Student Name _____

Grade in fall of 2008 _____

Current GPA : _____

Home Phone: _____

Your Cell Phone: _____

Home Address: _____

Email Address: _____

Mother's Name: _____

Mother's Cell Phone: _____

Father's Name: _____

Father's Cell Phone: _____

Parent's Email: _____

Please choose one of the following:

_____I would like to cheer for the fall sports season only because _____

_____I would like to cheer for the winter sports season only because _____

_____I would like to cheer for the entire cheer season because _____

Essay Questions:

Please attach a separate piece of paper with your typed responses to the following questions. Answers need only be 2-5 sentences.

1. Why do you want to try out for CHS Cheer?
2. What are 3 contributions you can make to the CHS Cheer squad?
3. Keeping in mind that cheerleading is a year round activity, and takes quite a bit of time, what outside commitments do you have that may conflict with cheerleading? (including Running Start, NEVAC, Church Commitments, other sports, etc.) NOTE: Work can never be a conflict.
4. What are your 3 best qualities that make you a great choice for Cedarcrest Cheer?

CHEER TRYOUT POSTER

Get your creative juices flowing and do your best to make a poster for CHS. Listed below are the poster guidelines:

- Poster board (school colors)
- Put YOUR name and number on the BACK of the poster
- Slogans cannot be violent (ie. Kill the _____, etc.)
- You may use any of the following opponent mascots for your poster:

Granite Falls—Tigers

Kings—Knights

Archbishop—Wildcats

Coupeville—Wolves

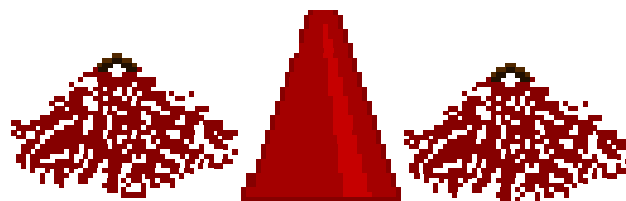
South Whidbey—Falcons

Sultan—Turks

Lakewood—Cougars

Be Creative!

- Posters are due on Wednesday, May 14 at the beginning of tryouts
- Posters will be judged on neatness and creativity



2008-09 CEDARCREST HIGH SCHOOL CHEERLEADING GUIDELINES

CEDARCREST CHEER PROGRAM VISION IS

- To assist participants in the development of athletic and leadership skills.
- To develop effective time management strategies

To develop socially through cooperation and appropriate standards of behavior.

CEDARCREST CHEER PROGRAM MISSION IS TO

- Promote and uphold school spirit, unity and pride
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)

To encourage school spirit and pride in Cedarcrest High School

CEDARCREST CHEER PROGRAM STANDARDS AND REGULATIONS

- Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play.
- Show courtesy to all visiting teams, competitors, hosts and officials
- Respect the integrity and judgment of all sports and competition officials

It is recognized that these standards are necessary to maintain squad morale, squad and individual discipline, and effective learning

CONDUCT

- Promoting good sportsmanship by way of example is required at all times. Members may not use foul language at practices, in school, at games, camp, etc.
 - Excessive public displays of affection are never considered appropriate, especially in uniform, at games or in school
 - Proper appearance is required at all times, with clothing appropriate to the occasion
 - All squad members are to participate in ALL areas: making up cheers & posters, creating dance routines, participating in fund raisers & pep assemblies, etc. **Everyone must share the workload**
 - Everyone must have a solid working knowledge of all cheers, chants, and dance routines in order to be able to perform at a game
 - The key word in your position is CHEER leader. Please try not to bring your problems with you to practices and games. Coaches are available if you need someone to talk to
- Display correct and acceptable leadership skills. This is the LEADER part of Cheerleader

ATTENDANCE

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent
- All practices/games are mandatory unless pre-approved by the coach
- Summer Camp: All cheerleaders are required to attend cheer camp as a squad
- Cheerleaders are NOT allowed any unexcused absences. If for any reason you can not attend practice or a game, a note or phone call **from a parent** must be given to the coach **24 hours** before the event

All members are expected to participate in fundraisers

GAMES/PRACTICES

- All games/practices are mandatory
 - Cheerleaders must arrive on time, wearing proper shoes and clothing and ready to begin practice. Failure to do so will result in reminders
 - Cheerleaders must know all the cheers and routines for the game
 - APPEARANCE:
 - Make-up should be worn in moderation.
 - Fingernails must be sports length.
 - Nail polish, if worn, must be clear or natural color
- No jewelry is to be worn at practice or at games as safety is our first priority.

- o Hair needs to be out of the eyes and in a secured ponytail for practice and for games unless otherwise decided by the captain or coach
 - o No chewing gum or eating at games or practices
 - o Cell phone use is OFF LIMITS during games and practice
 - o Take care of restroom needs before the game/practice begins. There will be designated times to take care of these needs
 - o Socializing with friends while the game is in progress is not allowed
 - o Remain in cheering area during game
 - o Follow the call captain and do not tell them what chants you want or do not want to do
 - o Follow coach's directive at games/practices
 - o Missing a scheduled practice the day before a game will result in the individual not performing at the game but will be benched in full uniform
- Missing practices that have valid excuses can still lead to being removed from a routine position, due to not physically being available to practice

UNIFORMS

- **Uniforms must be paid in full in order to cheer at the first game - no exceptions!**
 - Athletic shoes and uniforms must be kept neat and clean at all times.
 - If a member is removed from or chooses to quit the squad, they are still responsible for payment of all items ordered. However, the cheerleader will not be allowed to wear any piece of their uniform to school or to school events.
 - Cheerleaders must wear their uniforms or team designated outfit to school on game days. ALL cheerleaders must check in with the coach before school starts for a uniform check. Failure to do so will result in a demerit.
 - All pieces of the assigned uniform must be worn to the game. Failure to do so WILL result in sitting on the bench during the game and a demerit
 - Only official squad jackets may be worn over uniform. Official jackets, T shirts and practice wear are the only items to be worn for events as designated by the coach
- Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming to a Cedarcrest High School Cheer Squad member

PERFORMANCES AND CHEER LINES

- Placement for performances and cheer lines will be based on participation, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance
- If for any reason out of your control, you cannot cheer on your designated day (winter sports). You are responsible to switch with another cheerleader that is not scheduled to cheer and you MUST tell the coach at least 24 hours in advance

LETTER REQUIREMENTS

- 90% attendance over the entire year at all practices/games/events
 - Less than 7 points/demerits
 - Participation in squad community service projects
- The coach has the discretion to award letters for exceptional situations.

PLEASE SIGN AND RETURN TO COACH TRACY BY JUNE 1, 2008.

INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the school before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
 2. Always practice in the presence of a qualified coach.
 3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
 4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
 5. Always use attentive spotters when stunting.
 6. Always use mats or a grassy area when stunting during practice.
 7. Always cheer in an area free from obstructions.
 8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
 9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
 10. Report injuries to the coach as soon as they occur.
 11. Follow all trainer and doctor recommendations.
 12. Lift weights to increase strength and guard against injuries.
 13. Always wear shoes and clothing appropriate for cheerleading.
 14. Never wear jewelry of any kind or chew gum when cheering including practices and games.
 15. Always have your hair pulled back from your face and shoulders.
 16. Eat nutritious meals and get plenty of rest.
 17. Always ask for assistance or advice at any time.
 18. Do not stunt or tumble when game is in process.
 19. Never show off.
 20. Take all activities seriously.
- Do not participate in cheerleading if you are sick.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

DATE _____

PARENT _____ CHEERLEADER _____

PLEASE SIGN AND RETURN TO COACH TRACY BY JUNE 1, 2008.

ACKNOWLEDGEMENT

I have read and understand the Cedarcrest High School Cheerleading Guidelines. I agree to follow these standards and policies and cooperate fully with the other members of the cheer squad and the advisor/coach.

Student's Name Printed: _____

Student's Signature: _____

Date: _____

I have read and understand the Cedarcrest High School Cheerleading Guidelines. I agree to support these standards and policies for my cheerleader.

Parent's Name Printed: _____

Parent's/Guardian's Signature: _____

Date: _____

Cheerleading Tryout Tips

It's time to show your stuff. Don't know where to start? Well, here are some hints to help you prepare for T-day.

Practice Your Motions

Work on crisp and clean motions. Practice in front of a mirror. This helps you to see your facial expressions and motions.

Practice Week

This is time for the coach to evaluate how well you work with others. Be sure not to seclude yourself from the rest of the team. Sure, you may be competing against them soon, but they may also be your squad mates. Be confident in yourself. You may not think you are the best cheerleader on the court, but that is not all that counts. Sportsmanship, and a great attitude go further than you may think.

Shout it Out

Coaches need to hear your cheers! Work on controlling your volume and projection. Yell from your diaphragm, not your throat, to increase volume and learn to emphasize "key" words in each cheer to keep from becoming monotone.

Be Prepared

Come to practice ready to work hard and to learn. Bring a blank CD with your name on it to Monday's practice, and you will receive the tryout music the next day. This will put you ahead of the game! Make sure all our paperwork is turned in on time. This shows the coach that you are responsible.

Show Enthusiasm

Coaches and cheerleaders agree that it's important to have a positive, enthusiastic outlook, especially on tryout day. If you aren't energetic and excited about trying out, your body and your facial expressions will give you away. Be sure to put on a smile all week long before tryouts. Also be supportive and encouraging of others when they try out. If you make a mistake move on. Do not giggle, fuss, or get embarrassed. It is okay to make mistakes. Everyone does it. It is how you handle it that counts. Judges want to know that a mistake does not rattle you.

Look Your Best

On the big day, a minimal amount of makeup looks best. Use a light gloss or lip balm to keep your lips moist and bright. Keep blush, eyeliner and eye shadow subtle. You don't want it running when you get sweaty. Make sure your nails are trimmed (long nails are a safety hazard) and remove all nail polish. Remember to pull your hair back so that the coaches can see your smiling face! Also, lose the gum. It's a no-go during practice and performance. Remember to wear black shorts and a white t-shirt to tryouts. Please no writing on either.

Relax and Have Fun!

On tryout day, take a deep breath and have confidence in yourself! Remember to stretch well before you tryout - you don't want a pulled muscle stopping you. If you make a mistake, keep going. The judges may not even notice! But most importantly, have fun out there and remember to smile!

Teacher Evaluation Form

2008-09 CHS Cheer Squad

Student's Name _____

Teacher's Name _____ Period _____

Each cheerleading candidate is required to have **THREE** of their teachers fill out an evaluation form **before** they are eligible to try-out. Please take a couple of minutes to comment on each criteria, and return to my mail box in the main office, no later than May 1. **Your input is an important part of the evaluation process as I am looking for good leaders, not the most popular or the most beautiful!** Please rate the student on a scale of 1-10. (1= not so good 5= average and 10 = excellent) Feel free to add any comments on the back. Thank you for taking the time to do this. I really appreciate your time and input on this.

1-Class Attendance

1 2 3 4 5 6 7 8 9 10

2-Cedarcrest High School Representative

1 2 3 4 5 6 7 8 9 10

3-Classroom Efforts

1 2 3 4 5 6 7 8 9 10

4-Interaction w/ others (friendly, helpful, kind compassionate)

1 2 3 4 5 6 7 8 9 10

5-Leadership ability

1 2 3 4 5 6 7 8 9 10

If you have any questions, please call or email me at:
425-844-4806 or email at scottr@riverview.wednet.edu

Thanks again,

Tracy Scott, CHS Cheer

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Thanks again,

Tracy Scott, CHS Cheer