

Peninsula High School Cheer Try-outs

Try-outs for the Peninsula Seahawks cheerleading team for the 08 - 09 season are May 1 – May 7. Girls and boys currently in grades 8 through 11 are eligible. Try-outs are at Peninsula HS from 6:00PM – 8:00PM. Please complete the required paperwork from the athletic/activities office before try-outs. Include 3 teacher recommendations. **There will be a MANDATORY parent meeting on Wednesday, April 23 at 6:30PM at the Peninsula HS library. It is highly recommended that you attend this meeting.**

Please read ALL THE PAPERWORK and sign in all areas where required. **Do not forget your child’s physical.**

BEFORE YOU MAKE THE DECISION TO TRY OUT, please carefully consider the following:

Cheerleading involves more time and responsibility than most people realize. You need to be willing to give up a minimum of 15 hours minimum a week starting two weeks before summer camp and continuing through until the end of basketball season and the state cheer championships on March 28, 2009. The demands upon a person’s time and energy are great and all cheerleaders must be able to successfully balance school, cheerleading, homework and their social lives. Your various commitments must be taken into consideration before you decide to try out.

There will be a fund raising car wash that all candidates will participate in. You are asked to sell 10 car wash tickets for a minimum of \$2 each (or more). The car wash will be on Saturday, May 3 at a location to be announced at the parent meeting. This is administered through the Seahawks Cheer Boosters.

The athletic office must clear all candidates for participation. Check with the athletic office.

There will be an interview conducted by Peninsula HS staff.

The coaches make the final selection and a list will be posted on May 8th on our web site.

www.eteams.com/seahawkcheer

Try-out rules and procedures

- **Salmon colored sheet from athletic office must be turned in on the first day of try-outs**
- **You will wear**; white short sleeve t-shirt, black shorts, socks, and sneakers (you will lose points if not)
- Your hair **WILL BE** pulled back in a tight ponytail
- Leave your jewelry home
- Be on time and ready to work (you will lose points each time you are late)(Doors will close and lock at 6PM)
- Hand each of your teachers a teacher recommendation form

Try out Timeline

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			May 1 st 6:00 – 8:00 Try-outs	May 2 nd 6:00 – 8:00 Try-outs	May 3 rd Car Wash Location TBD
May 5 th 6:00 – 8:00	May 6 th 6:00 -8:00 Mock Try-outs	May 7 th 5:00 – 7:00 Try-outs	May 8 th Parent Meeting Uniform Fitting		

New Team parent meeting, Thursday, May 8th at 7PM in the Peninsula HS library. This is also the team fitting for uniforms.

If selected for the team, summer camp is **MANDATORY**.

CAMP DATES AUGUST 4th – 7th AT THE UNIVERSITY of WASHINGTON



Peninsula High School Cheerleading Application

2008 – 2009

Head Coach Kathy Crowley, Asst Coach Laura Nation

Djcrow46@comcast.net , lauranation05@hotmail.com

I _____, am interested in being a cheerleader at Peninsula High School. I clearly understand the cost, the time commitment and the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaching staff. I promise to cooperate and follow the instructions of the coaching staff.

I understand that the minimum GPA requirement for trying out is a 2.0. I understand that if selected to the squad I must maintain a minimum GPA of a 2.5 at all times (this includes progress reports and end of the semester report card) to remain on the squad. Failure to maintain a 2.5 will result in an automatic suspension for games and may result in possible removal from the squad. I understand that this standard is higher than both the School District and WIAA State requirement and agree to adhere to the 2.5 set forth by the coaching staff.

Student Signature _____ Date _____

Parent Signature _____ Date _____

Please print neatly or type. Please be mindful of the fact that your interest and commitment may be judged by the care and professionalism with which this application has been completed.

Name: _____

Student ID # _____ Current Grade: 8th 9th 10th 11th Cumulative GPA: _____

Mailing address: _____ City: _____ Zip: _____

Home Phone: _____ Cell: _____

Student E-Mail _____

Parent E-Mail _____

Indicate the squad(s) you would like to be considered for (those wanting to be on the competition squad must choose football season along with basketball season. The option to cheer both seasons is your choice but clearly understand the time commitment that goes into participating in both. If you choose only basketball you will be used as an alternate on the competition team.

Football _____

Basketball _____

Check Off Sheet:

Signatures Page 2 _____

Signatures Page 3 _____

Questioner Page 4 _____

Copy of Grades _____ (Most recent Report Card. Don't have it, see your counselor)

Clearance Form _____ (This comes from the Athletic Office, see Jody Crowe)

Cheerleading Application Continued

My child, _____ has my permission to participate in the cheerleading tryout process at Peninsula High School. I understand that all forms attached must be completed and returned on April 30th to the Main Office at Peninsula High School or my child will not be allowed to tryout.

I understand that judges may be used during the tryout process, but that the coaches' decision is final. I understand that my child will be evaluated on technical skills and ability. The skills to be evaluated are flexibility, jumps, motions, dancing, tumbling and stunting. As the parent(s) I/we agree to abide by the final decision of the coaching staff during and after the tryout selection process.

I understand that being a cheerleader at Peninsula High School requires a MAJOR TIME COMMITMENT. Cheerleaders are required to cheer at both home and away football games, home volleyball games, home swim matches, two soccer games, attend all practices, participate in fundraisers and attend spirit promotion activities. Cheerleaders should anticipate having 15 – 20 hours of cheer related activities per week. This time commitment is **NOT** compatible with work, musical theater, drama, choir, band, or ensemble groups. Running Start students must have AM classes.

I understand that the school will provide a shell and skirt or top and pants for all participants. It is the responsibility of the cheerleader to purchase the remainder of the uniform consisting of warm ups, shoes, 2 pairs of briefs, socks and poms. The cost break down is as follows, and is an **APPROXIMATE COST**:

Camp	\$266.00	(NCA Camp August 4 – 7 @ University of Washington)
Warm ups	\$130.00	
Unifit	\$ 70.00	
Shoes	\$ 65.00	
Briefs (2 pairs)	\$ 50.00	
Poms (1 set)	\$ 40.00	
Hair Bows	\$ 20.00	
Socks (2 pair)	<u>\$ 14.00</u>	
TOTAL	\$650 +/-	

Participating in cheerleading is expensive. Good news, to help parents and participants there will be fundraising in which each participant can raise money to help cover a portion of their individual uniform and camp cost.

Primary fund-raisers for personal cost consist of our ButterBraids sales, car washes, our mini cheer camp and our winter sports program. Other potential individual fund raisers may include but not limited to: Cookie Dough, Candle and additional car washes.

Program fund raisers may include but are not limited to: Fall Youth Camp, Winter Youth Camp, Harbor Cheer Fest Competition and Winterfest Arts & Crafts Show.

All approximate expenses have been explained. I understand that if my child is selected to the team that we are financially responsible for all personal expenses, once any uniform orders or camp registration are placed, even if they quit, or moves after the orders or registrations have been placed, or before it arrives. Once production has started on uniforms it cannot be stopped or changed. Camp registration may be canceled up to two weeks before the camp date, however there is a cancellation fee, after that the participant is responsible for the full cost of camp even if they fail to attend.

I understand that by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk of injury cannot be eliminated.

During the tryout process, strenuous physical activity necessitates a PHYSICIAN RELEASE form from the doctor and ELIGIBILITY FOR SPORTS form from the athletic office. These forms are included with this packet or available in the athletic office. Physical exam and Eligibility forms must be completed prior to participation in the tryout process.

Student and parent signatures below acknowledge that all material in this packet has been read and is clearly understood.

Student Signature _____ Date _____

Parent Signature _____ Date _____

Cheerleading Application Questioner

Gymnastics Skills

List any tumbling skills you can perform without a spot

Personal Goals

List your personal goals for cheerleading.

Team Goals

List team goals for Peninsula cheerleading.

Crowd Involvement

List several examples to increase crowd involvement.

What is Seahawk Cheerleading?

List what you think is the purpose of Peninsula HS Cheerleaders.

Name _____