

Clarksburg High School

Cheerleading Tryout Packet

June 2, 2008 – June 6, 2008

4:30-6:30

Clarksburg High School Gym

Dear Parents,

Your child is interested in becoming a member of the Clarksburg High Cheerleading Squad for the 2008-2009 school year. If he / she is selected to be a cheerleader, there are many specific responsibilities and obligations that your child must assume in order to qualify and **remain** part of the squad.

Parent Responsibilities: 1. Read the entire packet and 2. be certain that you fully understand the rules and regulations that govern cheerleading and / or have asked the coaches to clarify any parts you do not understand. 3. Discuss the rules and expectations of cheerleading with your daughter and 4. be certain that your child has a complete understanding of her responsibilities. 5. Make sure that each form has been filled out completely and correctly. All health and permission forms are available on the CHS website under Athletics. 6. If your daughter does not already have a valid physical on file, make an appointment now (more information on the next page). NOTE: All forms must be turned in to one of the coaches, notarized Parental Permission and Insurance Form, and a third quarter report card (current 9th through 11th grade students only) when the clinic begins on **Monday, June 2, 2008**. Parents are required to sign up for concessions at the parent / cheerleader meeting if your child makes a squad. If you can not attend the meeting, contact the coach.

General Information: Tryout dates for this year are June 2, 2008 through June 6, 2008. Clinics will run from 4:30 pm – 6:30 pm in the school gym. At the clinic, your prospective cheerleaders will learn jumps, a cheer, a chant, and a dance that will be preformed during tryouts. The clinic is closed to spectators. Tryouts will be on Monday, June INSERT DATE until the last group finishes. Tryout groups comprised of 9th, 10th, and 11th grade students will start at 4:30 to provide time for eighth grade students to finish school, get to Clarksburg High and prepare for tryouts. This will be a closed tryout and **no one** will be permitted in the gym.

Parent Requirements: If your child makes a cheerleading squad, one or both parents and the cheerleader is required to attend a **meeting on Tuesday, June 10 at 7pm** in the CHS Cafeteria. One or both parents or another guardian must attend. The cheerleader must attend. At the meeting you will be asked to sign up for camp. We suggest that all cheerleaders attend camp. Camp dates have yet to be determined. You will also be asked to make a payment towards cheerleading attire and camp. (See attached price list).

We are delighted to have you join one of the finest cheerleading programs in the county. If you have any questions regarding the packet or tryouts, please feel free to contact Coach Shannon Grigsby via e-mail at Shannon_K_Grigsby@mcpsmd.org.

Sincerely,

The Clarksburg High School Cheerleading Team

Clarksburg High School Cheerleading Tryouts, 2008-2009

Directions for Returning Packets:

Below are the steps to completing a successful cheerleading application. Check them off as you go. Turn in the COMPLETED packet to Coach. ALL paperwork must be received prior to the beginning of the clinic on June 2, 2008. You cannot participate in the clinics until all paperwork (specifically your physical, parent permission, and insurance information) has been received.

1. Read the entire Cheerleading Code and packet with your parents and sign all forms.
2. Complete the information on the "Application for Cheerleading" form. Make sure it is signed before handing it in.
3. Read and sign the "Student / Athlete Policies and Code of Conduct" form.
4. Turn in a copy of your third quarter report card (current 9th – 11th grade students only)
5. All must have a completed physical form.
(If you are a current CHS student, currently active in an athletic sport, and have a completed physical form on file, you do not need another physical; however, a **copy** of your physical must be attached to your application.)

GET IT DONE NOW AS YOU WILL NOT BE ALLOWED TO PRACTICE WITHOUT A CURRENT (UPDATED) PHYSICAL ON FILE.

CLINIC AND TRYOUT RULES:

1. T-shirt, shorts, socks and athletic sneakers must be worn on all days. You may not wear any clothing with pre-printed cheerleading logos on the day of your tryout. On the day of tryouts, you must wear a solid t-shirt (no printing and with no plunging neckline).
2. Hair must be up and jewelry is NOT permitted. This includes earrings, studs, naval rings, watches, toe rings, nose rings, etc.
3. Fingernails must be short and filed. NO NAIL TIPS. Only clear nail polish is allowed.
4. Gum chewing is not permitted.
5. Listen to ALL instructions of the instructors and coaches. This is a time to learn, not socialize. Take it seriously.
6. BE ON TIME to practice and immediately get stretched and be ready to learn.
7. Wear your number every day after receiving it on the first day.
8. This is a closed clinic and tryout. No one will be permitted to visit you or watch you.
9. Attendance is mandatory on the tryout date. You must also attend the entire day of school in order to tryout. No sign-outs will be allowed and we will check!
10. All cell phones are to be TURNED OFF. If you use your cell phone during clinics you will be asked to leave and you will not be allowed to tryout.

NEW POLICIES AND REQUIREMENTS:

Varsity Cheerleaders will consist of 10 through grade 12 students. Those athletes who earn the highest scores from the judges will earn permanent spots on Varsity.

Junior Varsity Cheerleaders will be chosen from all incoming 9 through grade 10 students. Those athletes who earn the highest scores from the judges will earn permanent spots on Varsity.

**** Coaches have the right to add or remove members of the team at any time****

****Be sure to read and give careful consideration of all the options presented on the cheerleading application!****

Competition:

Varsity Only

Try-Outs:

As always, tryouts will be judged by a panel of experienced, unbiased judges. The coaches will judge. Your tryout will be judged on the following criteria: toe touch, optional jump, standing tumbling, running tumbling, cheer, chant, dance, motion technique, spirit and enthusiasm, and voice and projection. The cheer, chant, and dance as well as the different kinds of acceptable jumps will be taught at the clinics. All tumbling must be back handsprings or better.

Alternates:

Due to our new requirements for Varsity and Junior Varsity, some situations may require that an alternate for Junior Varsity cheer for Varsity. Ultimately, it is always the coaches' discretion as to which team members move to the permanent positions.

CHS Cheerleading Application

Please Print Legibly:

Name (Last, First) _____

Address: _____

Home Phone:	Cheerleader's Line:
Cheerleader's Cell:	E-mail:
Father's Name:	Mother's Name:
Work Phone:	Work Phone:
Cell Phone:	Cell Phone:
E-mail:	E-mail:

Emergency Contact: _____ Relationship: _____
Emergency Contact Phone: _____ Phone 2: _____

Medical Conditions-- Please list any and all medical conditions or injuries the coaches should be aware of (i.e. Asthma).

Grade for next school year (Circle One): 9th 10th 11th 12th

I have read and accept the CHS Cheerleading Code. As a member of the CHS Cheerleading Squad, I know that it is my responsibility to promote pride and school spirit in our school. I have read and understand all that is expected of me. I am also aware of the high expectations required of me as a cheerleader, will abide by all of the rules, and fulfill all obligations as established in the cheerleading code. Failure to abide by these established rules, standards, and obligations will deny my participation. I understand that I am required to attend all of my obligations and look forward to satisfying them throughout the year.

Cheerleader Signature: _____ Date: _____

Parent Signature: _____ Date: _____

CHS High School Cheerleading Code

It is a privilege and an honor to be selected for the CHS Cheerleading Squad. The following pages have been put forth as a guideline for you.

Coaches expect that every cheerleader will strive to achieve all of the goals listed below on a daily basis. Cheerleaders are expected to give 110%, 24 hours a day, 7 days a week.

Cheerleading is a team sport and cheerleaders are reminded that there is no “I” in team. Cheerleaders are expected to consider what is best for the team before their own individual concerns. RESPECT is essential. If you do not respect the coaches or the other cheerleaders, then do not cheer!!

CONDUCT AND EXPECTATIONS:

1. All cheerleaders are expected to obey all the rules stated in the student code of conduct. This includes the **school dress code**.
2. Appropriate behavior is expected **at all times** and demanded while in uniform. The following will not be tolerated and will result in dismissal: using foul language, smoking, drinking, public displays of affection, using drugs, cheating on tests, and being suspended. The coaches will evaluate on an individual basis as to what punishment will be issued for cheerleaders who are given internal suspension.
3. All cheerleaders are expected to show respect to all faculty and staff at CHS. Cheerleaders are also role models for all students and must fulfill the high standards expected of them. Disciplinary actions will be taken for any actions that are disrespectful to the school, faculty, staff members and / or squad members.
4. All cheerleaders must currently have and maintain a minimum of a 2.0 un-weighted cumulative GPA. Failure to maintain this standard will result in dismissal from the team.
5. All cheerleaders are expected to be considerate, dependable, and enthusiastic team members and to be eager to learn and improve.
6. All cheerleaders are expected to give 100% and have a POSITIVE attitude. As a cheerleader, you are a role model for your peers and you are a representative of CHS.
7. Cheerleaders **MUST** wear the entire uniform on ALL game and pep rally days. No Exceptions.
8. No jewelry can be worn while in uniform—No exceptions.
9. Any cheerleading attire that is purchased or issued through school (including but not limited to t-shirts, practice shorts, team shirts, uniforms, shoes, etc.) may not be altered in any way. This includes adding embellishments such as rhinestones or cutting off parts of the clothes such as collars. Cheerleaders are not permitted to loan their cheerleading attire (this includes warm-ups, t-shirts, shorts, etc.) to any other person.

10. Cheerleading must be your number one priority AFTER academics. It is imperative that cheerleaders are organized and can manage their time accordingly.
11. In order to receive a letter or award for participation in the cheerleading program, you must fulfill ALL requirements. Any cheerleader who does not complete all of his / her season will not be eligible. Any cheerleader who quits may be exempt from becoming a future cheerleader at CHS.

GENERAL RULES:

1. Be on time.
2. Dress appropriately.
3. Be respectful.
4. Maintain a positive attitude.
5. Listen.

COMPETITION:

If a cheerleader quits during a competition season, they forfeit their spot for the rest of the year and possibly for the next year. If a cheerleader is dismissed from the squad, he / she does not fulfill season requirements, and will not receive a letter. It will be the coach's discretion as to whether or not a cheerleader who has quit or been removed from the team will be able to tryout for the upcoming year.

Competition practices are very different in nature from regular season practices and games. The activity is more strenuous and the expectations are higher. The most important qualities of a cheerleader in order to be successful are 1. dedication and commitment, 2. reliability, 3. positive attitude, and 4. work ethic. Your coaches will teach you the rest!

RESPONSIBILITY:

All cheerleaders are expected to be responsible for themselves and for their actions. A cheerleader who is responsible for herself:

1. Arranges her schedule **to accommodate for practices and games.**
2. Turns in all financial and fundraising obligations and important paperwork in a **timely manner.**
3. Does not engage in gossip or spreading rumors.
4. Maintains personal communication with coaches regarding absences and tardies (in other words, tell the coach herself rather than sending a message through another member of the squad).
5. Arranges her own transportation to and from events **in advance.**
6. **Listens** to the morning and afternoon announcements in school for emergency cancellations of practices and reminders from coaches.
7. **Listens** carefully to pre- and post-practice announcements to make sure that she has all of the information.
8. Keeps an agenda or date planner up-to-date to **avoid any scheduling conflicts.**

9. **Does not blame others for her mistakes or oversights.**

ABSENCES FROM GAMES AND PRACTICES:

1. All absences are UNEXCUSED (see exception below) and count as a strike (see consequences below). Three unexcused absences will result in dismissal from the squad.
2. Reasons for excused absences include (but are not limited to): field trips, severe illness, or death in the family. Cheerleaders are expected to schedule around cheerleading games and practices. In case of an absence due to illness, a DOCTOR'S (not parent) note must be provided.
3. Cheerleaders must notify the coach personally if they are absent from school on the day of a practice or a game.
4. Cheerleaders who miss practice during the week before a game will be benched for a game, usually the game during that week.
5. Insubordination to the coaches or staff will not be tolerated. Absences are a result of cheerleaders being told to leave practice or a game due to insubordination or any other reason are UNEXCUSED absences.

TARDIES TO GAMES AND PRACTICES

1. On time is defined as 1. being dressed in the correct attire with all jewelry off and hair fasted and 2. stretched and ready to cheer. If that means you need to get there early to be ready, you should get there early. Cheerleaders should **arrive to games 30 minutes early** (subject to change upon coaches discretion).
2. The only reasons for excused tardies to practice are 1. mandatory make-up tests and teacher help sessions, 2. club meetings in which the cheerleader is an officer, and 3. late arrival from a field trip. Appropriate documentation in the form of a note or an email from a faculty member is required. Excused tardies must be cleared prior to the day of the practice via email directly from the cheerleader to her coach (asking another cheerleader to tell the coach is not acceptable!).
3. GAMES: Cheerleaders must arrive ready to cheer at the preset arrival time. Sometimes this will include a short practice before the game begins. Tardiness to a game or its practice session results in being benched for a game.

A FINAL NOTE ON ATTENDANCE

We do not have extra team members who will take the place of absent cheerleaders in stunts and formations; we do not have a bench of players like other sports. Especially when stunting, for safety reasons, we cannot constantly change stunt groups to accommodate for cheerleaders who miss practices and games. It is imperative that every cheerleader is present at every practice and every game. If a cheerleader misses a practice (besides the other repercussions as outlined in the above sections ABSENCES and TARDIES) that cheerleader may not be included in any formation, stunt, pep rally routine or half-time that is learned during that practice.

Accommodations will not be made upon that cheerleader's return. Unlike academic classes, you are not entitled to "make-ups."

CONSEQUENCES

1. Cheerleaders whose grades drop below the minimum GPA requirements will be dismissed from the squad.
2. Benched: Cheerleaders who are benched from a game are required to sit in uniform with the coach for the entire game. Benched cheerleaders will not be allowed to socialize during the sporting events but may be required to perform other duties. Cheerleaders can be benched for missing practice, tardiness to a game or a practice, missing a game, having a poor attitude, failure to comply with a rule, or any other infraction at the coach's discretion.
3. Removal from squad: Cheerleaders will be on a three strikes and you're out policy. The first strike is the first benching. The second strike is the second benching. The third strike is being removed from the squad. Once you have been benched twice you will be one tardy away from removal from the squad. Again, remember, offenses meriting benching are determined by the coaches on a case-by-case basis.
4. Note: it is up to the coaches as to what punishment an offense merits.

CHEERING ATTIRE AND APPEARANCES

1. No chewing gum.
2. No jewelry of any kind.
3. Fingernails should not be visible from the palm side of the hand. Clear polish is the only acceptable nail coloring.
4. Hair should always be completely (not half up) secured in a pony-tail.

PRACTICE:

T-shirts, cheerleading shoes, socks, and shorts of appropriate length.

GAMES

Uniforms in their entirety including socks, bloomers, turtlenecks, shoes, hair bow, rain gear, and poms—and neat! *Sweatshirts, jackets, rain coats, etc. that are not part of the uniform will not be allowed.

*Inappropriate attire at practice or a game or violation of any of the above (this includes fingernails and piercings) can result in being sent home with a strike.

FUNDRAISING

As a member of the cheerleading team, you will be expected to meet all of your fundraising obligations as determined by your coaches. Fundraising is only successful

when all members meet their quota. A fundraising fee will be issued to any cheerleaders who do not meet all of their obligations. Late fees will be administered to cheerleaders who do not turn in fundraising moneys when they are due.

For the benefit of our cheerleaders now and in the future and for the benefit of our cheerleading program in general, the following terms are non-negotiable:

1. We do not refund. The school's cheerleading program cannot and does not operate like a business. We will not and cannot refund for any reason.
2. If you order something- even if you no longer want or need the item- you are obligated to pay for it.
3. If you damage, alter, or lose something that is the school's property- even if you do not believe it is your fault- you are obligated to pay for it.
4. Cheerleaders who have not met their financial obligations by the first scheduled game will not be permitted to participate.

PARENT RESPONSIBILITIES

Parents, these are just a few of the concerns that have come up in the past. Please read the following and be certain that you understand our expectations.

TRANSPORTATION:

Parents are responsible for arranging transportation for their cheerleaders. Although buses are sometimes provided to away games, parents are still responsible for getting their cheerleaders to school on time to meet the bus and are responsible for picking up their cheerleaders after practice and at school after games. Coaches should not have to wait for parents or other prearranged transportation. Cheerleaders must travel to and from away games on the bus with the school team. Coaches are not permitted to allow cheerleaders to leave away games with their parents. Parents must contact the coach if you are running late. Discuss specifics with a coach prior to a game.

SCHEDULING CONFLICTS AND ABSENCES:

Please understand that your cheerleader can and will be held accountable for oversights that you may consider to be your fault. For example: family vacations are not excuses absences, your scheduling a doctor's appointment during a cheerleading activity is not excused, your requiring your daughter to get a job which results in her quitting the team is not excused. An important part of being a member of a team is learning how to be responsible for oneself and accountable to the members of a team. Please assist your cheerleader in learning how to live up to her obligations. Serious illness as an excuse for missing a practice or game must be documented by a doctor's note. If your cheerleader is not sick enough to go to the doctor, she should not be missing school, practice, or a game.

POST-SEASON AND RESCHEDULED GAMES:

Although we understand the inconvenience of last minute obligations, they are still obligations. The players on the sports teams that advance in the play-offs or who are playing in the rescheduled games would not miss those games for any reason; neither can the cheerleaders. Football games are sometimes called due to inclement weather. When such events that are totally out of our control occur, cheerleaders are still responsible for being at the rescheduled game—regardless of previous plans. Missing a rescheduled game will be a strike—regardless of your individual concerns. Regarding post-season games, check with the coaches before scheduling anything during the month after the end of regular season games.

APPROPRIATE ATTIRE:

For safety reasons and in accordance with National Federations of High School, cheerleaders must be outfitted appropriately. They are not permitted to wear jewelry of any kind. They must have their hair completely fastened up. Their fingernails must be short and must not have any acrylic tip whatsoever. Their attire must be conducive to athletic activity. Parents: if your cheerleader does not already have a belly button, ear, nose or any other piercing, now is not the time to have it done. We will and are obligated to either require the cheerleader to remove the piercing or send them home with a strike. Along the same lines, if your cheerleader insists on getting her nails for a special event (like homecoming), she may not have them on during a cheerleading game or practice. **We will not permit any cheerleader who is wearing nails or who has nails that are too long to participate in cheerleading** until the situation is rectified. The cheerleader will receive that appropriate consequence.

OPEN HONESTY POLICY:

We would like to encourage open communication of any problems or concerns throughout the year. Do not wait until it is too late to come up to your coaches with a concern. Remember that as coaches we try to gather all of the information, but ultimately it is the responsibility of the members of the team to keep us informed of any behavior that is making squad members uncomfortable.

In addition, we have had problems with squad members spreading rumors about one another and about things that the coaches have supposedly said and done. Spreading rumors, whether the information is true or false, will not be tolerated. If you have a concern, please contact your coach immediately and all us to clarify any misinformation at once. If you hear a rumor, especially one that seems unlikely to be true, please contact your coach and discuss the concern.

The coaches would rather discuss concerns up front and be open and honest than find out that any squad member is worrying about something she “heard through the grapevine.” Let’s all try to mind our own business and discuss only factual matters that

pertain to our own business. Rumor spreading and negativity toward team members will not be tolerated.

Cheerleader's Signature: _____ Parent / Guardian: _____