

WATKINS MILL HIGH SCHOOL **CHEERLEADING TRYOUTS**

You must have all of the following forms signed by the first day of tryouts. If you are missing any of the forms, you will not be allowed to participate in tryouts.

All forms can be downloaded at:

<http://www.mcps.k12.md.us/schools/watkinsmillhs/sports/year/cheer.shtm>

Checklist of Forms:

- ___ (1) Parent Permission (to cheer)
- ___ (2) Parent Permission (health insurance)
- ___ (3) Medical Card
- ___ (4) Health Inventory (physical)
- ___ (5) Student/Parent Athletic Part. Contract
- ___ (6) Information Sheet
- ___ (7) Rules / Procedures
- ___ (8) Grade Sheet
- ___ (9) Score Sheet
- ___ (10) Important Info for Squad Members

Clinics:

| | | |
|--------------------------------|-----------|----------|
| Tuesday May 27 th | 3:30-6:00 | WMHS gym |
| Wednesday May 28 th | 3:30-6:00 | WMHS gym |
| Thursday May 29 th | 3:30-6:00 | WMHS gym |

Tryout:

| | | |
|-----------------------------|----------------|----------|
| Friday May 30 th | begins at 3:30 | WMHS gym |
|-----------------------------|----------------|----------|

Please complete and return this form to the coach or sponsor.

As parents or legal guardians of

Name of Student: _____ Activity: _____

I/We hereby authorize and consent to our child's participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment. I/We assume the risk of injury to our child that may occur in an athletic activity.

In consideration of the acceptance of our child by the Montgomery County Public Schools in its athletic program, and the benefits derived by our child from participation, I/We agree to release and hold harmless the Board of Education of Montgomery County, its members, the Superintendent of Schools, the principal, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgements, and expenses arising from our child's participation in interscholastic athletics and sports.

I/We hereby give our consent and authorize the Board of Education of Montgomery County and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

Each year the Board of Education makes available a Student Accident Policy at a nominal premium. This insurance is secondary to the family's own insurance. Because accidents will inevitably occur despite our best efforts to maintain safety factors in all student activities, this insurance coverage is recommended unless the family deems that other insurance coverage (in force) will meet the needs of the student.

The Board of Education Student Accident Policy is available at the beginning and throughout the school year. The coverage may be obtained from the insurance carrier. Forms are available at the local school. The Board of Education subscribes to catastrophic insurance coverage for all athletes. Information about this insurance is available from the athletic director.

State regulations also require that each student participating in interscholastic athletics submit a physical examination certificate to the coach at the start of each sport season.

____ Student is covered by a policy (held by the family) which will pay expenses in the event of accident and no claim will be made on the school.

____ I/We wish to obtain coverage for the balance of the school year by applying for the Board of Education policy. (Please contact the school business manager for details)

Sincerely,

Peter Cahall
Principal, Watkins Mill High School

Signature of Parent or Legal Guardian

Date

**Division of Arts, Health,
and Physical Education
MONTGOMERY COUNTY PUBLIC SCHOOLS
Rockville, Maryland**

**MEDICAL CARD
FOR ATHLETE**

INSTRUCTIONS: This card should be kept on file in the medical kit for each sport. It should accompany the athlete to the doctor or hospital when medical attention is required.

School Name _____ Jersey Number _____
Student Name _____ Phone # _____
Home Address _____ Alternate
Phone # _____
Date of Birth _____
Family Physician _____ Physician
Phone # _____
Hospital Preference _____ Date of Last
Tetanus Shot _____
Allergies _____
Medicine Administered on the field _____

MCPS Form 560-30, Rev. 8/00

(OVER)

MEDICAL CARD FOR ATHLETE

Insurance Information:

Does your son / daughter have medical insurance? Yes No

If Yes, Name of insurance company:

RELEASE FOR TREATMENT

I hereby give permission to the attending physician or hospital to administer appropriate medical treatment in the event I cannot be reached.

Signature, Parent / Guardian

Date

STUDENT / PARENT ATHLETIC PARTICIPATION INFORMATION
Montgomery County Public Schools (MCPS)
Watkins Mill High School

Philosophy

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. Athletics assists in promoting the importance of teamwork, effort, goals, and commitment. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

Sportsmanship

An important mission of the interscholastic athletics program is to teach and reinforce values relating to sportsmanship, competition, and fair play. It is expected that team personnel, parents, and spectators respect this mission by exhibiting appropriate behavior at athletic events. Countywide team and school awards are presented annually to schools whose coaches, players, and fans, demonstrate a high degree of sportsmanship.

Student Eligibility Requirements

Students must meet the following requirements to be eligible to participate. Participation of ineligible students shall result in individual and team sanctions, including forfeits for the team.

1. All participants are required to have a valid annual medical evaluation.
2. Students must submit a current *MCPS Health Inventory Form* (MCPS Form SRS-6), a *Medical Card for Athlete* (MCPS Form 560-30) and a *Student/Parent Athletics Participation Contract* before being allowed to participate in practices or contests.
3. Students selected for a team must pay the MCPS extracurricular activities (ECA) fee. Students may not participate in contests until they have paid the activities fee.
4. Students must achieve a minimum 2.0 grade point average for the most recently completed marking period, with no more than one failing grade. Academic eligibility is determined on the date report cards are issued, and remains until the next report card is issued.
5. Students must attend all of their scheduled classes in order to participate in a practice or contest on that day. If the principal or designee grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.
6. If during the season a student has an unexcused absence, he/she may not compete in the next contest after the violation has been verified.
7. In addition to other infractions, a student may be suspended or removed from a team for unexcused absences or chronic tardiness to classes or team practices.
8. Students who are 19 years old, or older, as of August 31 of the current school year are ineligible.
9. Students may not participate in more than one interscholastic sport in one season.
10. A student may not participate when he/she is serving an in-school or out-of-school suspension. The student becomes eligible to participate on the next school day following the suspension.
11. Students must satisfy school and school system Participation Standards.
12. Students whose legal residence is outside the designated boundary of a particular school may not participate unless they have received an official transfer and an athletic waiver.
13. Students and their parents must sign the school *Student-Parent Athletic Participation Contract and Parent Permission* form.
14. Students should refer to *A Student's Guide to Rights and Responsibilities* for additional guidelines and regulations related to eligibility.

Assumption of Risk

Participation in interscholastic athletic activities often includes intense competition and poses the potential for serious, catastrophic, or life-threatening injury. Participants and parents are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment.

Hazing

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing constitutes a criminal act. At a minimum, hazing may lead to immediate dismissal from a team.

Communication with Coaches

Parents should not attempt to address coaches immediately after games and practices. Coaches have many post game/practice responsibilities, including supervision of players. Also, the post game/practice period is often emotionally charged, and not conducive to productive discussion. If a parent feels a need to communicate a concern, the parent should contact the coach and/or athletic director to arrange a later meeting.

Participation Standards

Participation in interscholastic athletics is a privilege. Accordingly, students must meet certain standards in order to earn the privilege of participation. At a minimum, the following standards are required of all student-athletes.

1. Exhibit public behavior that will reflect positively on the team, school, and community.
2. Exhibit responsible, respectful, and trustworthy behavior to teammates and the coach.
3. Exert efforts to maintain a high level of academic achievement.
4. Comply with all team, school, and school system rules, regulations, and policies.
5. Exhibit appropriate behavior at all team and school-related activities.
6. Attend all team functions unless ill or given prior permission to be absent by the coach.
7. Respect and comply with decisions made by the coach and athletic department.
8. Respect calls and decisions made by game officials.
9. Display good sportsmanship at all times.
10. Report to the coach any issues or developments that may affect eligibility status.

Residency

Montgomery County Public Schools (MCPS) residency regulations require that students attend specific high schools, assigned by the school system, based on their legal residence. When a student participates at a school to which he or she is not assigned, or the home address of the student is not his or her legal residence, the student is not eligible to participate unless the student has received an official transfer, based on accurate information, and has received an athletic waiver from the Director of System-wide Athletics.

Illegal Substances/Alcohol/Tobacco/Steroids/Controlled Substances

MCPS athletic regulations state that any student-athlete with verified use, distribution, or possession of alcohol, tobacco, illegal drugs, and/or controlled substances on school property or at a school-sanctioned event, shall receive a minimum ten-consecutive school day suspension from all athletic activities. Participation in athletic activities will not resume until the school day following completion of the suspension.

Additionally, a Watkins Mill HS student-athlete will receive a five-consecutive school day "athletic participation suspension;" during which time the suspended student-athlete must attend all scheduled team meetings, practices, and contests but will not be allowed to participate in these activities.

Resumption of participation privileges will not continue until completion of this fifteen-consecutive day suspension.

A second violation of the drug and alcohol policy will be sufficient cause for the student-athlete to be removed from any athletic team participation for the remainder of the school year.

STUDENT / PARENT ATHLETIC PARTICIPATION CONTRACT
MCPS/Watkins Mill High School

Student: _____ Student ID: _____

School: _____ Team: _____ School Year: _____

Parent and Student-Athlete: Review this contract carefully (front and back), complete information as requested, affix signatures, and return the completed contract/permission form to the school.

Stipulations

The student-athlete and his or her parent/guardian have received and read the *Student-Parent Athletic Participation Information*. Based on this information, the student and parent/guardian understand and stipulate to the following:

1. I/We understand the eligibility regulations required for participation.
2. I/We affirm that the student has satisfied all of the eligibility requirements, including age, residence, and academics.
3. I/We understand that participation of ineligible players will result in individual and team sanctions, including forfeits for the team.
4. I/We affirm that the student will exert effort to maintain a high level of academic achievement.
5. I/We understand there is potential for serious, catastrophic, or life-threatening injury associated with participation in a sport.
6. I/We affirm that the student will not participate in hazing at any time, of any nature.
7. I/We, as a participant or spectator, will exhibit a high level of sportsmanship at contests.
8. I/We will follow appropriate procedures in communicating concerns to coaches.
9. I/We affirm that the student will abide by all team and participation standards.
10. I/We affirm that the student will not use steroids, illegal drugs, alcohol, and tobacco unless medically proscribed for a specific condition or illness.

Permission to Participate

I/We hereby authorize and consent to our child's participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment. I/We assume the risk of injury to our child that may occur in an athletic activity.

In consideration of the acceptance of our child by the Montgomery County Public Schools in its athletic program, and the benefits derived by our child from participation, I/we agree to release and hold harmless the Board of Education of Montgomery County, its members, the Superintendent of Schools, the principal, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in interscholastic athletics.

I/We hereby give our consent and authorize the Board of Education of Montgomery County and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

Each year the Board of Education makes available a Student Accident Policy at a nominal premium. This insurance is secondary to the family's own insurance. Because accidents will inevitably occur despite our best efforts to maintain a high level of safety in all student activities, this insurance coverage is recommended unless the family deems that other insurance coverage (in force) will meet the needs of the student. The Board of Education Student Accident Policy is available at the beginning and throughout the school year. The coverage may be obtained from the insurance carrier. Forms are available at the school.

**STUDENT / PARENT ATHLETIC PARTICIPATION CONTRACT
SIGNATURE PAGE
MCPS/Watkins Mill High School**

(TO BE COLLECTED BY COACHES AND SUBMITTED TO THE ATHLETIC DIRECTOR)

I, _____, and I, _____
(parent's name) (student's name)

have carefully reviewed the *Student- Parent Athletic Participation Information* and the *Student/Parent Athletic Participation Contract and Parent Permission Form*. I/We understand the conditions for participation in the Montgomery County Public Schools (MCPS) interscholastic athletic program, and we understand there are inherent risks associated with participation.

Residency Verification

Students must be legally enrolled at a high school designated by the school system based on their legal address. Please respond to the following residency questions:

| | | | |
|--|-------------------------------|-----|-----------------------------------|
| A. I reside at | _____ | MD | _____ |
| | <small>Street Address</small> | | <small>City Zip Code</small> |
| B. This residence is within the boundaries of _____ | High School/Consortium | | |
| C. I reside at this residence with a parent or guardian: | _____ | yes | _____ |
| | | | no |
| D. My current address is the same as last year: | _____ | yes | _____ |
| | | | no |
| E. I have only played at my current high school: | _____ | yes | _____ |
| | | | no |
| F. I agree to notify the coach / school of any changes in residence: | _____ | yes | _____ |
| | | | no |

I/We agree as follows:

- My son/daughter has my/our permission to participate in _____
(name of sport)
- at _____ High School.
- I/We understand and conform to all of the statements in the Stipulations portion of the Contract.
- I/We I have responded truthfully and accurately to the questions in the Residency portion of the Contract.

Please affix signatures below.

| | | | |
|---------------------------------------|------|---------------------------------------|------|
| Signature of Parent or Legal Guardian | Date | Signature of Parent or Legal Guardian | Date |
|---------------------------------------|------|---------------------------------------|------|

| | |
|----------------------|------|
| Signature of Student | Date |
|----------------------|------|

**In the event that both parents retain legal guardianship of the student, the signatures of both parents are required.*

Potential Cheerleader Information Sheet

Name: _____

Graduation Year: _____ Student ID# _____

Address: _____

City _____ Zip Code _____

Home Phone: _____ Cell Phone: _____

Email: _____

Birth date (m/d/y): _____

Please answer the following questions in the space provided.

1. Briefly explain why you would like to be chosen as a member of the WMHS Cheerleading Squad.

Cheerleading Rules and Procedures

The following is the code of conduct for all cheerleaders. Read through all of these rules and procedures and be prepared to adhere to ALL of them. Failure to do so repeatedly could result in not being in competition or being asked to leave the squad.

Practice

1. The season will begin on or around August 15th and will end after the last play-off game of the winter season (late February).
2. All fall practices will typically begin at 3:00pm and end at 5:30pm, and all winter practices will typically begin at 5:00pm and 7:30pm (unless otherwise informed). A monthly calendar of events and practices will be passed out in advance.
3. A typical practice will include running, warm-up, jumps, tumbling, stunting, cheers, chants, dance, and closing comments.
4. Arrive at practice at the time indicated on the calendar. A **5 minute grace period** will be allowed. Any cheerleader who abuses the grace period will suffer a consequence.
5. Beginning the first weekend in October, VARSITY competition practices will be held on Saturday mornings until the UMCP competition in January. COLLEGE VISITS WILL NOT BE EXCUSED!! Practice will typically be held between 8:00am and 10:30am, unless it is an SAT testing date.
6. Attendance and full participation at ALL practices is mandatory.
7. No jewelry may be worn at practice. These include body piercings and glitter.
8. Cheerleaders must arrive to practice on time, wearing proper shoes and clothing. Hair needs to be out of the eyes and in a secure ponytail and nails must be athletic length. Clear polish is allowed. There is no chewing gum or eating during practices. Cell phones must be on vibrate / silent.
9. Safety is our first priority.

Games

1. Arrive at all games at the time indicated on the calendar. A **10 minute grace period** will be allowed.
2. Attendance and full participation at ALL games is mandatory.
3. Cheerleaders will be expected to know all cheers and chants for the games by the indicated date. If not, they will be benched from the game.
4. Arrive at school for all away games at the time indicated on the calendar. All cheerleaders **MUST** ride the bus to and from away games.
5. The uniform selected for that particular game must be worn. Uniform consists of Watkins Mill issued jacket (varsity only), shells, and skirts.
6. Make-up should be worn in moderation.
7. Nails need to be athletic length and have no nail color. Clear polish is allowed.
8. Socializing with friends while the game is in progress is not allowed.
9. Cheerleader is responsible for purchasing the following parts of their uniform:
 - Ribbons
 - Blue, orange, black boy cut briefs
 - Blue, orange, black body suits
 - White ankle socks
 - Poms

- Athletic shoes chosen for the team
 - Black sweatpants
10. Captains will select the uniform for each event. FAILURE to comply will result in the cheerleader being benched for the entire event. YOU MUST ONLY WEAR THE SELECTED UNIFORM.
 11. No jewelry may be worn at games. This includes body piercings and glitter. Large tattoos must be covered.
 12. If a cheerleader is present at a game, but says they are sick, they must perform unless they have a note from a parent.
 13. Placement for performances and cheer lines will be based on participation, ability, and effort.
 14. At the time of a performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out.

Consequences of Being Benched

- A cheerleader may be benched a total of 2 times per season (2 during fall, 2 during winter) without severe penalty.
- After that time, upon the third bench in one season, the cheerleader will not be considered a cheerleader for one week. However, they must attend all practices and games.
- Upon the fourth bench in one season, the cheerleader will be asked to leave the squad.
- When benched, the cheerleader must sit with the coach.

Other Regulations

- Unacceptable behavior or attitude towards the coach, fellow squad members, other teachers, and / or an opposing team during a game will result in a bench.
- All cheerleaders must be in full uniform the day of the game in order to cheer at the game.
- It is understood that NO organized practices will be held without the coach.
- All cheerleaders must participate in Spirit Week activities.
- All cheerleaders must attend the MCPS Pom Competition in February.
- IT IS HIGHLY RECOMMENDED THAT ALL CHEERLEADERS ATTEND SUMMER CAMP WITH THE SQUAD IN AUGUST PRIOR TO THE START OF PRACTICES.

I understand and agree to follow the rules of conduct as defined above.

Cheerleader

Parent / Guardian

Practice

| Unexcused Late | Excused Late | Unexcused Absence | Excused Absence |
|--|---|---|--|
| -First 30 minutes... running (outside = 1 lap per 5 min.) (inside = 1 lap per minute) | -Must come to practice with a note from a parent or teacher providing the reason why you were late | -Benched for the entire next event / game | -Must come to practice with a note from a parent or teacher providing the reason why you were absent |
| -After 30 minutes... it is considered an unexcused absence | -Only acceptable reasons for being late are: illness / funeral / court extra help from teacher doctors appointment | | -Only acceptable reasons for being absent are: illness / funeral / court school related function doctors appointment religious holiday |

- ❖ Any reason for a tardy or absence will be automatically considered UNEXCUSED.
- ❖ Before any tardy or absence (excused or not), the coach MUST be informed – unless an emergency occurs. As soon as you know you are going to be tardy or absent from a practice, you must go to the coach's room and fill out an approval slip.
- ❖ If an emergency occurs and no approval slip was filled out, the cheerleader or a parent must call the coach's cell phone and leave a message to indicate the tardy or absence.
- ❖ If a substantial amount of practices is missed, excused or not, a cheerleader may not be able to participate in an upcoming event.
- ❖ Varsity cheerleaders MUST attend the four practices prior to either competition. No absences will be considered excused.

Academic Requirements on Practice Days

- ❖ All cheerleaders MUST attend all classes (periods 1-7) the day of a practice, unless they receive prior approval from the coach.
- ❖ Cheerleaders who have a pre-scheduled activity, such as a doctor's appointment, will be permitted to practice after school if they got prior approval from the coach for the absence. An approval slip must be filled out.
- ❖ School activities, such as a field trip, do not need approval, but the coach must be informed of the absence in advance.
- ❖ Any cheerleader who is absent from class without obtaining prior approval may NOT participate on the day they were absent. This will be considered an unexcused absence from practice, so the cheerleader would be benched from the next event.
- ❖ Chronic tardiness to class will result in not being allowed to practice.

Games

| Unexcused Late | Excused Late | Unexcused Absence | Excused Absence |
|---|---|--|--|
| <p>-First 15 minutes... running (outside = 1 lap per 5 min.) (inside = 1 lap per minute)</p> <p>-After 15 minutes... you are benched until the next natural break in the game (such as half time, end of quarter)</p> | <p>-Must come to game with a note from a parent or teacher providing the reason why you were late</p> <p>-Only acceptable reasons for being late are: illness / funeral / court extra help from teacher doctors appointment</p> | <p>-Benched for the entire next event / game</p> | <p>-Must bring coach a note from a parent providing the reason why you were absent</p> <p>-Only acceptable reasons for being absent are: illness / funeral / court school related function doctors appointment religious holiday</p> |

- ❖ Any reason for a tardy or absence will be automatically considered UNEXCUSED.
- ❖ Before any tardy or absence (excused or not), the coach MUST be informed – unless an emergency occurs. As soon as you know you are going to be tardy or absent from a game, you must go to the coach's room and fill out an approval slip.
- ❖ If an emergency occurs and no approval slip was filled out, the cheerleader or a parent must call the coach's cell phone and leave a message to indicate the tardy or absence.
- ❖ If a substantial amount games are missed, excused or not, a cheerleader may not be able to participate in an upcoming event.

Academic Requirements on Game Days

- ❖ All cheerleaders MUST attend all classes (periods 1-7) the day of a game, unless they receive prior approval from the coach and the Athletic Director.
- ❖ Cheerleaders who have a pre-scheduled activity, such as a doctor's appointment, will be permitted to cheer after school if they got prior approval from the coach and the Athletic Director for the absence. An approval slip must be filled out.
- ❖ School activities, such as a field trip, do not need approval, but the coach must be informed of the absence in advance.
- ❖ Any cheerleader who is absent from class without obtaining prior approval may NOT participate on the day they were absent. This will be considered an unexcused absence from the game, so the cheerleader would be benched from both the game and the next event.
- ❖ Chronic tardiness to class will result in not being allowed to cheer at a game or event.

Grade Report

Name: _____

Graduation Year: _____

Teachers: Please complete the grade sheet below. Please take the time to not only input grade information, but to make comments as well. Thank you.

| Period | Class | Teacher Signature | Grade | Comments |
|--------|-------|-------------------|-------|----------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |

JUDGE # _____

number _____ / total score _____

BEST JUMP:

| | | | | | |
|-------------|---|---|---|---|---|
| Execution | 1 | 2 | 3 | 4 | 5 |
| Difficulty | 1 | 2 | 3 | 4 | 5 |
| Flexibility | 1 | 2 | 3 | 4 | 5 |
| Timing | 1 | 2 | 3 | 4 | 5 |

TUMBLING:

| | | | | | |
|------------|---|---|---|---|---|
| Execution | 1 | 2 | 3 | 4 | 5 |
| Difficulty | 1 | 2 | 3 | 4 | 5 |

CHEER MOTIONS:

| | | | | | |
|------------|---|---|---|---|---|
| Placement | 1 | 2 | 3 | 4 | 5 |
| Arm Levels | 1 | 2 | 3 | 4 | 5 |
| Timing | 1 | 2 | 3 | 4 | 5 |
| Precision | 1 | 2 | 3 | 4 | 5 |

DANCE:

| | | | | | |
|--------------|---|---|---|---|---|
| Coordination | 1 | 2 | 3 | 4 | 5 |
| Placement | 1 | 2 | 3 | 4 | 5 |
| Timing | 1 | 2 | 3 | 4 | 5 |

SHOWMANSHIP / PERFECTION

| | | | | | |
|-------------|---|---|---|---|---|
| Energy | 1 | 2 | 3 | 4 | 5 |
| Expression | 1 | 2 | 3 | 4 | 5 |
| Confidence | 1 | 2 | 3 | 4 | 5 |
| Voice | 1 | 2 | 3 | 4 | 5 |
| Appearance | 1 | 2 | 3 | 4 | 5 |
| Cleanliness | 1 | 2 | 3 | 4 | 5 |
| Knowledge | 1 | 2 | 3 | 4 | 5 |

GENERAL COMMENTS:

Strong Areas - Jumps

- good height
- strong technique
- correct timing

Recommendations - Jumps

- work on height
- toes not pointed
- perfect proper technique
- timing off
- needs cleaning

Strong Areas – Tumbling

- strong technique

Recommendations – Tumbling

- perfect proper technique

GENERAL COMMENTS:

Strong Areas – motions / dance

- sharp, clean motions
- good precision
- correct timing

Recommendations – motions / dance

- punch motions
- work on precision
- watch angles
- perfect proper technique
- timing off
- needs cleaning

GENERAL COMMENTS:

Strong Areas – showman./perfect.

- strong voice
- great energy
- good expression
- genuine spirit
- crowd pleasing performance
- clean tryout

Recommendations – showman./perfect.

- be louder
- more smiles / confidence
- low energy level
- involve crowd
- needs cleaning

Important Info for Squad Members (PARENTS please initial where appropriate)

Post Tryout Meetings: Tuesday June 3, 2008 from 6:00-8:00pm in Rm B108
-for cheerleaders **AND** parents
Thursday June 5, 2008 from 3:15-4:15pm in Rm B108
-just for cheerleaders

Expenses: prices are subject to change – just estimates

boy cut briefs = \$15 each rainjacket = \$65
bodysuits = \$20 each 4 camp t's = \$60
poms = \$25
shoes = \$40
black uniform pants = \$40

*A first year WM cheerleader can expect to pay approximately \$622 for everything.

*A returning WM cheerleader who doesn't need to replace anything can expect to pay approximately \$382.

Pre-Camp Clinics: Sunday August 3, 2008 from 1:00-3:00pm in gym
Monday August 4, 2008 from 9:00-11:00am in gym

_____ If my daughter makes the team, she WILL be attending the pre-camp clinics. I understand payment of \$50 is due in full at the meeting on June 3rd.

_____ If my daughter makes the team, she WILL NOT be attending the pre-camp clinics.

Summer Camp: August 5-August 8, 2008 at UVA \$272

_____ If my daughter makes the team, she WILL be attending cheer camp at UVA. I understand payment of \$272 is due in full at the meeting on June 3rd.

_____ If my daughter makes the team, she WILL NOT be attending cheer camp at UVA.

Fall Practices: mandatory fall practices begin August 16th