

2012-13 Cheerleading Tryout Packet Wilsonville High School

Tryout Workshops:
“Newbie” Night* - April 23rd 6-8pm
Returners & “Newbies” - April 24-25th 6-8pm
Official Tryout: April 26th at 6:30pm
**Workshops & Tryouts held in Wilsonville
High School auxiliary gym.**

Participants will learn and perform a chant, cheer, dance, jumps, and tumbling. Participants will perform in groups of two.

Please wear presentable, comfortable clothes (shorts, t-shirt, sports bra, athletic shoes, hair up—ribbons are great, no accessories or jewelry).

***Informational Meeting April 16th at 6pm
at WHS in Forum Room***

If you have further questions and are unable to attend the Informational Meeting, please feel free to contact Coach Bethany Robertson at crosiarb@canby.k12.or.us OR call #503-302-5755 (please do not call after 8pm).

If you are unable to attend the workshops or official tryout, please contact Coach Bethany by April 16th to set up a video tryout option. Late videos/tryouts will not be accepted.

* “Newbie” Night is for incoming Freshman and students trying out for cheer for the first time.*

WHS CHEERLEADING TEAM RULES

Expectations:

1. Be courteous, supportive, respectful and dedicated to coaches, squad, team, and school.
2. Build and create strong school spirit, enthusiasm, and work ethic.
3. Be willing to listen and accept constructive criticism with the team in mind.
4. Build self-esteem and good leadership qualities.
5. Improve mental and physical toughness.

Sideline Team Membership: Students entering grades 9-12 are eligible for Varsity and Junior Varsity sideline teams. We support all sports and activities at Wilsonville High School. A sideline cheerleader may cheer one or two seasons (fall and/or winter). A sideline cheerleader may cheer for more than one sport per season i.e. football and soccer.

Competitive Team Membership: Students are selected for this team in the spring and are expected to cheer one full Varsity sport season to be eligible for competition. Selection is based on commitment and strong skill technique. Competitive Team will perform at local, state and possibly national competitions throughout the winter season.

Conduct: Cheerleaders are among the most visible representatives of Wilsonville High School Spirit so they are expected to use self-discipline when on or off the field, court or mat.

*Each cheerleader is required to abide by all school policies, safety regulations, athletic training rules and cheerleading regulations.

*Cheerleaders will strictly adhere to the National High School Federation Safety Regulations.

*Cheerleaders must have full focus at every practice, game and competition.

*Cheerleaders must be prepared, be reliable, and be committed to improve.

*Cheerleaders will build up teammates.

*Cheerleaders will clean up after themselves.

Language: Cheerleaders will not use vulgar, profane, crude, disrespectful or unsportsmanlike language at any time. Use please and thank you.

Academics: All athletes are students first and are expected to make satisfactory progress in their academic work. An athlete must have passed all classes at the close of the preceding semester and be enrolled in 5 classes during the current semester to participate in athletics. ***In order to cheer games during the season, a cheerleader must be passing all classes.***

Community Service: Cheerleaders will be asked to perform community service throughout the year to show our commitment to the community and represent our school.

Attendance: The WHS Cheerleading Attendance Policy is based on the premise that **being on time and attendance at all practices, games and competitions during the given season is mandatory.**

Cheerleading is a team function and whenever a member is absent it affects the whole squad. Missing practice, a game, or an event may affect your eligibility to practice or cheer at a game or event. In order to excuse a cheerleader from a practice, game, or event a **parent** must notify a coach.

Lettering Policy: In order for a cheerleader to earn a letter or pin, the cheerleader must have attended at least 75% of all practices, regular season events, playoff events and state tournament events. Only varsity cheerleaders may earn a letter or pin. Attendance for earning a Varsity letter is determined as follows:

* Present, dressed accordingly and participates fully in practice/games +1

* Out of uniform/practice wear +1/2

* Attends practice/games dressed accordingly, but sits out due to illness, injury or grades +1/2

* Excused absence due to illness, injury or family emergency (must be excused *by a parent* within 24 hours) +0

* Unexcused absence -2

Dress Code:

*No acrylic nails will be worn. Nails will be kept short and nail polish should be clear colored.

*Jewelry of any kind is prohibited. Religious or medical medals may be worn if necessary, but must be taped to the body under the uniform.

*Hair devices, which are safe and secure, are required. Hair must be pulled away from face.

*All members must wear proper cheer shoes, sports bra, briefs and warm-ups/sweats/shorts/T-shirts/sweat shirts during practice/games/events.

Uniform:

*The uniform/dress code will be worn correctly or the cheerleader will not be allowed to cheer.

*The uniform consists of a cheerleading warm-up jacket and pant, a sweater or shell, skirt, briefs, body suit, sports bra, white no show socks, cheerleading shoes, poms, and hair ribbon.

*Cheerleaders may only wear uniforms to events in which they are cheering or sitting the bench.

Cell Phone Policy: Cheerleaders may not use cell phones at any time during an event, practice, game, etc; this applies even if the cheerleader is sitting out of the event. Schedules of function ending times will be distributed in advance so that transportation may be arranged, in the event of an unknown schedule change; exceptions may be made to this rule.

Coaches Availability/Expectations: Cheerleaders and parents with concerns or questions are asked to speak privately and respectfully with the coaches. Parents are urged to contact coaches concerning matters their child cannot resolve satisfactorily on their own. Your coaches want nothing more than a positive experience for all involved. Keeping mind that our decisions are not always popular, our focus is on what's best for the team, program and the school.

Failure to abide by the policies and regulations established for Wilsonville cheerleaders or failure to accept responsibilities, as cheerleaders will result in temporary or permanent suspension from the squad and in loss of post-season lettering. The coaches and or school administration according to severity of each violation will determine appropriate disciplinary action.

WHS Cheerleading Tryout Team Selection

Participation in athletics is a privilege and not a right. At Wilsonville High School, cheerleaders are viewed as athletes and are held to the same standards as all athletic programs. There are several factors that go into our decision on who will make the squads. The number of qualified Cheerleading candidates will determine the formation of squads. Making a Varsity squad one season does not automatically mean Varsity status on future seasons.

Candidates will be evaluated on the following: Attitude, Attendance, Skills and Grades from past and present. Those who are not selected are encouraged to attend summer camp/clinics and tryout again the following season. If selected, there are certain personal and financial responsibilities which you must assume.

All interested candidates must have the following forms turned in during tryout workshops (April 23-25th):

- 1. Cheerleading Information Form**
- 2. Cheerleading Commitment Form**
- 3. Inherent Risks**
- 4. Teacher Evaluations (Should be turned in to the “Cheer” staff box by teacher)**

****Middle school students may enclose evaluations in sealed envelopes and bring directly to Coach Bethany Robertson**

We are selecting for Fall and Winter Game Day Squads, Stunt Team (Males), and Competition Team:

Game Day Varsity Squad will cheer for all football games (both home and away). Junior Varsity members will cheer for all home games on Thursdays. This includes both JV football and Varsity soccer games. Your commitment to Fall cheer ends after the final football game, which includes playoffs. Varsity will fill no more than 16 spots, and JV will fill up to 15 spots. Returners and Seniors are not guaranteed Varsity status upon selection for WHS Cheer.

Stunt Team is for dedicated male students interested in learning stunting skills to supplement the Game Day squads. Interested males must attend at least one tryout workshop and show a chair sit stunt at the official tryout on April 26th.

Competition Team members must cheer a FULL Varsity sport season to be eligible to compete. Competition members will be expected to dedicate extra time, energy, and effort than regular Game Day members. Members will also be held to a high standard of work ethic and dedication. Skill building and development will occur through the summer months. Team members will learn their full competition routine in September and meet weekly to review, clean, and improve the routine before the first competition. Competitions start as early as December and continue through February. Additionally, competitions are held on Saturdays, and are typically all day events.

*Teams will be posted Friday, April 27th at 4pm on the team's website:
www.leaguelineup.com/wilsonvillehscheer/*

Dates to Plan For

We will begin practices prior to school ending and will also practice during the summer to prepare for Cheer Camp & Fall Season.

*Uniform Fitting Appointment- Monday, April 30th at 6pm
Minimum \$50 Cheer Account Deposit Due!

*NCA/Style Shock Summer Cheer Camp- August 6-9th @Willamette University
in Salem
CAMP IS MANDATORY!!

*CHEER WORK WEEKS: **MANDATORY!!**
August 20-23, 9am-Noon
August 27-30, Time to be determined

Pre-season Practice Dates:

May 14th from 6-8pm - "Team Meeting"
May 20th from 2-4pm - "Team Training"
June 4-5th from 4-6pm
June 18-20th from 4-6pm & June 25-27th from 9-11am
July 9-11, 16-18, 23-24 from 9-11am

School Year Schedule:

Monday & Wednesday - 3:45-5:30pm
Tumbling Practice at WHS (mandatory for Comp. Team) Wednesday - 7-8:30pm
JV Games - Thursday 4pm/7pm (Home Games Only)
Varsity Games - Friday 7pm (Home & Away Games)

Detailed Calendar Dates and Times can be looked up at:

www.leaguelineup.com/wilsonvillehscheer/

Tryout Scoresheet

CHEER TRYOUT SCORE SHEET TO# _____

NAME: _____

5=Exceptional & 1=Poor

APPEARANCE

Hair out of face, off shoulders _____
Clothes clean, school spirit
NO Jewelry

CHEER

Strong motion Technique _____
Coordinated
Knowledge of Material

VOICE PROJECTION

Clear & Confident words _____
Voice Level Strong

JUMPS

Good height & Flexibility _____
Good Toes & form

DANCE

Coordinated _____
Timing, stayed w/music
Fun to Watch

SHOWMANSHIP

Smile _____
Spirit & Energy

TUMBLING

Forward roll/Cartwheel 1pt. _____
Round Off 2pts.
Back Handspring 3pts.
Tumbling Series 3-4pts.
Advanced tumbling (tuck, layout, etc.) 5pts.

TEAM RECOMMENDATION:

JV VARSITY

COMMENTS:

FINAL POINTS SCORED _____

Judge # _____

2012-2013 Estimated WHS Cheer Costs

| | |
|------------------------|---|
| Game Day Shell & Skirt | \$160 |
| Competition Uniform | \$150 |
| Warm ups | \$100 |
| Shoes | \$46 |
| Briefs | \$15 |
| Poms | \$40 |
| Midriff/Bodysuit | \$22 |
| Cheer Bag (optional) | \$27 |
| Practice wear | \$60 |
| Camp (encouraged) | \$300 |
| Athletic Fee | \$200 one athletic season \$300 two or more athletic seasons |

*****remember these are estimated costs only**

*****fundraising will offset costs**

CHEERLEADING INFORMATION FORM

*****Please indicate best means of communication
Please print clearly**

Candidate's Name: _____
Birthdate: _____
Address: _____
City: _____ State: _____
Zip: _____
Email: _____
Home phone: _____ Cell phone: _____
Parent/Guardian names: _____
Mother's work #: _____ Cell: _____
Email: _____
Father's work #: _____ Cell: _____
Email: _____
Insurance company: _____
Policy #: _____
Current year in school: _____
Last Semester's GPA: _____

I am interested in trying out for the following teams (Check all that Apply):

____ Fall Varsity Game Day Only ____ Winter Varsity Game Day
____ Fall JV *or* Varsity Game Day ____ Competition Team (Varsity level only)
(Selecting "Fall Varsity Game Day Only" means that you will be cut if not selected for Varsity)

I, _____, have read all the requirements which govern the Wilsonville High School Cheerleading program, and I accept all obligations and responsibilities should I be chosen a cheerleader. I agree to abide by the Wilsonville High School Athletic Code and the Cheerleading Team Rules set by the coaches.

Student Signature: _____

Date: _____

Parent/Guardian signature: _____

Date: _____

INHERENT RISKS OF CHEERLEADING

Cheerleading is reasonably safe as long as certain guidelines are followed. **At Wilsonville High School we follow the National Federation of High School Leagues Safety Rules and OSAA guidelines.** But there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity, which includes jumping, stunting, motions, dance and tumbling. All physicals must be on file in the high school athletic office by start of season. Keep your coach informed of all injuries and/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 can be largely decreased. Be sure to consistently abide by the following guidelines:

1. Always practice in the presence of a coach.
2. Never stunt or tumble without a certified coach present.
3. Always warm up appropriately before cheering.
4. Do not attempt a stunt that you do not know how to perform safely, and that has not been approved by a coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, or concrete.
9. Do not stunt in extreme cold or pouring rain.
10. Never talk, laugh, or mess around when performing a stunt.
11. Report all injuries to the coach as soon as they occur.
12. Follow all trainer and doctor recommendations.
13. Lift weights to increase strength and guard against injuries.
14. Always wear shoes and clothing appropriate for cheering.
15. Never wear jewelry of any kind or chew gum when cheering.
16. Always have hair pulled back from your face.
17. Do not wear acrylic nails. Keep all nails cut short, so a fist can be made comfortably.
18. Eat nutritious meals.
19. Get plenty of rest.
20. Always ask for assistance or advice at any time.

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 am voluntarily participating in this activity.

Student Signature _____ Date _____

Parent Signature _____ Date _____

CHEERLEADING COMMITMENT FORM

Cheerleading is a privilege, not a right. There are several factors that go into our decision as to who will make the squads. The number of qualified cheerleading candidates will determine the formation of squads. Making a Varsity squad one season does not automatically mean Varsity status in future seasons. Candidates will be evaluated by the coaches on the following: Attitude, Attendance, Skills and Grades.

I have read the Cheerleading Team Rules and the Inherent risks of Cheerleading and fully understand the rules and regulations which will govern my daughter/son if she/he is chosen to represent Wilsonville High School as a cheerleader.

I understand that if my daughter/son is chosen, I will be responsible for payment of camp and all uniforms and items ordered by my daughter/son. At my own expense, I will replace uniforms, warm ups, poms or shoes that are ruined, lost, or stolen. I understand that any balances not covered by fundraising are the cheerleader/parent responsibility. Positive balances in the cheerleader's personal account may be rolled over to the next year if program participation continues. Upon exiting the program (graduating, moving, quitting, etc.) all account balances are due in full and will be added to your school account. Furthermore, any excess fundraising balances over and above individual expenses will be dispersed to the general team fund. Accounts will not be refunded or cashed out to individuals. If needed, installment payments can be arranged for the deposits with the coaches. This does NOT include the school's athletic fee, which must be paid to the school prior to a member's season to be eligible. This fee covers any and all sports and activities for the full school year.

I further understand that this is an extracurricular activity that is recognized by the school as a sport, and that attendance at all practices, games, and special functions are requirements of all members. Any foreseen conflicts (i.e. year round sports, private lessons, jobs, clubs, etc.) need to be expressed to the coaches before tryouts. Failure to do so may result in termination from the team.

I pledge and promise my daughter/son's commitment to the entire season in which he/she is selected for.

Student Signature _____ Date _____
Parent/Guardian Signature _____ Date _____

TEACHER EVALUATION FOR CHEER TRYOUTS:

Please complete the following by Wednesday, April 25th, 2011 and return to the CHEER staff box at WHS. These evaluations will NOT be shared with the student. They will be confidential and tallied by coach. Teacher evaluations will be averaged together to count for a portion of each candidate's score. Thank you for your time and cooperation. If you have any questions, please contact me at crosiarb@canby.k12.or.us

Sincerely,
Bethany Robertson
WHS Cheer Coach

Name of Applicant: _____ Grade next year: _____

Teacher: _____ Subject: _____

On a scale of 1 to 5 (5 being the heighest), please rate the applicant in each of these areas:

_____ Ability to get along w/others _____ Attendance & Punctuality

_____ Attitude _____ Cooperation _____ Dependability

Teacher Signature

Date

~~~~~ please cut here ~~~~~

## TEACHER EVALUATION FOR CHEER TRYOUTS:

Please complete the following by Wednesday, April 25th, 2011 and return to the CHEER staff box at WHS. These evaluations are NOT to be shared with the student. They will be confidential and tallied by coach. Teacher evaluations will be averaged together to count for a portion of each candidate's score. Thank you for your time and cooperation. If you have any questions, please contact me at [crosiarb@canby.k12.or.us](mailto:crosiarb@canby.k12.or.us)

Sincerely,  
Bethany Robertson  
WHS Cheer Coach

Name of Applicant: \_\_\_\_\_ Grade next year: \_\_\_\_\_

Teacher: \_\_\_\_\_ Subject: \_\_\_\_\_

On a scale of 1 to 5 (5 being the heighest), please rate the applicant in each of these areas:

\_\_\_\_\_ Ability to get along w/others      \_\_\_\_\_ Attendance & Punctuality

\_\_\_\_\_ Attitude      \_\_\_\_\_ Cooperation      \_\_\_\_\_ Dependability

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date