



**VARSDITY & JV CHEERLEADING
TRYOUT PACKET**

2013 – 2014



MYERS PARK CHEERLEADING



Parents and Potential Cheerleaders,

Thank you for your interest in trying out for the 2013-2014 Myers Park High School Cheerleading Program! We are excited to begin gearing up for what is sure to be a great season filled with hard work, fun and new traditions. Our cheerleaders are some of the most visible students at Myers Park and in the community, and they are held to the highest of expectations and standards. Cheerleaders who are selected for a team must make a substantial time commitment in order for our teams to run efficiently and successfully. Our cheerleaders support Myers Park High School athletics at all regular and playoff football and basketball games as well as competing on the state level (Varsity Team only). In this packet you will find the following documents:

- 2013 – 2014 Tryout Application
- 2013 – 2014 Program Information
- Cheerleader Code of Conduct and Demerit System
- Parent and Cheerleader Permission Form
- Summer Open Gym Schedule
- Tryout Schedule and Expectations
- Sample Tryout Score Sheets
- Varsity and JV August Practice and Event Schedule

Please print and read all of the information in this packet carefully to be sure you and your son/daughter understand what will be expected of them before trying out. The documents listed below must be completed and returned by Tuesday, July 30, 2013 at 4:00PM in order to be eligible for tryouts:

- 2013 – 2014 Tryout Application (**completely filled out**)
- Detached Parent and Cheerleader Permission Form (**signatures required**)
- CMS Athletic Eligibility Form (**2 documentations of residency and signatures required**)
- CMS Student Athlete Pre-Participation Form (**to be completed by parents, signatures required**)
- NCHSAA Sport Pre-Participation Physical Examination Form (**MUST BE COMPLETED BY A PRACTICING PHYSICIAN, signatures required**)

The above NCHSAA and CMS forms can be downloaded and printed from the following link: <http://www.cms.k12.nc.us/cmsdepartments/athletics/Pages/athleticforms.aspx>. For more information and to download this tryout information packet directly, please visit the cheerleading page at www.myersparkhighschoolsports.com. For immediate questions, please contact Coach Karen Holmes at myersparkcheer@gmail.com. We look forward to seeing you over the summer and at tryouts!

Thank you and good luck!

Karen Holmes – Head Varsity Coach – myersparkcheer@gmail.com



MYERS PARK CHEERLEADING

2013 – 2014 TRYOUT APPLICATION



PARENTS & POTENTIAL CHEERLEADERS: Please read over the entire packet from start to finish! There are many important changes coming this season and it is very important that you both understand the expectations and responsibilities of being a cheerleader at Myers Park High School. Once you have read through all of the information, you will then need to complete this page and return it to the coaches by Tuesday, July 30, 2013 at 4:00PM. You cannot tryout without turning in this form!

STUDENT INFORMATION

Name: _____
Street Address: _____ City: _____ Zip Code: _____
Email: _____ Birthday: _____
Home #: _____ Cell #: _____
Grade Level for the 2013-2014 School Year (Please circle): 9 10 11 12

PARENT/GUARDIAN INFORMATION- Please note next to contact info (father, mother or both)

Name: _____ Relationship to Student: _____
Address (if different from above): _____
Email: _____
Home #: _____ Cell #: _____ Work #: _____

Please list all of your previous cheerleading, dance, gymnastics or other related experience:

Example: Cheerleader AG 2 years (captain), Cheerleader on Teal Squad at Charlotte All-Stars 3 years

Please circle the stunting position that you have experience in & also list the hardest stunting skill you have performed successfully. (If you are chosen for a team, you will be asked to perform the skill that you list. Please, be accurate and honest here).

Flyer Front Spot Back Base Main Base Side Base

Skill: _____

Please list all of the activities that you plan to be involved in outside of cheerleading. Include the meeting times for these activities.

Example: All-Star Cheerleading Monday & Wednesday 7-9, Student Council Tuesdays 3-4...

Why do you want to be a cheerleader at Myers Park High School? Please write 4-5 sentences on the back of this sheet.



MYERS PARK CHEERLEADING



2013 – 2014 PROGRAM INFORMATION

PURPOSE

The purpose of this program is to promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs and to develop positive relationships in the community and between schools during athletic events. The program's goal is to work in harmony with the administration, Booster Club, faculty, band, athletic teams, and other school organizations.

ELIGIBILITY

Myers Park High School Cheerleaders must:

- Meet the eligibility requirements set forth by NCHSAA and CMS
- Be a current or rising student of Myers Park High School
- Maintain a quarterly GPA of 2.0 or greater
- Turn in a signed parent & cheerleader permission form
- Turn in a proper physical form for the current year of participation
- Turn in all official NCHSAA and CMS documents needed before athletic participation

ACADEMIC RESPONSIBILITIES

1. Being a Myers Park High School "Student Athlete" means being a **STUDENT** first!
2. Each cheerleader is required to maintain at least a 2.0 GPA each quarter.
3. Grades will be monitored by the coaches. Grade checks will be made at interims and report cards.
4. In the event of a failing grade in any subject at the time of a grade check:
 - a. Parents will be notified by the head coach.
 - b. The cheerleader will be placed on Academic Probation until the grade is raised.
 - c. Academic probation includes not participating in games or practices. However, attendance is still mandatory for both. You will sit out of practice and take notes on material learned, and you will dress out for all games and sit with the coach.
 - d. When proof can be shown that the grade has been raised, participation may resume.
5. Being on Academic Probation more than two times will result in dismissal from the team.
6. Study hall will be held before every practice from 2:15PM – 3:00PM. This will be time for cheerleaders to do homework, make up assignments for their classes, or receive tutoring.

SIDELINE CHEERLEADING TEAM MEMBERSHIP

1. As of the 2013 – 2014 season, The Myers Park High School Cheerleading Program is transitioning to an August – March cheerleading season. The August tryout will be used to pick the Varsity and JV Cheerleading Teams for both football and basketball seasons. There will not be a separate cheerleading tryout for basketball season. If you choose to quit the Cheerleading Program in the middle of our season, you are not eligible to tryout next year!
2. The MPHS sideline cheerleading teams may or may not be co-ed.

3. The Varsity Cheerleading Team will consist of 14-16 cheerleaders, and the Junior Varsity team will consist of 12-14 members.

3. Rising Freshman and rising Sophomores are eligible to tryout for the Junior Varsity Team. Rising Juniors and rising Seniors are eligible to tryout for the Varsity Team only and will not be placed on the JV Team in the event they do not make the Varsity Team. However, the coaches have the discretion to place a rising Freshman or rising Sophomore on the Varsity Team.

4. Both Varsity and JV Teams will cheer for their respective home football and basketball games during the regular season. Varsity and JV will also travel to regular season away football and regular season away basketball games. Please see below for further details and playoff circumstances:

- a. In the event the Varsity Football Team makes the playoffs, the Varsity Cheerleading Team will cheer in all playoff games, both home and away.
- b. During basketball season, in order to manage having multiple games in one week in addition to practices and academic responsibilities, both the Varsity and JV Cheerleading Teams will be split into "A" and "B" teams and the responsibility of cheering at each game will be shared. (Example: "A Team" cheers on Tuesdays, "B Team" cheers on Fridays). Varsity "A" and "B" teams will cheer at the last Men's and Women's home games of the season in recognition of Senior Night.
- c. In the event either the Men's or Women's Varsity Basketball Team makes it to the playoffs, the responsibility of cheering at games will be as follows:
 - The Varsity Cheerleading Team (both "A" and "B" teams combined) will cheer for all home and away Varsity Men's Basketball playoff games.
 - The JV Cheerleading Team (both "A" and "B" teams combined) will cheer for all home and away Varsity Women's Basketball playoff games.

5. Select games and matches for other sports may be called in addition to our primary obligations based on promotion of school spirit.

COMPETITION CHEERLEADING TEAM MEMBERSHIP (Varsity Team Only)

1. The Varsity Cheerleading Team will be competing in the NCHSAA State Championships in Raleigh, NC on November 16, 2013. Please visit the Cheer Ltd. website for further information <http://www.cheerltd.com/comps/NCHSAA/index.html>.
2. There will be a separate set of financial commitments associated with the competition team that will be outlined in the "Financial Commitments" section below.
3. Travel arrangements, lodging and itinerary will be discussed at a later date.

TRYOUTS

1. Tryouts will be held in a fair manner conducive to allowing each athlete to show their best abilities and potential.
2. A tryout will consist of performing designated skills in front of judges and coaches in small groups.

3. Skills that will be judged include Jumps, Tumbling, Cheer, Chant, Fight Song, and Dance. Sample score sheets are provided in this packet. Potential cheerleaders will receive a score for each skill and then individual skill scores will be added together for a total score out of a possible 160 points.

4. All material necessary to try out will be taught at the Tryout Clinics on Tuesday, July 30 and Wednesday, July 31. A Review Day will be held on Thursday, August 1 and the Final Tryout Day will be held on Friday, August 2. Attendance is mandatory on all days in order to try out.

5. Selection of the team will be based on point totals assigned by judges.

6. Acceptance of a candidate shall be on the basis of ability, the coaches' agreement, acceptance of the team rules, and without prejudice of race, gender, ethnicity, religion, or color.

FINANCIAL COMMITMENTS

1. The following is the list of items that will be purchased for this season. Prices are estimates at this time. Should your child make the team, the amount due is based on what your cheerleader needs to purchase for the season. If your child makes the team, the payment is due no later than Monday, August 5, 2013 at the parent meeting that evening. Checks should be made payable to "The Mustang Club." Flyers will be given out at the July summer open gyms that will show pictures of all items being purchased and their final prices. This way you will be able to make an informed decision regarding which items you need to purchase for your cheerleader. If your child makes the team, order forms will be completed at the parents meeting and checks will be submitted at that time as well. This way we can guarantee each team has all necessary items in hand by their designated first football game.

REQUIRED PURCHASES FOR ALL VARSITY AND JV CHEERLEADERS

Athletic Participation Fee: ~\$100

Pay by credit card online or write a check directly to Myers Park High School. See myersparkhighschoolsports.com for more information.

****Black Briefs: ~\$11**

(Varsity will not need to purchase briefs; they come free with our new uniforms this year)

Team Bow: ~\$14

Shoes: ~\$70

****Bag: \$35**

Poms: ~\$20

Practice Attire (3 pairs of shorts/3 t-shirts): ~\$60.00

Hoodie: ~\$32

****Warm-Up: ~\$90**

New Velcro for Performance Mats: ~\$4.00

****Returning** cheerleaders who purchased the above starred items last season may choose to not purchase them this year to keep costs down. They will be the same style, however, please note that we are rebranding our team, and the logos will be different on the bag and warm-up pieces this year. First year cheerleaders, (as well as Varsity and JV cheerleaders who did not purchase the above mandatory items last season), can expect to have to purchase more this season. My goal is to purchase the same items each year from here on out so that all JV and Varsity cheerleaders will have the same pieces, cheerleaders won't have to re-buy mandatory items every year (unless they voluntarily do so), and our teams can be uniformly branded across the board.

ADDITIONAL REQUIREMENTS FOR ALL VARSITY CHEERLEADERS

(We are hoping to offset these costs with our fall fundraiser!)

NCHSAA State Championship Competition Fee: \$20

2. Additional costs may arise as the season progresses. Formal written notice will be given to all families before a purchase is “required.”

FUNDRAISING

1. All cheerleaders will participate in all fundraising projects during the year. These fundraisers are important as they help to offset future costs for the program and help cover program needs.

2. Money earned is used for cheerleading program expenses; there are no individual cheerleader accounts. Our account is managed through the Myers Park High School Booster Club, “The Mustang Club.”

3. All fundraising activities MUST be school approved.

4. All funds raised must be submitted in a timely manner.

UNIFORMS, PRACTICE WEAR AND EQUIPMENT

1. Cheerleaders have the responsibility to respect the property of Myers Park High School and the Myers Park High School Cheerleading Program. The athlete will pay for any damaged equipment belonging to the school.

2. Uniforms are purchased by the school, as funds are available. Any uniforms purchased by the school will remain the property of Myers Park High School. Uniforms purchased by the school belong to the school and must be returned at the end of the year undamaged.

3. The cheerleader is responsible for any alterations and all upkeep of uniforms. Uniforms may NOT be altered without the coach’s approval.

4. Any damage done to a uniform purchased by the school must be paid for by the cheerleader. Any uniforms damaged beyond repair must be paid for at replacement cost.

5. Uniforms may only be worn by Myers Park High School Cheerleaders and for events designated by the coach.

6. Cheerleading shoes are not to be worn as casual shoes and should be worn only for practices, games, pep rallies, and competitions.

7. Cheerleaders in uniform or wearing any item of team identification must always conduct themselves in a manner becoming of a Myers Park High School Cheerleader.

APPEARANCE

1. Uniforms and shoes should be kept spotlessly clean at all times. Uniforms should be neat and tidy when worn.

2. For safety reasons, jewelry or watches will not be worn during any time when cheering.

3. Makeup should be natural and not excessive. Under no circumstances is make-up to be applied in front of the crowd during a football or basketball game.
4. Fingernails must always be kept to a short, “athletic” length for safety reasons.
5. No visible tattoos are allowed.
6. During games, practices and competitions, all hair must be neat and off of the neck and shoulders pulled into a ponytail and accented with the team bow. If hair is long enough to touch the collar, it is to be pulled back. (**Exception:** Hair may be worn half up/half down with your team bow for official team pictures).

PRACTICES

1. All practices, games and competitions will be supervised by the coaching staff or designated school official. Cheerleaders will NOT practice any stunts or gymnastics without the direct supervision of the coaching staff or designated school official.
2. A monthly calendar will be given to each cheerleader by the coach with events, practices, games, and bus times and locations.
3. The amount of practices will vary due to events and season schedules. The coaching staff reserves the right to call extra practices or cancel practices when needed.
4. All cheerleaders are expected to attend all practices. This includes Study Hall before practice.
5. Cheerleaders must wear the designated practice clothing and shoes to every practice. This creates a clean look and promotes team unity. We will go into further detail about practice dress code when we purchase and distribute practice attire in August. Hair must be tied back into a ponytail (if length allows), no gum and ALL jewelry must be removed.
6. Attention must be given to the coaches and captains at all times during practice.
7. Cheerleaders must be present at the last practice prior to a game, competition or performance in order to participate.
8. All practices are mandatory. The practice schedule during the school year is as follows:
 - VARSITY CHEERLEADING**
 - Monday/Tuesday/Thursday 3:00PM – 5:00PM (After mandatory study hall)
 - Practices may be added or cancelled at the coach’s discretion.
 - Practices will be less frequent during basketball season due to the game schedule.
 - JUNIOR VARSITY CHEERLEADING**
 - Monday/Wednesday 3:00PM – 5:00PM (After mandatory study hall)
 - Practices may be added or cancelled at the coach’s discretion.
 - Practices will be less frequent during basketball season due to the game schedule.
9. Summer practices begin in August and are mandatory. A tentative August practice/event calendar is included at the end of this packet. Please note that this schedule is subject to change.

GAMES AND TRANSPORTATION

1. Each cheerleader is responsible for securing transportation to and from all home football and basketball games.
2. The cheerleader must be at the school at the designated time before the home game to warm up and practice.
3. The school and coaching staff will arrange bus transportation when it is needed.
4. All cheerleaders must ride the bus if it is provided to and from games unless they are given prior approval. Parents/Guardians may take their child and teammate(s) to an away game only if they give a hardcopy note to the coach informing them of this arrangement before the bus leaves for the game. They may also tell the coach in person on the day of the game before the bus leaves if they are taking their child and teammate(s) to the game. Parents/Guardians may take their child and teammate(s) home from an away game provided they give a hardcopy note to the coach informing them of this arrangement before the bus leaves for the game. They may also speak directly to the coach at the game to inform them that they are taking their child and teammate(s) home. **CHEERLEADERS MAY NOT DRIVE THEMSELVES TO/FROM OR RIDE WITH FRIENDS TO/FROM ANY AWAY FOOTBALL OR BASKETBALL GAMES!**
5. No friends or visitors will be permitted on the team bus.
6. If a cheerleader misses the bus or is late to an away game, they must provide their own transportation to the game and they will sit out of the first half of the game, unless otherwise decided by the coaching staff.
7. Rides home should arrive promptly at the end of any game or event.
8. Cheerleaders will not be allowed to leave before the end of any game or event.

ATTENDANCE AND TARDINESS

1. All cheerleading activities, including games, practices, pep rallies, fundraisers, performances, and competitions are mandatory.
2. A student must attend school a minimum of a half of a day in order to participate in any practices, games, events, or competitions that day or following day (for games/performances/competitions).
3. Cheerleaders must be on time to all practices, games, events, and competitions. Tardiness will not be tolerated, and may result in issuing demerits.
4. **UNEXCUSED ABSENCES:** Family vacations, family parties, babysitting, medical or dental appointments, work, sports/clubs/activities outside of MPHS, clubs/activities at MPHS that are not part of an actual class and are not a part of your grade; unexcused absences may result in demerits.
5. **EXCUSED ABSENCES:** Academic work (notify the coach in advance and bring a note from the teacher), hospitalization of the student, sickness resulting in absence from school (notify the coach before practices/games if you are sick and did not come to school and bring a parent or doctor's note

to the next practice), family emergency, death in the family/bereavement, personal religious obligations, college visits (must bring a note to the coach from the admissions counselor). If you miss a practice, it is your responsibility to learn whatever material was taught before the next practice!

6. In case of emergency or illness, the parent must contact the coach by phone or email on the day of the emergency at least 2 HOURS before the scheduled event, practice, game, competition, etc.

7. Cheerleaders missing an entire day of school must have their parents contact the coach by phone or email first thing to notify them of the absence and its nature.

8. In the event of a suspension or injury, the cheerleader will still be required to attend all games, practices and functions. A suspended or injured cheerleader is expected to sit with the coach in the stands, not with friends. A suspended or injured cheerleader is expected to sit out at practice and take notes on material missed.

9. There will be no overlapping in sports, other extra-curricular activities (including all-star teams), college visits, doctor's office visits, social events or jobs. If these cannot be worked around cheerleading responsibilities then the cheerleader will be required to make a choice.

10. If a cheerleader does not attend the last practice prior to a game or performance, then they will not cheer and will be required to sit with the coach.

11. All cheerleaders are encouraged, but not required, to attend squad social events including but not limited to team dinners, holiday parties, team building events, end of year banquets, etc.

CONDUCT

1. Cheerleaders must follow all rules and guidelines in the Myers Park High School Student Code of Conduct.

2. Cheerleaders are required to maintain and uphold the reputation of the Myers Park High School Cheerleading Program through their own conduct and sportsmanship before, during and after all games.

3. Cheerleaders must be respectful and polite to all visiting cheerleaders, fans and the game officials.

4. All cheers shall be of a positive and sportsmanlike manner. Cheerleaders will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.

5. Inappropriate or obscene language, gestures or harassment will not be tolerated.

6. Public displays of affection are not allowed in school or at school activities in uniform.

7. The use of cell phones is NOT allowed during any game, practice, cheer event, or competition unless the coaching staff deems it an appropriate time.

ELECTION AND RESPONSIBILITIES OF CAPTAINS

1. The Myers Park High School Cheerleading Program will have two Co-Captains per team (Varsity and JV).
2. The coaches will make the selection on the basis of leadership abilities, attitude, peer respect, general knowledge of cheerleading and a peer vote.
3. Co-Captains are expected to:
 - a. Set an example to the rest of the team by following the rules and regulations.
 - b. Be at practice early and start practice on time.
 - c. Assist coach with leading warm-up and conditioning activities.
 - d. Be responsible for having all necessary supplies ready for practice (mats laid out properly, cheer signs, flags, banners ready to use).
 - e. Lead cheers at games and events. The captain should take suggestions from the team but has the authority to make decisions.
 - f. Be responsible for welcoming visiting squads and setting a good example of sportsmanship.
 - g. Keep the crowd cheering positively and cheerleaders in proper formation during games.
 - h. Show no partiality within the squad.
 - i. Act as a peacemaker in the case of disagreements.
 - j. Bring problems that are not resolvable to the coaching staff.
 - k. Assist the coaching staff with organizing game day plans, pep rally performances and community service opportunities.
4. In the event that the captain is not able to perform her duties, another cheerleader will take over until the captain is able to return.
5. The coaching staff reserves the right to “fire” a captain should the need arise, and appoint a replacement.

SAFETY REGULATIONS

1. A coach must be present to supervise during all stunting activities. Coaches must approve all new stunts.
2. There is to be no talking, laughing or screaming during the building and execution of stunts to protect the safety of our athletes.
3. Myers Park High School Cheerleaders will abide by all NCHSAA and NFHS safety regulations.

4. Myers Park High School Cheerleaders will be required to participate in warm up and conditioning activities to maintain strength and flexibility and prevent injury.

DUTIES AND RESPONSIBILITIES OF THE COACHING STAFF

1. The coaching staff is responsible for:

- a. Helping cheerleaders develop their skills, character and maintain their positive academic standing.
- b. The fair treatment, encouragement and respect of all team members.
- c. Ensuring that team members are safe, that first aid is available, and the emergency contact list is kept up to date and present at all times.
- d. Organizing and arranging the training schedule, equipment, apparel, training facilities, travel, and events.
- e. Assisting Senior cheerleaders who wish to continue their sport on the collegiate level with appropriate tryout preparation and information.



MYERS PARK CHEERLEADING

CODE OF CONDUCT



DEMERIT SYSTEM

After 15 demerits have been received, a member is dismissed from the squad for the remainder of the school year. This member will not be eligible to try out the following year.

A. ATTENDANCE AND TARDIES

- 5 Unexcused absence from a game, competition, performance or activity.
- 4 Unexcused absence from any practice.
- 3 Unexcused tardy to any game, practice, competition, performance, or activity (more than ten minutes).
- 2 Detention for tardies in academic classes.

B. PERFORMANCE BEHAVIOR

- 2 Failure to wear the correct uniform or attire to a practice.
- 3 Failure to wear the correct uniform or attire to a game, competition, performance, or activity.
- 3 Lack of attention/participation during a game, practice, competition, performance, or activity (talking, laughing, not standing at attention, etc.)
- 3 Not learning and/or knowing cheers, chants, or dances.
- 3 Failure to return to the field/court on time after halftime.
- 3 Chewing gum during a game, practice, competition, performance, or activity. Eating or primping on sidelines (this includes practice).
- 3 Not following directions given by coaches, captains or any person in a supervisory role.
- 3 Using cell phone during a game, practice, competition, performance, or activity (unless instructed to do so).
- 3 Missing any part of the uniform (shoes, poms, bloomers, skirt, shell, crop) or wearing incorrect items (hair not up, no bow/wrong bow, wearing jewelry, etc.)

C. MISCONDUCT

- 15 Any conduct resulting in an arrest by law officials.
- 10 Any disciplinary action resulting in suspension from school.
- 10 Inappropriate media (phone pictures/videos, Facebook, Twitter, etc.)
- 10 Breaking the law (drinking alcohol or use of illegal drugs on or off school property, etc.)
- 5 Any disciplinary action that results in assignment to I.S.S. (In School Suspension)
- 5 Unlady like conduct at anytime (disrespect toward coaches, other cheerleaders, or any other adult in a supervisory role - in uniform or not). This includes inappropriate language.
- 3 Any offense that results in a detention (other than tardies).
- 3 Wearing uniform in public when not with the squad or coaches without permission from coaches.

As a cheerleader accumulates Demerits, the following will occur:

3	Demerits	Written Warning from cheer coaches.
5	Demerits	Parent Notification & Physical conditioning.
10	Demerits	Parent Meeting & Physical Conditioning & Suspension from team (length to be determined by administration and coaches).
15	Demerits	Parent Meeting & Removal from the Cheer Program.

Physical conditioning may also be assigned at anytime for any of the above. It can be individual or team conditioning.

Please sign/date, detach and turn in the Permission Form below

PERMISSION FORM

My child, _____ has permission to tryout for the Myers Park High School Cheerleading Program. I understand that he/she must abide by the rules and regulations set forth by the coaches, athletic director, and principal of Myers Park High School, and be present for all practices and games. I understand that all forms must be completed and turned in by the first day of tryouts, or my child will not be able to tryout. I understand the procedures of cheerleading tryouts and I agree to abide by the final decision of the judges. I understand all financial costs involved as stated in the 2013 – 2014 Program Information. **I am fully aware that the MPHS Cheerleading Program is transitioning to an August – March season and that my child is trying out for cheerleading for the 2013- 2014 football AND basketball seasons.**

Parent/Guardian Signature_____

Date_____

I, _____, am interested in being a cheerleader at Myers Park High School. I understand the procedure of cheerleading tryouts and I agree to abide by the final decision of who makes the team. I promise to cooperate and follow the instructions of the cheerleading coaches. If I make the team, I understand the dedication and time commitment that is expected of me and that school cheerleading will be a priority over other extracurricular activities. **I understand that the MPHS Cheerleading Program is transitioning to an August – March season and that I am trying out for cheerleading for the 2013-2014 football AND basketball seasons.**

Student Signature:_____

Date_____

SUMMER OPEN GYM SCHEDULE

*****THE NCHSAA PHYSICAL FORM MUST BE COMPLETED AND TURNED IN BEFORE YOU MAY PARTICIPATE IN ANY OPEN GYM SESSIONS*****

Open gyms will be held throughout the summer for students interested in trying out for the 2013-2014 Myers Park Cheerleading Program. Attendance is optional, however this is a fantastic way to begin learning about the program's expectations and style and will help you prepare for the upcoming tryouts. Each open gym will begin with running/conditioning and then cover different aspects of cheerleading. Please dress accordingly. Open gyms will be held on the following dates:

- **Tuesday, June 18, 6:30PM – 8:00PM**
- **Tuesday, June 25, 6:30PM – 8:00PM**
- **Monday, July 8, 6:30PM – 8:00PM**
- **Monday, July 29, 6:30PM – 8:00PM**

*****ALL OPEN GYMS ARE CLOSED TO THE PUBLIC (parents, friends, spectators etc.)*****

2013-2014 TRYOUTS

Athletes must attend ALL of the dates below in order to be considered for placement on a team. ALL paperwork must be turned in by Tuesday, July 30 at 9:00AM in order to be eligible for tryouts.

TYPE	DATE	TIME	LOCATION
Clinic Day	Tuesday, July 30	*4:00PM – 6:00PM	Main Gym
Clinic Day	Wednesday, July 31	4:00PM – 6:00PM	Main Gym
Review Day	Thursday, August 1	4:00PM – 6:00PM	Dance Room
Final Tryout	Friday, August 2	4:00PM – 8:00PM**	Main Gym

****Please arrive by 3:30PM on Tuesday, July 30 so that coaches can double check that all paperwork has been turned in before we get started at 4:00PM.***

*****This is an estimated end time. Final tryouts may run longer or shorter, please be flexible.***

CLINIC DAYS:

Group warm-up begins at 4:00PM. Potential cheerleaders will be taught a dance, cheer, chant and the fight song during clinic days. Jump technique will also be reviewed. Mats will be laid out for those who wish to practice standing & running tumbling.

REVIEW DAY:

Group warm-up begins at 4:00PM. Official tryout numbers will be assigned today. Review Day is used primarily for potential cheerleaders to gain more confidence in the tryout material. The dance, cheer, chant, and fight song will be reviewed and performed as a full group and in small groups. This is the time to ask questions and get those nerves out! Potential cheerleaders will be briefed on how final tryouts will operate.

FINAL TRYOUT:

Potential cheerleaders are to report to the gym by 3:30PM to give themselves ample time to warm up on their own. No formal group warm-up will be provided. Tryouts will begin promptly at 4:00PM and potential cheerleaders will perform material learned at the prior clinic days for judges in groups of 2-3. Potential cheerleaders will stay in the main gym lobby until their group is called into the main gym for their final tryout session. Potential cheerleaders may leave when their final tryout is over.

*****CLINIC DAYS, REVIEW DAY AND FINAL TRYOUT DAY ARE CLOSED TO THE PUBLIC (no parents, friends, spectators etc.)*****

TRYOUT ATTIRE

CLINIC DAYS & REVIEW DAY

- Please come prepared to be physically active.
- Cheerleading shorts and t-shirts are recommended (please no denim or basketball shorts).
- Cheerleading shoes or athletic/running shoes should be worn.
- Hair must be pulled out of the face and into a ponytail. A bow may be worn if desired.
- NO JEWELRY. NO EXCEPTIONS.
- Bring plenty of water/sports drinks and healthy snacks.

FINAL TRYOUT DAY

- All potential cheerleaders trying out must wear black shorts and a plain white t-shirt (please no denim or basketball shorts).
- There should be NO cheerleading references anywhere on your clothing.
- Hair should be pulled out of the face and into a ponytail. A solid white or green bow may be worn in the hair if desired.
- Cheerleading shoes or athletic/running shoes should be worn.
- Makeup should be game-day ready (however, please no excessive makeup).
- NO JEWELRY. NO EXCEPTIONS.
- Bring plenty of water/sports drinks and healthy snacks.

TRYOUT RESULTS

Results will be posted on the cheerleading page of the Myers Park High School Athletics website: <http://www.myersparkhighschoolsports.com> by 12:00PM on Saturday, August 3. Team placement will be posted by tryout number - not by athlete name. This will allow the coaching staff ample time to choose teams carefully, and potential cheerleaders will be able to view tryout results in private on the website if they choose to do so. Instructions for accessing results are as follows:

1. Go to <http://www.myersparkhighschoolsports.com>
2. In the top left hand corner, move your cursor over the tab titled "Teams" and a drop down menu will appear.
3. Move your cursor over the tab titled "Choose a Team."
4. Move your cursor over the tab titled "2013 – 2014."
5. Move your cursor over the tab titled "Fall."
6. Click on the tab titled "Cheerleading – JV" **(FOR JV TEAM LISTING ONLY)**
7. Click on the tab titled "Cheerleading – Varsity" **(FOR VARSITY TEAM LISTING ONLY)**
8. Teams will be listed on the main pages of their respective sites.

JUMPS & TUMBLING – Candidate # _____ Judge: _____

Year in School: _____

Stunting Position: _____

TOE TOUCH	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horiz. <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> unsteady landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs not horiz. <input type="checkbox"/> arms not placed <input type="checkbox"/> weak technique	SCORE: <hr/> OUT OF 10
HURDLER	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horiz. <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> unsteady landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs not horiz. <input type="checkbox"/> arms not placed <input type="checkbox"/> weak technique	SCORE: <hr/> OUT OF 10
DOUBLE TOE TOUCH	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horiz. <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> unsteady landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs not horiz. <input type="checkbox"/> arms not placed <input type="checkbox"/> weak technique	SCORE: <hr/> OUT OF 15
STANDING TUMBLING: <hr/> **SEE NEXT PAGE FOR POINT RANGES**	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> good form <input type="checkbox"/> other _____	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> unsteady landing <input type="checkbox"/> legs apart <input type="checkbox"/> form needs imp. <input type="checkbox"/> other _____	SCORE: <hr/> OUT OF 10
RUNNING TUMBLING: <hr/> **SEE NEXT PAGE FOR POINT RANGES**	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> good form <input type="checkbox"/> other _____	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> unsteady landing <input type="checkbox"/> legs apart <input type="checkbox"/> form needs imp. <input type="checkbox"/> other _____	SCORE: <hr/> OUT OF 15
POINT TOTAL:			SCORE: <hr/> OUT OF 60

RANGE OF SCORES FOR STANDING TUMBLING (MIN TO MAX)

0-2 points

Round Off or Cartwheel

0-3 points

Back Handspring

Front or Back Walkover

0-5 points

Cartwheel - Back Handspring

Toe Touch - Back Handspring

0-7 points

Back Handspring - Back Tuck

0-8 points

Cartwheel - Back Handspring - Back Tuck

Cartwheel-Tuck

0-9 points

Standing Tuck

0-10 points

Toe Touch - Tuck

Toe Touch - Back Handspring - Back Tuck

Pike-Tuck

RANGE OF SCORES FOR RUNNING TUMBLING (MIN TO MAX)

0-2 points

Round Off or Cartwheel

0-5 points

Round Off - Back handspring

0-7 points

Round Off - Back Handspring - Back Handspring

Round Off - Tuck

0-8 points

Round Off - Back Handspring - Back Tuck

0- 9 points

Round Off - Back Handspring - Back Handspring - Back Tuck

0-10 points

Round Off - Back Handspring - Layout

Round Off - Back Handspring - X Out

0-15 points

Round Off - Back Handspring - Full

CHEER & CHANT – Candidate # _____

Judge: _____

Year in School: _____

Stunting Position: _____

VOICE PROJECTION	<input type="checkbox"/> loud voice <input type="checkbox"/> good expression	<input type="checkbox"/> quiet voice <input type="checkbox"/> no expression	SCORE: <hr/> OUT OF 10
ENERGY/SHOWMANSHIP	<input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer	<input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> disinterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd	SCORE: <hr/> OUT OF 15
CHOREOGRPAHY KNOWLEDGE	<input type="checkbox"/> knows material <input type="checkbox"/> shows confidence	<input type="checkbox"/> does not know material <input type="checkbox"/> does not show confidence	SCORE: <hr/> OUT OF 10
MOTION PLACEMENT	<input type="checkbox"/> motions punch <input type="checkbox"/> motions stick & hold <input type="checkbox"/> correct placement <input type="checkbox"/> wrists straight	<input type="checkbox"/> motions place <input type="checkbox"/> motions bounce <input type="checkbox"/> placement <input type="checkbox"/> bent wrists	SCORE: <hr/> OUT OF 15
TOE TOUCH / BACK HANDSPRING (CHEER ONLY)	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> good form <input type="checkbox"/> other _____	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> unsteady landing <input type="checkbox"/> legs apart <input type="checkbox"/> form needs imp. <input type="checkbox"/> other _____	SCORE: <hr/> OUT OF 10
POINT TOTAL:			SCORE: <hr/> OUT OF 60

FIGHT SONG & DANCE – Candidate # _____ Judge: _____

Year in School: _____

Stunting Position: _____

TIMING & SYNCHRONIZATION WITH MUSIC	() in time with music	() off beat	SCORE: _____ OUT OF 10
ENERGY/ SHOWMANSHIP	() natural look () enthusiastic () fun to watch () good eye contact () invites crowd to cheer	() overdone facials () lacks enthusiasm () disinterested () no eye contact () hesitant to initiate crowd	SCORE: _____ OUT OF 10
MOTION TECHNIQUE	() motions punch () motions stick & hold () correct placement () wrists straight	() motions place () motions bounce () placement () bent wrists	SCORE: _____ OUT OF 10
DANCE TECHNIQUE	() Good rhythm () Good body posture () Good body positions () Ease of execution	() Uncomfortable () Wrong body posture () Wrong body positions () Execution uneasy	SCORE: _____ OUT OF 10
POINT TOTAL:			SCORE: _____ OUT OF 40



MYERS PARK CHEERLEADING

TENTATIVE AUGUST SCHEDULE

FIRST WEEK OF SUMMER PRACTICE (CONDITIONING AND GAME PREP)

MONDAY, AUGUST 5: Varsity & JV Practice, 10:00AM – 12:00PM (Main Gym or Field)

MANDATORY PARENT/CHEERLEADER MEETING, 7:00PM (ROOM TBD)

TUESDAY, AUGUST 6: Varsity ONLY Practice, 10:00AM – 12:00PM (Main Gym or Field)

WEDNESDAY, AUGUST 7: JV ONLY Practice, 10:00AM – 12:00PM (Main Gym or Field)

THURSDAY, AUGUST 8: Varsity & JV Practice, 10:00AM – 12:00PM (Main Gym or Field)

***POSSIBLE AFTERNOON OR EVENING TEAM BONDING EVENT TBD**

SECOND WEEK OF SUMMER PRACTICE (GAME AND COMPETITION PREP)

MONDAY, AUGUST 12: JV Practice, 10:00AM – 12:00PM (Field)

Varsity Competition Choreography, 3:00PM – 8:00PM (Main Gym)

TUESDAY, AUGUST 13: Varsity Competition Choreography, 3:00PM – 8:00PM (Main Gym)

WEDNESDAY, AUGUST 14: JV Practice, 10:00AM – 12:00PM (Field)

Varsity Competition Choreography, 3:00PM – 8:00PM (Main Gym)

THURSDAY, AUGUST 15: Varsity & JV Practice, 10:00AM – 12:00PM (Main Gym or Field)

***POSSIBLE AFTERNOON OR EVENING TEAM BONDING EVENT TBD**

THIRD WEEK OF SUMMER PRACTICE (CONDITIONING AND GAME PREP)

MONDAY, AUGUST 19: Varsity & JV Practice, 10:00AM – 12:00PM (Main Gym or Field)

TUESDAY, AUGUST 20: Varsity ONLY Practice, 10:00AM – 12:00PM (Main Gym or Field)

WEDNESDAY, AUGUST 21: JV ONLY Practice, 10:00AM – 12:00PM (Main Gym or Field)

THURSDAY, AUGUST 22: Varsity & JV Practice, 10:00AM – 12:00PM (Main Gym or Field)

***POSSIBLE AFTERNOON OR EVENING TEAM BONDING EVENT TBD**

FRIDAY, AUGUST 23: FIRST VARSITY FOOTBALL GAME!

FIRST WEEK OF SCHOOL

MONDAY, AUGUST 26: WELCOME BACK! FIRST DAY OF SCHOOL!

Varsity & JV Study Hall, 2:15PM – 3:00PM (Room TBD)

Varsity & JV Practice, 3:00PM – 5:00PM (Main Gym or Field)

TUESDAY, AUGUST 27: Varsity Study Hall, 2:15PM – 3:00PM (Room TBD)

Varsity Practice, 3:00PM – 5:00PM (Main Gym or Field)

WEDNESDAY, AUGUST 28: JV Study Hall, 2:15PM – 3:00PM (Room TBD)

JV Practice, 3:00PM – 5:00PM (Main Gym or Field)

THURSDAY, AUGUST 29: Varsity Study Hall, 2:15PM – 3:00PM (Room TBD)

Varsity Practice, 3:00PM – 5:00PM (Main Gym or Field)

FIRST JV FOOTBALL GAME!

FRIDAY, AUGUST 30: VARSITY FOOTBALL GAME!