

Heritage High School Cheerleading Tryouts 2017-2018

We would like to welcome you to the Heritage High School Cheer Tryouts. Our goal this year is to choose cheerleading squads that demonstrate outstanding ability and spirit, appropriately represent our school, and reflect a spirit of cooperation and unity. The following information in this packet will provide you with tryout procedures and criteria. The purpose of the tryout procedure is to choose talented cheerleading squads. Talented cheerleading squads consist of athletes with *positive attitudes, discipline, and a willingness to give their best at all times*. Throughout the tryout clinic, the coaches will be observing cheerleading candidates for these qualities. Cheerleaders for all squads will be selected by the outside judges at the conclusion of the cheerleading clinic. All selections of team members are final.

TRYOUT RULES:

1. Cheerleading candidates must attend the tryout clinic from March 28th – March 31st from 3:45-5:00 unless excused by the coach in advance. Clinic begins at 3:45 pm each day and ends at 5:00pm. An unexcused absence will disqualify the applicant. An unexcused tardy will be disciplined at the discretion of the coach and will be taken into consideration when choosing the teams. The final day of tryouts (Friday) will begin at 4:00 and last as long as it takes the judges to fairly evaluate each participant. Please be flexible and allow for more time on this day. Each candidate is required to stay the entire time on Friday. They may be called back.
2. Cooperation and hard work is required. Applicants must participate in all skills. Part of the tryout score will be based from this observation.
3. Candidates will wear appropriate clothing, athletic shoes, and appropriate undergarments for clinic and tryouts. Jewelry and nail polish are not permitted in any form. Hair that touches the shoulders is to be pulled back in a ponytail, and bangs need to be pinned back. Navy shorts and a white shirt are to be worn on Friday, March 31st. (NO EXCEPTIONS)
4. No gum/candy will be allowed during clinic or tryouts.
5. Each cheerleader candidate will perform a group dance, cheer, and chant learned at the clinic. Each candidate will also perform three jumps as well as any tumbling.
6. Tryout clinic and tryouts will be CLOSED. No video cameras will be allowed. If you would like a copy of the music please bring this in prior to tryouts and a copy will be made for you.

Please take into consideration the amount of time each squad will require when you are making your squad choice. We want the squads to consist of hard working, dedicated cheerleaders who will give 100% towards everything. We are very excited and enthusiastic about the upcoming year!

All the information in this packet must be completed and returned to the coaches by Tuesday, March 21st.

Good luck to everyone!

HHS Cheer Coaches

Please sign off for Tryout Rules and expectations on Google Forms.

Spirit Expectations

Spirit Cheerleading is our main purpose as cheerleaders at Heritage High School. We take great pride in our school and want sideline cheerleaders who share the same pride and love for their school. Sideline cheerleading is more than a uniform and a name. This requires you to show school spirit at all times while in your cheerleading uniform, regardless of what may be going on in your personal life. We want the fans to enjoy coming to pep rallies, football games, and basketball games not only to support the players but to also participate in the game and enjoy the excitement of watching the cheerleaders.

Spirit Expectations:

- PRIMARY FOCUS FOR ALL GAMES/EVENTS IS CROWD PARTICIPATION (“CHEER LEADER”)
- Pregame spirit performance for home football games
- Performing at 4 pep rallies (3 dances, 1 comp routine)
- Performing at 2 home basketball games (dance/stunt incorp)
- Spirit Practice once a week
- Report to practice ready and on time, be stretching as a team by practice start time
- Mandatory Spirit Camp last week of July
- Jumps/Tumbling between EVERY cheer
- Spirit between EVERY cheer
- Arrive on time
- No phones on sidelines or at practice
- Will be a positive image of our school in and out of uniform
- Will attend 2 extra games/events per semester (volleyball, soccer, track, cross country, golf, etc.)
- Discipline will **not** be an issue on the sidelines (talking, standing at attention, smiling, etc.)

- Must treat each other with respect on and off the sidelines (any instances of disrespecting a teammate, **both** parties will be pulled from the event and disciplined)
- Will display enthusiasm/excitement/support for the team/event
- Proper attire will be worn to each practice/event
- 15 cheers per quarter for basketball
- continual cheers during football games

SIGN OFF FOR SPIRIT EXPECTATIONS IS ON GOOGLE FORMS

Competition Cheer Expectations

While Spirit Cheer is our primary focus at Heritage High School, competition is just as important. We are a state sanctioned sport and participate in many competitions throughout the year as well as Region and State. Our goal for this year is to be State Champions. With that said, the summer and competition season will be full of hard work and preparation. This includes choreography camp, 2 conditioning classes a week, 2 practices at school a week, and 1 practice at RAH a week. We need your commitment to be at all practices and TRY and make your vacation on our dead week (week of July 4th). We know family time is important, but we are asking that you TRY and work with our practice schedule. Also, competition cheerleaders **MUST** give 100% at all times. Attitude is everything. A doctor's note will be required for all absences, and attendance issues will result in dismissal from the squad. We are also **requiring** a triple toe touch tuck to be on the floor this year. Start working!!

By signing off on the Competition Agreement form on google docs you are agreeing with everything said above and agreeing to give 100% at all practices.



Estimated Financial Obligation and Payment Commitment Contract

Varsity Competition		Varsity Spirit	
Item	Estimated Cost	Item	Estimated Cost
Athletic Fee/Drug Test	50.00	*Athletic Fee/Drug Test	50.00
Uniform Rental	50.00	Uniform Rentals	50.00
Choreography	180.00	Gray Home uniform	115.00
Comp. Routine Music	60.00	Spirit Camp	150.00
Lunch x2 Choreography camp	8.00	Practice outfits x3	200.00
Practice outfits x3	200.00	shoes	70.00
Shoes	100.00	Sideline Bag w/initials	40.00
Competition Bag	30.00	Varsity Game Day- Fleece jacket, 2 liners, 2 briefs, poms	300.00
Competition Shirts/Food	70.00	Game Day Jersey (New 2017)	40.00
Varsity Body liner	70.00	Pink Week, HC, Halloween...	70.00
Brief	20.00	Sideline Camp	115.00
Competition Banner Fee	20.00	Charles River Rain jacket	43.00
**Hair bows	25.00	Game-day Banner Fee	10.00
Warm-ups	115.00	Hair bows x2	20.00
Region/State apparel	125.00	Pregame meals- Football	15.00
Weekly 2 hour RAH Class	*45/month	Cold weather gear	27.00
Estimated Total	\$1123.00*Not included in total	Estimated Total	\$1315.00*No double charges if on comp squad.

Please know these are estimated costs for a new HHS cheerleader based on last year's figures. We will do everything in our power to keep costs down including using the same body liners, competition bags, fleece, and warm-ups as last year. Competition shirts and other items may be optional. We are a team. Therefore, while at games and other activities unvarying attire is a requirement. Cheerleaders and parents will have opportunities to fundraise to help offset some of these costs. **All cheerleaders and at least one parent are required to help with our HHS Cheer Competition fundraiser.** All cheerleaders must assist with the HHS Powder Puff fundraiser. Cheerleaders are not allowed to be on teams.

** Extra hair bows will be ordered. However, when bows are forgotten or misplaced, replacements will be charged to accounts.

A \$200 payment will be due on May 5, 2017. Payments of \$150 or fundraiser equivalents are due on the 10th of each month effective June 2017.

Everyone is encouraged to join the HHS Cheer Boosters. Membership is \$10, and meetings are held monthly.

I have read and understand that cheerleading is an expensive sport. I fully understand the costs involved in participating. I understand that I am responsible for these charges. I understand that participation may be suspended and **items may be held due to lack of payment.** I understand these are estimates and additional charges may occur. I understand that I have the opportunity to participate in fundraisers.

Sign off for Estimated Obligation and Payment Contract on Google Forms



Heritage Cheer Tentative Schedule 2017-18



Varsity Competition Squad

RAH begins April 17th- Thursday Evenings at 6:00 (required)

April 17 -Fitting with Varsity Apparel (3:30-5:30) @ HHS

Summer practices will be held at HHS Tuesday and Wednesday (8-10), and Thursday at RAH time TBD

Also, Monday and Friday workouts at Rock Fitness. (Around 10am)

June 5th and 6th– Choreography Camp (Competition Only- This is required.)

July 2nd - July 8th Dead Week

Practices after school begins Monday-Thursday

Varsity Spirit Squad

April 17th- Fitting with Varsity Apparel (3:30-5:30) @ HHS

July 11th- Spirit Only- (10:00-12:00- HHS)- Required

July 28th- Spirit Only- (10:00-12:00- HHS)- Required

July 25th - July 27th – Full Days – RAH SPIRIT Camp & Sideline Camp **This is required.**

Spirit Practices Thursday from 3:45-4:45

All Spirit cheerleaders will be assessed on knowledge of cheers and dances prior to the first scrimmage game.

OFF WEEKS: July 2nd-8th

GHSA Dead Week is set aside for you to take a vacation. During the summer, when you return from being absent, each cheerleader will be required to run ½ mile per absence. The reason for the absences does **NOT** matter. Please also keep in mind that August is not a month for vacations. We are officially in season as of August 1st. Any absences after this time, may be grounds for dismissal from the squad, and will result in benching during games, competitions, and other cheer related events.

Sign off for Schedule on Google Forms

Parent Release and permission for Cheerleader Tryouts

My child, _____, has my permission to be a cheerleader at Heritage High School. I understand that she must abide by the rules and regulations set forth by the coaches, sponsors and administration of Heritage High School and be present for all games, competitions, and practices. I understand after making the squad my child and a parent will be required to read the HHS Cheer Constitution in its entirety and sign agreeing to abide by the rules, regulations, and expectations of the squad. I understand that a violation of any of these rules may lead to temporary/permanent suspension from the squad.

I understand that all required forms, a \$10.00 instructional fee, and sign offs online must be completed and returned by March 21, or my child will not be able to tryout.

I understand that my child is not permitted to tryout for cheerleader if they have a remaining balance, or have not returned uniforms to any Heritage cheerleading program from the previous year.

I understand that my child must attend all practices (unless excused by the coach) and tryout sessions or my child will not be considered for the cheerleading position.

I understand that cheer is an extracurricular activity and that attendance at all practices, games, special functions, fundraisers, and camps is a requirement of the selected cheerleader.

I understand that, if chosen, my daughter will be required to pay for all necessary items and camp(s) as well as participate in all fundraisers.

I understand that personal insurance must cover my daughter. I give permission for my child to receive medical attention in the event that I cannot be present or reached for any reason.

I understand that any cheerleader who quits the team at any point following tryouts will be ineligible to participate in any athletic tryouts or be on any athletic team until the cheerleading season is over.

I understand that qualified judges as well as the coaches will evaluate my daughter and I agree to abide by the decision of these individuals.

I understand that being chosen as an HHS Spirit Cheerleader involves more than just motions and jumps. In addition to specific performance requirements, the Spirit Score sheet will include recommendations and academic performance. I understand that as a representative of the HHS Varsity Spirit Squad my daughter will be a leader on and off the sidelines. Leadership will be evident through supporting others first and by setting an example.

I understand that the cheerleader clinics and tryouts are closed to all spectators. Parents and spectators are not allowed at HHS, including outside the gym/theater area DURING the clinic or tryouts. I understand that at the conclusion of my child's tryouts, if my child needs a ride, she will call me to pick her up.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, and what landing surface is used, the risk cannot be eliminated. This risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Heritage High School or any of its personnel responsible in the case of accident or injury at any time.

Sign off for parent release information on Google Forms