2019-2020 LHS VARSITY CHEER TRY-OUT PACKET

The following forms must be completed and turned in by Monday, April 1st 2019. Turning in forms late may result in points being deducted from your tryout score. If you fail to turn in paperwork by that date you are not eligible to participate. All forms can be turned in the LHS Cheer Box at Nelsen and Lindbergh.

1. Application Form
2. SIX teach recommendations (that means ALL of you teachers). Teachers will be turning them in, but you may want to follow up with them to make sure they did.
3. Proof of NO fines from the bookkeeper.
4. Attendance record (you may pick this up from the attendance office)
5. Sports Physical on an RSD physical form turned in to Amelia Clark at Lindbergh HS in the main office.
6. Summer Activities Form

**IMPORTANT DATES TO REMEMBER:**

Packet Turn in Date: By Monday, April 1st 2019, end of school day.

Try-Outs: Tuesday, Wednesday, Thursday, Friday April 2ndd-5th 2019. Tuesday, Wednesday, Thursday tryouts will be held in the Upper Gym from 2:45-4:30pm. Final Tryouts will be held Friday April 5th in the Upper Gym. They are closed tryouts, *in front of judges only.* They will be from 3:00pm – they are done. Please have transportation arranged accordingly.

Mandatory Parent Meeting: If you make the team, there is a MANDATORY parent meeting, the following week of tryouts at 6:00 pm in the LHS Library to provide parents with information about the program and process, and to answer any questions you or your parents might have. Monday, April 15 2018.

**TRYOUT PROCESS:**

Try-Out Days: Please wear something comfortable, but appropriate for physical activity. Your head should be up in a high ponytail, fitted t-shirt, shorts, sports bra, tennis shoes/cheer shoes. (DON’T come in Vans, Converse, etc.) No jewelry or gum. On the final day of tryouts you will be asked to perform a dance, band dance, cheers and jump sequence taught during the previous days of tryouts, as well as answer a couple questions.

Judges: There will be between 3-6 judges who will judge strictly on ability. These other judges will be other cheer coaches, school personnel, former cheerleaders, gymnastic/dance coaches, etc. Their opinions will be held to high standards and all scores will be confidential.

Results: I will be posting them after final tryouts. Coach Samantha will talk with the other judges and then make a final decision.

*Good luck and we look forward to seeing you at tryouts ☺*

**Application for Cheerleading Tryouts**

My child has my permission to be a cheerleader at Lindbergh High School. I understand that he/she must abide by the rules and regulations set forth by the advisor, athletic director, and the principal, of Lindbergh High School, and present for all practice and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter/son to ride with the advisor and/or other parents when necessary. I understand that all forms attached must be completed by April 1st, 2019 or my child will not be allowed to tryout. I understand that my child must attend all practices (unless excused by the advisor) and tryouts sessions, or my child will not be considered for a cheerleading position.

I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges. I understand all costs involved as stated in the rules.

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 coach are, how many spotters are used, what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Lindbergh High School or any of its personal responsible in the case of accident or injury at any time.

Parent or Guardian Signature Date Parent or Guardian Signature Date

I am interested in being a cheerleader at Lindbergh High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the advisor and the principal of Lindbergh High School. I promise to cooperate and follow the instructions of the cheer coach, and be a good ambassador to the school.

Student Signature: Date:

Home Address:

School currently attending: Grade Next Year:

Please complete the following section. You will need your grades, classes, and teachers’ names. By signing you are insuring that these are correct. The teachers named below will be asked to complete a teacher evaluation on the application that will be added to the tryout scores. It is your job to give each teacher and evaluation form.

Subject: Letter Grade: Teacher:

1.

2.

3.

4.

5.

6.

Extracurricular activities -

ROLES OF A LINDBERGH CHEERLEADER:

Crowd Leader

The title “cheerleader” explains it all, leading the crowd through cheers! Cheerleaders motivate the crowd and rally them to get on their feet and help cheer the team on to victory. You understand the sports you cheer for and genuinely support the team. During games, cheerleaders use signs, poms and megs with a combination of skills to communicate with spectators the words to yell and when to yell them!

Spirit Raisers

Spirit raising is taking the pride that cheerleaders have for their school and spreading it to their fellow students and community members. Whether it means making signs and encouraging their peers to attend the big game, or keeping the energy up for all four quarters, cheerleaders are where the spirit begins.

Ambassadors

Being a school ambassador on campus and within the community is a key part of being a cheerleader. As one of the most visible student athletes, you should be friendly, know the facts about your school, set a good example for other students and spread school spirit.

Athletes

Cheerleading requires strength, flexibility, endurance and technique to execute skills used during crowd leading, spirit raising and entertainment. Performing stunts, pyramids, jumps and tumbling are examples of athleticism. Cheerleaders should be dedicated to improving a variety of skills throughout the year.

Entertainers

Cheerleaders use their crowd leading tactics, spirit and athleticism to entertain the crowd, especially at games during Timeouts, Halftime and spirit raising events like pep rallies! Through the use of stunts, tumbling, jumps and dance, cheerleaders are an essential part of the in-game and spirit raising entertainment.

CHEER RULES AND RESPONSIBILITIES

1. Eligibility
   1. Successfully completing try-outs.
   2. You must be a member of ASB. (this means purchasing an ASB sticker for your ID card)
   3. You must be in good physical condition. Sports clearance is required prior to the fall season. You will be responsible to check the school for dates that clearances will be held on to ensure you will be able to participate (clearance for tryouts and fall sports clearance in the summer).
   4. You must have all school fines cleared before try-outs begin, including but not limited to the previous year’s cheer bill.
2. Grades:
   1. You must have a GPA of 2.0 or above cumulative to try-out, and maintain a 2.0 EVERY quarter and semester after successfully completing try-outs. They do grade checks the beginning of every new sport season.
   2. If your GPA falls below a 2.0 at any time you will be suspended for a week and not be able to cheer at that week’s game. If your grade falls below a 2.0 more than two times in the season you will be removed from the squad. Removal from the squad is for your benefit to ensure that you maintain a good GPA and good grades. You are a student first, athlete second.
   3. You will only have one week after the end of any quarter or semester to change any grades that may need to be changed in order to maintain your 2.0 GPA.
   4. You must be passing all core classes (math, language arts, science, history/gov.) at all times. Random grade checks will be given throughout the year. If at any time you are not passing a core class you will be placed on academic probation and you will be not able to cheer until you are no longer failing.
3. Practices:
   1. Cheer practice will be held two to five days per week – time, location of practice and days per week are decided be the coach.
   2. You will attend ALL practices unless from school or excused by the coach in ADVANCE. Excessive absenteeism or un-excused absences will result in removal from the squad. It will be logged and warnings will be given. All cheerleaders will follow the 12 hour attendance, meaning the coach needs at least a 12 hour notice.
   3. **Jobs, extracurricular activities and social functions may NOT interfere with practices, games, or performances.**
   4. Members of the Cheer Team will not be allowed to participate in Fall, Winter or Spring sports unless participation does NOT interfere with cheer activities, practices or performances.
   5. You must be dressed appropriately for practice every day. This means shorts, or leggings, cheer shoes, sports, no jewelry, and hair up. You may not wear over-sized bball shorts, sweats, baggy t-shirts, jeans, wrong shoes, etc. is not allowed. You may be asked to leave practice to get proper attire and take a tardy or absence. Or sit out.
   6. Tardiness and absences will have consequences, see the point system attached.
   7. Everyone must attend all practices (including spring and summer), camps, clinics, tumbling classes, volunteer events. NOTE: There may be an extra cost associated with attending stunting clinics, tumbling classes, day camps, etc.
4. Activities:
   1. You must attend all games, performances, competitions, fundraisers and/or meeting places on time.
   2. Every member has to attend summer cheer camp @ Great Wolf Lodge July 25th-28th.
   3. You must be in complete uniform at each activity. (your uniforms may include team t-shirts, fleece outfits, warm-ups, etc.)
   4. All of your grooming is to be complete before the designated time. No jewelry is allowed. If you are caught grooming while on the field/court, you will receive a verbal warning or be escorted off the court/field.
   5. Attention is to be given to the game and not to friends on the sideline. Kissing/hugging. Or showing affection to significant others while in uniform is prohibited and may be an automatic suspension of one game. You are representing Lindbergh when in uniform.
   6. Keep all megaphones, poms, signs or other props away from students or spectators.
   7. No apparent arguing between team members. You must treat all members with respect and dignity regardless of your personal feelings toward that person(s). If coach sees or a complaint if logged from spectators or administration, consequences will be given.
   8. You will display good sportsmanship at all times. This includes but is not limited to, teachers, faculty, classmates, team members, opposing teams, etc. if a complaint is logged, penalties will be given. You represent each other and you represent Lindbergh. Attitude and presentation is everything!
   9. No stunting or tumbling is allowed unless an advisor is present! If this occurs, removal from the squad is mandated.
   10. After you have been suspended more than two times for any apparent reason (including those listed) you will be removed from the squad.
5. Uniforms:
   1. Uniforms are not to be worn out in public other than schools, games, competitions or fundraisers unless directed by the coach.
   2. Each cheer team member is expected to pay for his/her own uniform costs and other miscellaneous costs that may arise through Varsity and their payment system we will have set-up. There will be 3-4 payments w/ deadlines spread out after fittings and by the end of summer for the different pieces to help lessen the burden of these costs. It is important these are made on time, or you risk not getting your uniform pieces on time.
   3. An initial deposit must be made by ALL cheerleaders to Lindbergh to go towards their summer cheer camp fee - $200 and the remaining balance will be due before school is out for summer.
6. Appearance:
   1. Any appearance or action that detracts from the team shall be corrected for the sake of representing Lindbergh.
   2. Excessive make-up, dangling earrings, bracelets, bandanas, belly button rings, exotic hair coloring, facial piercings, etc., that are not part of the uniform shall not be worn. Exceptions to this are for spirit days, or medical bracelets/necklaces. These must be taped down during all practices, games and performances. Bra straps must not be showing at any time; if they are sowing, you cannot cheer. No other exceptions.
   3. Hair shall be worn neatly and away from the face. Hair must be up during stunting (this includes everyone), no exceptions. If we choose to do a certain hair style and wear a certain bow, you must match.
   4. No primping or grooming in front of the crowd, go to the bathroom to do so. Refer Activities PartC
7. Grounds for Dismissal:
   1. Smoking, drinking or use of drugs will be immediate grounds for dismissal. This includes cigarettes; even if you are of age 18. You will be brought in for a meeting with the coach (and school administration) if any one brings forth a claim against you regarding this.
   2. Violation of any of the rules and regulations for cheer as stated above.
   3. Unanimous vote of coach and/or administrator(s) for incidents not covered in this document.
   4. You will immediately removed from the team after verbally arguing with the coach, swearing at/towards the coach, disrespecting the coach or quitting the team. No warning will be issued and no meeting will take place to dispute this dismissal.
   5. Dropping out of school.
   6. Leaving Lindbergh High School to attend another school or graduating.
   7. Accumulating 15 or more points.
8. Budget:
   1. All prices of uniforms and accessories including shoes, poms, etc are subject to change depending on style, color, design, etc.
   2. Fundraisers are based on an individual and team commitment. If you don’t put in the time and effort for a fundraiser you hurt the team in doing so. The money we raise for fundraisers goes towards transportation, game day boxes, supplies, t-shirts, team bows, comp fee’s, equipment, end of the year banquet, etc. If we don’t raise the money for necessary items then members of the team may have to purchase the items for themselves.
   3. If removal from the squad occurs or you decide to quit you are responsible for your entire bill within two weeks of dismissal/quitting.
   4. If you are removed from the team or you quit then you will not participate in group fundraisers are expected to pay off any debt within two weeks on your own.
   5. Failure to pay off debt will result in the bill going to collections.
   6. Although fundraising is based on an individual commitment, those fundraisers need involvement from the entire team in order to function such as mini cheer camp, car washes, senior bbq, etc. are mandatory for your participation.
   7. The coach’s primary job is to coach the team, and thus parent involvement is necessary for fundraising. The number of fundraising opportunities will be determined by the parents/cheerleaders outside of what the coach does. You will have to organize, submit paperwork, get approved lead and run them. All fundraising has to be discussed and cleared with the coach prior to activity. Coach can show you what paperwork is necessary.
9. Competitions:
10. This year we will be competing in 2-4 cheer competitions between November and January.
11. If we qualify we will go to the WIAA State Cheer Comp. and we will go & compete there. They held it in Vancouver this past year.
12. There may be competition fee’s you will have to pay. This will depend on our fundraisers. If we raise enough money and it’s in the budget to pay for everyone’s fees then that’s another story.
13. Competing is serious. It is important that everyone is committed at the same level and we all have the same goal.
14. If you are not showing the level of commitment needed, you risk your spot being given to someone else in stunts, formations, etc.

POINT SYSTEM

½ POINT

1 POINT

2 POINTS

½ POINT

½ POINT

½ POINT

½ POINT

½ POINT

½ POINT

1 POINT

2 POINTS

2 POINTS

TBD W/ Coach

3 POINTS

Unexcused Tardiness

Any tardy beyond 20 minutes will be considered an absence

Chronic Tardiness will not be tolerated

Unexcused Absence

Unexcused absence the day prior to and/or the of day of a performance

And absence will be excused only if prearranged and accompanied by a parent/guardian note. In the case of illness, the coach or captains MUST be called prior to practice. If a member fails to prearrange or call in, their absence will be treated as unexcused.

School related tardiness w/ note (over 15 minutes)

Late “assignments” (grade checks, forms, etc.)

Swearing (practice/in uniform)

Parking in the handicap section near the gym

Failure to dress appropriately for practice

Failure to bring poms

Failure to bring any part of the uniform to an event

Failure to Attend a Game/Performance

Regardless if the team member is performing

Disrespectful or rude behavior

Uniform misconduct

Failing a Core Class resulting in probation

**ACCUMULATION OF 10 POINTS – ONE WEEK SUSPENSION**

**ACCUMULATION OF 15 POINTS – TERMINATION FROM THE TEAM**

***Point System time periods:***

*July – end of football season*

*Basketball Season – End of year*

*\*points reset for each time period*

**Attendance Policy**

The day prior to and the day of a performance no absences will be accepted (excused or unexcused). Should a team member be absent the day prior to and/or the day of a performance he/she will not be eligible to perform. (Please also see participation). A tardy is considered an absence when the tardy exceeds 30 minutes.

**Excused Absences/Tardies:** illness, family emergency, power outage, observed religious holidays and car problems. In order for teacher help, homework help, etc. to be excused I need a note from the teacher.

**Unexcused Absences/Tardies:** sleeping in, couldn’t find keys/backpack, birthday dinners, family parties and events, vacations (other than summer), work, other club meetings, dentist/doctor appointments, hair appts etc.

In order for an absence to be excused the team member must call the captain or the coach **PRIOR** to practice. ***Upon the team members return a parent note will be expected.***

All dental, doctor, hair, academic make up tests, vacations (other than summer) or other appointments need to be made around the cheer schedule.

* **Budget Breakdown of Uniform and Accessories -**

***Cheer Camp @ Great Wolf Lodge Payments -***

Deposit Due April 19th $200.00

Remaining Balance Due Date TBD  $227.00

    TOTAL\_\_\_$427.00\_\_\_

***Order #1 –PAYMENT DUE MAY***

Camp wear Package:  $110.16

3 tshirts, 3 motionflex shorts

Football Jersey $70.95

Motionflex Leggings $54.95

Shoes  $55.00

Subtotal $291.06

Shipping and Tax $51.07

   TOTAL \_\_\_$342.13\_\_\_

Note: Tax and shipping and handling are just an estimate and prices may vary slightly at the time of order

***Order #2 –PAYMENT DUE JUNE***

Glitter Backpack with Lettering  $83.95

FB Skirt with Grad Year (FILL-IN ’17)  $93.45

Hair bows -4 bows  $58.80

Metallic Poms  $41.50

Socks  $17.95

Subtotal $295.65

Shipping and Tax $51.88

   TOTAL \_\_\_$347.53\_\_\_

Note: Tax and shipping and handling are just an estimate and prices may vary slightly at the time of order

***Order #3 - PAYMENT DUE JULY***

Warm-up Jacket with Lettering  $151.70

Motion flex Body liner with Lettering & BBall Skirt  $163.00

Subtotal $314.70

      Shipping and Tax $55.22

   TOTAL \_\_\_$369.92\_\_\_

Note: Tax and shipping and handling are just an estimate and prices may vary slightly at the time of order

***Order #4 - PAYMENT DUE AUGUST***

Polar Fleece Jacket with Lettering (FILL-IN ’17)  $111.45

Subtotal$111.45

Shipping and Tax $19.56

              TOTAL \_\_\_$131.01\_\_\_

Note: Tax and shipping and handling are just an estimate and prices may vary slightly at the time of order

*(returners total expected to be less)****Grand Total : $1,615.59***

*\*\*\*\*\*\*All pricing & pieces subject to change, this is from our 2018-2019 season*