

SVHS JV/Varsity Cheer Squad Tryout Packet

2020
2021

Applications Due: Submit e-signed form by May 6, 2020 (*form link on page 5*) or drop off paper copy at the May 6 SVHS Food distribution.

Tryouts:

Saturday, May 9, 2020 BAND app login information will be sent to all candidates
Monday, May 11, 2020 Content will be posted to the BAND app
Wednesday, May 13, 2020 Tryout videos should be submitted by 4:00 pm

Team Announcement:

Saturday, May 16, 2020 Roster will be posted to the tryout BAND app (we hope to post by noon)
(We ask for your patience as this is very new and all judges are currently working full time. We may send the roster before or after this date but will definitely update 5/16 if we need.)

Parent/cheerleader meeting

May 23, 2020 5:30 pm **zoom link will be sent.**

We will give instructions on how to order clothes, fundraiser information, review current summer/fall plan & team expectations. We will host an in-person meeting once allowed this summer/fall as well.

TRYOUT REQUIREMENTS

Tryout attire should be dark shorts, plain light tops (tucked in), white socks and gym shoes. Long hair must be put up and no jewelry may be worn. These are suggested guidelines to offer the best opportunity for the judges to look at only skills free of visual distractions.

Skill evaluation will count for 75% of your total score.

Jumps	Sidelines	Cheer
Dance	Showmanship	Spirit

Coach's evaluation will count for 25% of your total score. You will be judged during all practices and at tryouts.

Effort	Potential
Eligibility	Overall Impression

Team Size (The coach & AD reserve the right to alter squad size if they deem necessary)

10 Fresh/Soph and 10 Varsity Football Cheerleaders

10 Fresh/Soph and 10 Varsity Basketball Cheerleaders

12 +4 alternates all grades (Basketball only) Competitive Squad

June (tentative) - Cheerleaders trying out for Competitive team will practice routine elements

July (tentative)- all competitive practices must cease & sideline practices/camps begin

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Late October (*tentative*) - competitive tryout & roster announcement

The following packet serves as a contract with the SVHS Cheer Squad. Failure to adhere to the following may be cause for dismissal.

Expenses (*subject to change*)

Each cheerleader will need to purchase: (if previously purchased, must be in game day condition)

- Shoes → Spirit = \$50 Competitive = \$100
- Uniform pants = \$65
- Uniform pullover = \$80
- Uniform body liner = \$70
- Briefs = \$20
- Competition bow = \$30
- Camp ~ \$370
- Bag (optional)
- Sweatshirts, t-shirts, ribbons, other team items (optional)

The squad owns: jackets, uniform shells, and skirts.

A payment schedule will be issued and all costs will be payable before game day participation is allowed. Payments may be paid in full or follow the payment schedule provided.

Rules & Regulations

1. Absences: It should be remembered that to be selected as a cheerleader is an honor. Therefore, all persons selected are expected to work above and beyond what is required. The coach reserves the right to determine whether or not an absence is excused. Tests, course make-up work, doctor and dental appointments should be scheduled on non-practice days. Excessive appointments will be considered unexcused. ***One unexcused absence will result in benching from one game. Two unexcused absences will result in dismissal from the squad. Due to significant absences in past years, resulting in ineffective practice time for those present - this policy will be heavily enforced.***
2. Ineligibility: If a student is ineligible they should attend practices but will not cheer for that week. They must come to the game in uniform and sit with the squad.
3. Practice sessions are required. Practices will be 2 to 3 days per week or as determined necessary by the coach. If the coach determines that practice time is not being utilized, she may call extra practices. Basketball cheerleaders will be eligible for the competition squad. Extra practices will be needed at various times throughout the seasons; the competitive team usually practices 3-5 days a week.
4. All squad members are expected to participate in a fundraiser and community service project sponsored by the squad.

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Team constitution

- You will be on time for practices, games and bus transportation.
- You will use practice time efficiently and practice full out.
- You will arrive at the game at the designated time and **check in** with the coach.
- You will be back from halftime & on the cheer surface with 1 minute left on the clock.
- You will be ready for practices and games with proper attire
 - team designated shoes and hair up – no gum, candy, jewelry, or long/acrylic nails (IHSA/NFHS Rule 2 Sec 2)
 - You will not be allowed to stunt if NFHS Rule 2 Sec 2 is in violation.
- There will be no unnecessary talking to players, spectators, or other cheerleaders.
- There will be no cellphones on your person or used during **practice/game** time.
- Not saying the words while cheering, talking during the National Anthem or not singing the school songs is disrespectful and will not be tolerated.
- You will not wear school issued attire on non-game days.
- You must maintain good sportsmanship.
- You will greet other cheerleaders warmly and strive to maintain good public relations with other schools through their cheerleaders.
- There will be a **ZERO TOLERANCE** approach on all drug, alcohol & tobacco violations.
- SVHS/Meridian handbook rules & regulations will be followed at all times.

The coach may bench, suspend or dismiss a cheerleader at any time for abusing rules or disrespectful behavior toward the coach and/or other school personnel. All decisions by the coach & Athletic Director will be final.

Cheerleader Schedule

Fall= All home & away games. Winter=All home & select away games.

The competitive squad will be announced in October; those interested in participating **must** attend competitive practices during the summer. Per IHSA, the routine elements may be taught in June. How you learn & perform the routine elements, as well as, how you condition & improve during competitive noncontact months July-September will decide who makes the team in October. Close decisions will be decided by Coach & AD based on eligibility, work ethic and tryout scores.

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Demerits

Earning 6 demerits will bench a cheerleader for one game.
Earning 12 demerits will be cause for removal from the squad.

Cheerleaders/parents/athletic director may inquire about demerits/merits at any time. The coach will remind cheerleaders of demerits/merits at her discretion. It is the cheerleader's responsibility to check in on their status throughout the season.

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| ● Unexcused absence from game/performance | 6 demerits |
| ● Unexcused absence from practice | 4 demerits |
| ● Failure to contact coach before absence | 2 demerits |
| ● Disrespect to coach | 1-4 demerits |
| ● Disrespect toward teammates | ½-2 demerits |
| ● Late for game | 2 demerits < 10 min
4 demerits > 10 min |
| ● Missing bus | 2 demerits |
| ● Late for practice | 1 dem < 5 min 2 dem > 5 min |
| ● Not utilizing practice time or practicing full out | 1-3 demerits |
| ● Leaving game early | 1 ½ demerits |
| ● Leaving practice early | ½ - 2 demerits |
| ● Being late back from half-time | ½ demerit |
| ● Candy or gum while cheering, including practices | 1 ½ demerits |
| ● Improper attire for practice | ½ demerit |
| ● Improper attire for games | 2 demerits |
| ● Long nails (real or fake) | 2 demerits |
| ● Profanity | 2 demerits |
| ● Hair not up, jewelry of any kind | 2 demerits |
| ● Unnecessary talking to players or spectators | 1 demerits |
| ● Not saying words while doing sidelines | ½ demerit |
| ● Talking during the National Anthem | ½ demerit |
| ● Missing the National Anthem | 1 demerit |
| ● Not singing the school songs | ½ demerit |
| ● Use of cellphones during game/practice | ½ - 2 demerits |
| ● School suspension | 3 demerits |
| ● Wearing school issued attire on non-games | 1 demerits |
| ● Failure to follow other rules designated in the constitution, school handbooks or by coach | ½ - 3 demerits |

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Cheerleader Tryout Application

TO SUBMIT PAPER COPY: Print the following and drop off PAGE 5&6 to SVHS May 6 during Food Distribution hours
TO SUBMIT DIGITALLY use the following [link](#) - your submission is considered an e-signature bit.ly/SVHScheer

Personal Information:

Candidate Name: _____ Primary #: _____

Parent/Guardian Name: _____ Primary #: _____

Address: _____ City: _____

Candidate school email: _____@students.meridian223.org *(This will be the email we send tryout content to)*

Parent email: _____

GPA: _____ 2019/20 Grade: 8th FR SO JR Date of Birth: _____

(circle all seasons that you are applying for) Football / Basketball / Competition

Other Information:

Will you be attending classes outside SVHS during the Fall/Spring semesters? (RVC, Byron, Bago)

* Virtual Tryouts are not our normal protocol. Please reach out to Coach Hurt at any time if you have questions or concerns. Please follow the "safe-stretching" regimen to ensure a safe virtual tryout experience. Meridian CUSD #223 is not liable for any injuries during virtual tryouts.

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My child, _____, has my permission to try out for the cheerleading squad(s) at Stillman Valley High School. I understand that he/she must abide by the rules and regulations set forth for all sports and activities at Stillman Valley High School and by the rules stated in the Cheerleader/ Athletic Contract. I understand that cheerleading can be a dangerous sport. I understand that there will be expenses for being selected for the cheerleading squad that must be paid prior to the first game day.

I _____ understand that I may request my student's scores. By law, all other student scores are protected and can not be shared. As well, rank scores will not be shared. Original judges' score sheets will not be released to parents or students. All records and scores will be purged prior to the next year's tryouts. All squad decisions are final. I understand, per the MCUSD athletic handbook, I will wait 24hrs before contacting the coach with any concerns.

Parent/guardian Signature: _____ Date: _____

I, _____, am interested in being on the cheerleading squad at Stillman Valley High School. I understand the risks and the commitments required. If elected, I promise to abide by the rules and regulations set forth by the coach(es) and the administration of Stillman Valley High School. I promise to cooperate and follow the instructions of the coach and abide by the rules and regulations in the Cheerleading Constitution.

Candidate Signature: _____ Date: _____