

# KENTLAKE HIGH SCHOOL CHEERLEADING TRYOUT PACKET

## 2018-2019, VARSITY AND VARSITY COMPETITION

### CHEERLEADING SEASONS

Thank you for your interest in trying out for KLHS cheerleading. In this packet, you will find the following: tryout information with a list of important dates, an information sheet, the 2018-2019 Rules for Cheerleading, and the Statement of Permission and Agreement. You will also need to complete Kentlake's FamilyID Online Athletic Registration. Go to <http://www.kent.k12.wa.us/Page/6213> to access the online registration. Here you will find everything you need to register your FamilyID account. Please read and understand all the enclosed information before tryouts.

### **TRYOUT INFORMATION MEETINGS:**

Information meeting for prospective cheerleaders and Parents:

- Wednesday May 30<sup>th</sup>, 2018 ; 6:30pm KLHS Room 1100

### **TRY OUT WEEK INFORMATION:**

• Links to YouTube videos of the tryout cheer and dance can be found here:

- Dance Demo: <https://www.youtube.com/watch?v=Zp4MCTQd0As>
- Dance with Counts: <https://www.youtube.com/watch?v=7AyHs6m6Xi0>
- Chant Front View: [https://www.youtube.com/watch?v=HPEn5\\_zGp0w](https://www.youtube.com/watch?v=HPEn5_zGp0w)
- Chant Back View: <https://www.youtube.com/watch?v=5addxudiWQA>
- Cheer Front View : <https://www.youtube.com/watch?v=byHlg5GyNdM>
- Cheer Back View: <https://www.youtube.com/watch?v=DvtPKkY6ZDk>

If you have trouble accessing the links above, please send an email requesting the videos

[cheercoach.whitman@gmail.com](mailto:cheercoach.whitman@gmail.com). Include in your email your name, grade, and what school you attend.

- Try-outs will be held on Friday June 7, 2018 beginning at 4:00pm in KLHS Auxiliary gym until all candidates have tried out.

### **Eligibility:**

To be eligible in the fall/spring of 2018-2019 for cheerleading, a student must have:

- Passed 5 of 6 classes taken the previous semester
- Achieved a 2.0 grade point average for the previous semester
- Athletes not meeting grade requirements will be put on a weekly grade check program and must show progress each week in order to stay on the cheer squad. Once a cheerleader meets the 2.0 grade standard they will be permitted to cheer at events.
- Cheerleaders on a weekly grade check program are still expected to participate at all practices, attend all scheduled games and events, and perform cheer duties.

### **Important Dates:**

- **May 1, 2018: Family ID Registration for Cheer and Dance Opens**
- **June 1, 2018: Family ID Registration Closes**
- **June 1, 2018: Cheer Application and Cheer Packets Due by 2:15pm**
- **June 4-6 3:00pm-5:00pm: Cheer Tryout Clinics 3:00pm-5:00pm KLHS Auxiliary Gym**
- **June 7, 2018: Formal Judged Cheer Tryouts begin at 4:00pm and end when all candidates have had a chance to complete tryouts in groups of 3**
- **June 11, 2018 2:30pm: Tryout results posted outside of Auxiliary Gym KLHS**
- **June 11, 2018 3:00: Tryout results posted for Middle Schools outside main office**
- **TBD with new coach: Mandatory Cheerleader and Parent/Guardian Meeting**
- **TBD with new coach Uniform Fittings, UCA Camp Deposit**

## **The following MUST BE completed BEFORE you can participate in tryouts:**

- High School Athletic Online registration (Go to KLHS Athletic web site to register <http://www.kent.k12.wa.us/Page/6213> )
  - A current physical examination is completed prior to participation at the senior high level (grades 9-12) and for **ALL** incoming Freshmen it must be dated **AFTER JUNE 1st OF THE 8th GRADE YEAR**. (Form is found online at KLHS Athletic Site)
  - Physicals may be valid for 24 months from the date of the examination if all conditions are met.
  - Physical expiration dates must extend beyond the respective WIAA season ending date.
  - Expiration dates occurring within a sport season shall require a new examination prior to that season.
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- Insurance Waiver and Release Form (done with online registration at <http://www.kent.k12.wa.us/Page/6213>)
  - Completed Information Sheet
  - Statement of Permission and Agreement
  - A skyward copy of your 2017-18 first semester grades.
  - A skyward copy of your attendance record for 2017-2018

**Note:** *The deadline for turning in this paperwork is **Friday, June 1, 2018 by 2:15pm**; however, the earlier you can get this paperwork in, the better. **Participation in cheer try-outs will be prohibited if any of the forms are missing or incomplete.***

### **Selection of the cheerleaders will be based on the following:**

- A cheer, chant, and dance that will be taught via YouTube Videos
- Jumps (A toe touch, and a front hurdler are required- descriptions and pictures of these jumps can be found on the UCA website).
- Athleticism and physical fitness
- Scholastic achievement and eligibility
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, interview and coachability
- Total of five teacher evaluations

### **What do you wear to tryouts?**

- On official try-out day, June 7, 2018 you will need to wear dark colored shorts (black or navy blue) and a solid white t-shirt or tank top. Your hair should be off your shoulders, and no jewelry should be worn or artificial nails.
- Please do not wear any previous cheerleading or dance attire during tryout week.

Again, all paperwork must be in by 2:15pm, Friday June 1, 2018. You can either drop the paperwork off at KLHS main office to the Cheer Mail Box or mail it to Kentlake High School, c/o Eleanor Whitman, 21401 SE Falcon Way; Kent, WA 98042.

We look forward to seeing you at tryouts. If you have any questions, please contact Eleanor Whitman at [cheercoach.whitman@gmail.com](mailto:cheercoach.whitman@gmail.com) .

Thank you again for your consideration of becoming a KLHS Cheerleader,

## Estimated Costs

We realize that Cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fund raising set up by our parent booster club and taking care of the uniforms and equipment what we have. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through a vendor directly as soon as teams are decided as it may take up to 9-10 weeks for production.

Each cheerleader will be responsible for paying for their uniforms and all cheer gear that includes all accessories and spirit wear. While I can't give you an exact amount I can give you an estimate that should be fairly close.

Uniform:	\$175
Shell and Skirt	
Warm Ups and Accessories:	\$250
Water resistant Jacket w/ hood	
Water resistant pant	
Socks	
Briefs/Spunks	
Poms	
Liner	
Bows and Shoes:	\$80
Spirit Wear	\$75-\$150
Estimated Total:	\$490 + shipping and Handling
UCA Camp (TBD)	\$250-400 per cheerleader

Additional Costs:	
Assorted KLHS spirit wear	\$30-\$50
ASB Fee	\$30
Cost of Team Bonding Events	\$10-\$20/per event/cheerleader
Misc. Spirit Gear (tutu, t-shirts etc.)	\$50-\$80/cheerleader

As you consider the financial responsibility, please keep in mind that Kentlake Cheer has a Parent Booster Club that supports the needs of the Kentlake Cheer program. They provide multiple fund raising opportunities throughout the year to help offset the high cost of cheerleading for our cheer families. Also, uniforms are a first year investment. Uniforms and warm ups will only need to be replaced if they are damaged beyond repair.

## Information Sheet

Please complete the following information. Please write LEGIBLY.

I am interested in (circle the squad(s) you want to participate in):

**KLHS Cheer Fall**

**KLHS Cheer Winter**

**KLHS Cheer Fall and Winter**

**KLHS Sparkle Cheer**

Student Name:	Student ID #:
Current Grade Level: Circle one <span style="margin-left: 100px;">8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup></span>	School you attended 2017-18:
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/ Medications (Please describe in detail):
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Were you involved in any behavior infractions (ISS or OSS) or received a referral during the 2017-2018 school year? If yes, please explain on a separate sheet of paper. Reporting such behavior infractions does not disqualify you from cheer tryouts. However, failure to report could result in being dismissed from KLHS Cheer at the time it is discovered.

## 2018-2019 Rules for Cheerleading

### Purpose

The objective of the Kentlake High School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for KLHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for KLHS.

### Squad Members and Practices

- Members will be chosen at the formal tryout session.
- The Varsity and Competition squads will cheer at all Varsity football games, competitions, assemblies, and pep rally events.
- Freshmen typically do not make a Varsity Competition squad; however, exceptions can be made at the coach's discretion.
- If a member of a squad is removed from a position, a replacement will be determined by the coaching staff.

### Practices and Games

- Squads will have up to 3 practices each week. A tentative schedule will be given out at the beginning of each month. All practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are usually held on Fridays and some Thursdays & Saturdays for Varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.
- During winter season, games are normally held on Tuesdays, Thursdays, Fridays and some Wednesdays. Occasionally, games may be held on other days of the week (especially during inclement weather when games must be pushed to the next night).

### Attendance Requirements

- ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, drivers education classes, etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend 100% of every practice, event, and games. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be **notified by a parent or guardian** in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please send a text message to all coaches to notify them of any absences. It is important that all coaches are notified all at the same time.
- As stated in the Guidelines for Kentlake Athletes, students must be present half the school day (4 full class periods) to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS. In addition, the athlete will be benched for ISS, counseled and/or dismissed from the squad for OSS.

### Grades

- A minimum of 2.0 GPA must be maintained throughout the cheering season.
- Because cheerleaders are students first and athletes second, weekly progress reports will be performed by the Athletic Director and provided to the coach for monitoring academic progress.
- If at any time you are falling below the minimum academic requirement the Athletic Director will notify the Head Coach.
- From the time you are reported as below the minimum academic requirements you must show weekly progress towards bringing your grades up by attending tutoring sessions and/or getting extra help from your teachers Failure to do so will result in benching at a minimum and dismissal from the squad at a maximum.

### Tutoring

- Cheerleaders are encouraged to attend tutoring on all off days.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the coach and bring a note to practice from the teacher.

### Uniforms & Spirit Wear

- Uniforms are purchased by the individual cheerleader. If for any reason a cheerleader quits or is dismissed, he/she is not given a refund.
- Washing instructions will be provided when uniforms are distributed.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform.
- Spirit Wear for the current cheering season is considered part of your uniforms. As such, caring for spirit wear is an expectation.

### Fund Raising

- Every cheerleader will be expected to support all fundraising events which support the team.
- Failure to participate in fundraising and not meeting your financial responsibilities as a KLHS Cheerleader can result in dismissal from the squad.
- Turning in fundraising money after the due date will result in being benched.

### Transportation

- If a parent is going to pick up their cheerleader at an away game, the coach must speak to the parent at the game. If the coach is unaware of a change in transportation, a cheerleader may get left behind because the coach assumes the parent will be there and will not account for her on the bus ride back. The coach cannot go searching through the parking lot for parents. They must come and see the coach before you leave with them. If the parents do not speak to the coach, you are expected to ride the activity bus back to Kentlake.
- Your parent is the only one you are allowed to leave a game with, not friends.
- Cheering is not allowed on the bus. It distracts the driver, coaches, and other team members.

### Expected Behavior

- All KSD and Kentlake High School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing, cheerleaders must not:
  - ⊗ Drink alcoholic beverages
  - ⊗ Use controlled substances
  - ⊗ Use tobacco products
  - ⊗ Show unsportsmanlike conduct
  - ⊗ Use profanity
- Show displays of affection
- Be academically dishonest
- Cheerleaders must wear the designated uniform or spirit wear to school on the day of a game.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders cannot wear or loan KLHS cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and can be grounds for dismissal.

***\*Being in correct uniform means wearing the appropriate uniform—sports bra, briefs/spanks, hair bows, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.***

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command via email only: Assistant Coach, Head Coach, Athletic Director.

## Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Kentlake High School, your coaches, your teammates, and yourself for the **complete season (Fall, Winter, Fall & Winter, Competition)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of Kentlake, you must **maintain proper behavior** at all times. You must follow the cheerleading guidelines set forth in the Kentlake High School Cheerleading Handbook. Students who break the rules will be disciplined. By making this commitment to the Kentlake High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest in the Kent School District and the state of Washington.

### Student Agreement

I, \_\_\_\_\_, have read and understand the 2018-2019 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

### Parent/Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the 2018-2019 RULES FOR CHEERLEADING and the 2018-2019 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

### Essay Questions

Please keep your responses short and simple. However if you need more room, you can attach a separate piece of paper. You may also type your answers on a separate sheet of paper. Answers need only be 2-5 sentences.

1. Why do you want to try out for Kentlake Cheer?

2. What are your 3 best qualities that make you a great choice for Kentlake Cheer?



**3. Do you play any sports and/or work after school, or engage in any other activities which take up more than ten hours of your week? How do you see yourself balancing these responsibilities and cheerleading?**

**4. Do you plan on or have interest in participating in additional KLHS clubs and/or activities other than cheer.**

**5. Do you have cheerleading experience?**

**Personal Commitment:**

Being a cheerleader is both physically and mentally demanding. Anyone can be a cheerleader if they are willing to commit to rigorous conditioning in order to meet the physical and mental demands. While conditioning exercises are built into our practice schedule it will be up to the individual cheerleader to keep fit by managing their time as a student athlete, eating well, and getting enough rest throughout the year.

**Time Commitment includes but not limited to the following:**

Mandatory Summer Camp 3 Day Camp **TBD**

Summer practices 2-3 times per week time TBD

Summer Bonding Events

Summer Fundraising events

Practice 2-3 times per week in the fall and winter

All home and away varsity football games

All home games of Boys and Girls Basketball Varsity Games

All home Varsity wrestling matches

All local, regional, and state playoff games

Participation in cheer duties (making signs, posters and attending team meetings)

**WHAT TO EXPECT AT TRYOUTS:**

- Each Candidate will be required to perform a typical conditioning session on two days of the tryout clinic that will consist of a 1 mile run, 10 push-ups, 90 second plank, 20 burpees, 30 various squats, 90 second wall sit
- Each candidate will be required to perform the following at the tryouts on Friday May 19, 2017:
  - One sideline cheer with your cheer group
  - One chant with your cheer group
  - One Dance with your cheer group
  - Jumps (toe touch, front hurdler)

Here is what the judges will be scoring you on: 12-48pts

Component	Poor (1)	Fair(2)	Good (3)	Perfect (4)
Appearance				
Motions				
Vocal				
Eye Contact				
Energy				
Enthusiasm				
Group Cheer				
Group Sideline Cheer				
Group Dance				
Jump toe touch				
Jump Hurdler				
Rallying on and off				

Here is what will be added to your judges scores based on your performance during tryout week and your application: 0-80 pts

Component	Poor (0)	Fair(1)	Good (5)	Perfect(10)
Physical Fitness Assessment				
Attitude				
Effort				
Grades				
Teacher Evaluations				
Interview with Coaches				
Completed Tryout Application				
Completed Athletic Registration				

## **Cheer leading Tryout Tips**

**It's time to show your stuff. Don't know where to start? Well, here are some hints to help you prepare for T-day.**

### **Application and Registration:**

Pay close attention to the tryout application and registering as a Kentlake Student Athlete. Kentlake now has online registration through Familyld. Make sure you complete all paperwork as well as having a current athletic physical on file with the athletic office.

### **Practice Week**

This is time for the coaches to evaluate how well you work with others. Be sure not to seclude yourself from the rest of the team. Sure, you may be competing against them soon, but they may also be your squad mates. Be confident in yourself. You may not think you are the best cheerleader on the court, but that is not all that counts. Sportsmanship and a great attitude go further than you may think.

### **Shout it Out**

Coaches need to hear your cheers! Work on controlling your volume and projection. Yell from your diaphragm, not your throat, to increase volume and learn to emphasize "key" words in each cheer to keep from becoming monotone.

### **Show Enthusiasm**

Coaches and cheerleaders agree that it's important to have a positive, enthusiastic outlook, especially on tryout day. If you aren't energetic and excited about trying out, your body and your facial expressions will give you away. Be sure to put on a smile all week long before tryouts. Also be supportive and encouraging of others when they try out. If you make a mistake move on. Do not giggle, fuss, or get embarrassed. It is okay to make mistakes. Everyone does it. It is how you handle it that counts. Judges want to know that a mistake does not rattle you.

### **Look Your Best**

On the big day, a minimal amount of makeup looks best. Use a light gloss or lip balm to keep your lips moist and bright. Make sure your nails are trimmed (long nails are a safety hazard) and remove all nail polish. Remember to pull your hair back so that the coaches can see your smiling face! Also, lose the gum. It's a no-go during practice and performance. Remember to wear blue shorts and a white t-shirt to tryouts. Please no writing on either.

### **Relax and Have Fun!**

On tryout day, take a deep breath and have confidence in yourself! Remember to stretch well before you tryout—you don't want a pulled muscle stopping you. If you make a mistake, keep going. The judges may not even notice! But most importantly, have fun out there and remember to smile

## Teacher Evaluation Form

Student's Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Each cheerleading candidate is required to have FIVE of their teachers fill out an evaluation form before they are eligible to try-out. Please take a couple of minutes to comment on each criterion. Your input is an important part of the evaluation process as we are looking for good leaders, not the most popular.

Please rate the student on a scale of 1-5. (1= not so good 5= excellent). Feel free to add any comments on the bottom and back. Thank you for taking the time to do this. We really appreciate your time and input on this.

1-Class Attendance 1 2 3 4 5

2- School Representative 1 2 3 4 5

3-Classroom Efforts 1 2 3 4 5

4-Interaction w/ others 1 2 3 4 5  
(friendly, helpful, kind  
compassionate)

5-Leadership ability 1 2 3 4 5

Additional Comments: \_\_\_\_\_

\_\_\_\_\_

Teachers,

Thank you again for taking the time to give your input.

Please do not give the completed evaluation form to the student. If you are a Kentlake Teacher you can deliver your completed evaluation forms to the Main Office Cheer Mailbox. For Cedar Heights Middle School, Meeker Middle and Mattson Middle School Teachers please place your completed evaluations into a sealed envelope and give back to the student.

Alternatively, all teachers may send your response via email to [Cheercoach.whitman@gmail.com](mailto:Cheercoach.whitman@gmail.com)

If you have any questions, please email Coach Whitman at [cheercoach.whitman@gmail.com](mailto:cheercoach.whitman@gmail.com)

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2- School Representative                1 2 3 4 5

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