

Peninsula High School Cheer Try Out Packet Directions

- COMPLETE ALL PSD FORMS On Family ID website**
Required Student Information for Participation Form
Student Physical Examination (Valid for 2 years) and all additional items requested
We will be doing this at the Pre Try Out Parent Meeting on March 11th

Note:

If a health concern has been indicated student and/or parent must see the school nurse to obtain and attach copies of required medication forms and/or school health care plans BEFORE submitting completed forms to Athletic Department. (inhalers, epi-pens, medical conditions, etc.)

- COMPLETE ALL CHEER FORMS**
Cheer application
Permission Slip
Photo/Grade Sheet

- 6 Teacher Evaluations (provide a copy to each of your teachers)

Once you have signed up on Family ID, the Athletic Secretary will provide me a list of those registered. Remember if you have marked a health concern you will need to see the school nurse before your registration is complete.

Put that form with ALL THE COMPLETED CHEER FORMS together and turn in to Coach Kathy in the PHS Library or into Coach Kathy's mailbox.

Peninsula High School Cheerleading/Mascot PROGRAM TRYOUTS

Dear Parents and Students:

Cheerleading/Mascot is a very important part of Peninsula High School. Holding this **job** is a responsibility. Being a Cheerleader/Mascot is hard work, and requires constant dedication to self, squad/team, school, and the community.

Cheerleaders/mascots should ask themselves, "Why do I want to be a cheerleader/mascot?" Individuals should remember that as part of the cheerleading team, and are a representative of PHS, and are expected to display a positive leadership image at all times. The most important element of high school is a student's academic progress. **Therefore, cheer squad members/mascot are required to have a 2.5 current GPA and be passing in all classes – No F's. Cheerleaders will have grades checked at all major grading periods, starting June 2015. They will follow all athletic office academic probation policies.**

There is a **huge time commitment** involved in being a cheerleader/mascot. Some of the many commitments are: fund-raisers, camp, summer practices, and many hours during and after school. **Cheer commitment comes before other activities!** Candidates should understand that only illness and special family circumstances are legitimate reasons to miss a cheer activity. Because this has caused some conflict in the past, this standard is now being tightly maintained. Many times practices go for longer than planned or the squad is asked to perform at an unscheduled event. This is why it is important to be able and willing to go the extra mile. **Cheer Squad members are required to attend all scheduled practices, meetings and performances in their entirety.** You will not be allowed to leave early to get to work. This is a TEAM.

A detailed estimated schedule for the whole year is provided at the pre try out parent meeting. Make sure to check this for conflicts before you tryout.

Cheerleading can be expensive. The school does help with some of the camp cost and transportation, but students are asked to pay for anything not covered. Again, a detailed cost sheet is in the program guide. Fundraising opportunities will also be available. You will be given a payment plan to follow and will be based on your balance after fund raising. **Returning members must have a \$0.00 balance on their ASB account to tryout. All items are purchase through ASB, therefore any unpaid balance is a fine held against you from the school.**

Being a part of the cheerleading team can be some of the best memories and times of your life. Cheerleaders/mascot will get to know each other in such a way that it cannot be compared to that of any other team. I wish all of you the best at tryouts; enjoy the experience and GOOD LUCK TO YOU!

Kathy Crowley
Peninsula High School Cheerleading Program Head

Peninsula High School Cheer Try-outs

Try-outs for the Peninsula Seahawks cheerleading team for the fall 15 - 16 season are April 6 - 11. Girls and boys currently in grades 8 through 11 are eligible. ***Try-outs are at Peninsula HS from 6:00PM – 8:30PM, with final tryouts on Saturday, April 11 starting at 10 AM.*** Please complete the required paperwork from the athletic/activities office before try-outs. Include 6 teacher recommendations. **There will be a MANDATORY parent meeting on Wednesday, March 11 at 6:30PM at the Peninsula HS Auditorium. If you do not attend this meeting your child will not be allowed to try-out. Please let me know if you are unable to attend**

Please read **ALL THE PAPERWORK** and sign in all areas where required. **Do not forget your child's physical.**

***The activities office must clear all candidates for participation.
Check with the athletic office and get the green ticket!***

All candidates should have at least a 2.5 before considering trying out.

All girls trying out are required to perform:

Cheers/chants
Dance
Stunting
Jumps
Tumbling (Round offs, Back Handsprings, etc)

All boys trying out are required to perform:

Arm movements
Stunting
Jumps
Tumbling (Round offs, Back Handsprings, etc)

The coaches make the final selection and a list will be posted on April 11th on our web site.

General Requirements

- Practice/conditioning/weight training plus games will be 5 days a week, ***minimum***
- we cover all regular season and any post season events (playoffs)
- there will be some Saturday events
- ***must have a current physical***

Cheer Season requirements (Fall and Winter)

- ***Minimum 2.5 GPA to cheer***
- The activities office must clear all candidates for participation.
Check with the athletic office
- ***All cheerleaders have to abide by the athletic code. This is a 12-month policy.***
- Cheerleaders need to be passing all classes at all times
(Grade checks will be done at all major grade periods)
- Attendance at all practices, no exceptions (No practice, no game that week)
- Cheerleaders cheer at football
- Are in uniform and cheering from the stands for soccer and volleyball as needed
- Assist at swim/dive meets and cross country
- Cheerleaders cheer at home basketball (boys and girls) & wrestling and attend post season
- ***We compete at 2 – 3 competitions, to qualify for the state championships***
- All cheerleaders are required to participate in fundraisers, assemblies and community events as required by the coach.
- ***All cheerleaders are required to have a current physical (within the past two years)***
- ***You cannot participate on other sports teams during this season (in or out of school)***

Peninsula High School Cheerleader/Mascot
2015 – 2016 TRYOUT SCHEDULE AND DATES TO REMEMBER

PLEASE CHECK OFF THE FOLLOWING AS YOU COMPLETE THEM:

- | | | |
|---------|--|--------------------------|
| ___ 1: | Wednesday, March 11 th Student Information Meeting | 2:15 pm PHS Library |
| ___ 2: | Wednesday, March 11 th Mandatory Parents and Student Tryout Meeting | 6:30 pm PHS Auditorium |
| ___ 3: | Thursday, April 2 nd All forms are due to the coach by 3:00 pm | Cheer box in Main office |
| | <ul style="list-style-type: none">• PSD Sports Eligibility and Physical Exam Form (GREEN TICKET)• Parent Permission Slip• Application and Contract including Question Answers• Picture Sheet• Handbook Signature and Acknowledgement• 6 teacher evaluations (teachers will return them to me)• Returning members - \$0.00 balance on account | |
| ___ 4: | Monday, April 6 th Cheerleading/Mascot Tryout Clinic | 6:00 – 8:30 pm PHS Gym |
| ___ 5: | Tuesday, April 7 th Cheerleading/Mascot Tryout Clinic | 6:00 – 8:30 pm PHS Gym |
| ___ 6: | Wednesday, April 8 th Cheerleading/Mascot Tryout Clinic | 6:00 – 8:30 pm PHS Gym |
| ___ 7: | Thursday, April 9 th Cheerleading/Mascot Tryout Clinic | 6:00 – 8:30 pm PHS Gym |
| ___ 8: | Friday, April 10 th Cheerleading/Mascot Tryout Clinic | 6:00 – 8:30 pm PHS Gym |
| ___ 9: | Saturday, April 11 th Tryouts | 10 AM PHS Gym |
| ___ 10: | Wednesday, April 22 nd New Team Parent Meeting | 6:00 pm PHS Library |
| ___ 11: | Thursday, April 23 rd Practice/Uniform Fitting | 6:00 PM |

ALL ACTION ITEMS/FORMS DUE APRIL 2nd MUST BE COMPLETED BY THIS DUE DATE OR YOU WILL NOT BE ALLOWED TO TRY OUT

GOOD LUCK TO ALL OF YOU!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! ☺

TRYOUT RULES 2015-2016

1. Attendance

- a. You must be fully dressed and in the gym at 5:45 PM, for clinics and 9:45 AM for final tryouts.
- b. If you have to be late or miss a clinic, pre-arrange it with the head coach. You will still be responsible for learning the routines on your own.
- c. It is extremely important to be on time. You have a lot to learn in a short amount of time.

2. Clothes and Attitude

- a. Wear shorts, T-shirt and athletic shoes for clinics (dress in school colors)
 - i. **No midriffs showing or short shorts; you will lose points for that**
- b. Put your hair up for practice and tryouts (WIAA Rules) **Nice Pony Tail not a messy one**
- c. Only water will be allowed at the clinics and the tryouts. No food or gum. Snacks should be eaten beforehand.
- d. Absolutely no jewelry (WIAA Rules) this includes belly rings, earrings on all parts of your ears, tongue rings, nose rings and any other piercing you might have.
- e. Please be respectful to others and have a positive attitude
- f. Failure to follow these rules can make you ineligible to tryout
- g. **Turn cell phones off** and put away for the duration of each clinic day and tryouts

3. Paperwork

- a. All paperwork must be completed and turned in by April 2nd at 3:00 pm or you will be ineligible to tryout. **NO EXCEPTIONS!**
- b. Get 6 teacher recommendations from **CURRENT** teachers. I must receive them in a sealed envelope, signed over the seal by the teacher. It is your responsibility to make sure they are in by the due date. (completed forms can be placed in the cheer box in the teacher mailroom)
- c. Complete your sports eligibility packet on line at Family ID. You must have a physical and turn in the completed form in order to participate in clinics and tryouts.
- d. Fill out and return the application/contract - do not forget the questions.
- e. Return the signed permission slip
- f. Fill out picture sheet, check current grade, and attach a picture.
- g. All paperwork due must be placed in one envelope. Include your name on the envelope. Failure to do so may result in lost or missing paperwork. It is your responsibility to ensure all paperwork is complete and submitted before the deadline.

4. Tryouts

- a. You may be in 8 - 11 in order to try out for the cheer team
- b. You must be in good physical health
- c. You must have satisfactory school attendance (**less than 15 days for the year**)
- d. Cheerleaders – You will tryout with one partner and will wear a number
- e. Rally on and off!
- f. Perform any running tumbling if applicable
- g. Perform clinic cheer and dance
- h. Demonstrate your flexibility
- i. You will be judged during tryouts on the following categories: Tryout cheer, Tryout dance, Jumps, Tumbling, Voice, Showmanship, your response to a question and overall impression. Some important things the judges will consider are: facial expression, confidence, enthusiasm, and technique, sharpness of moves, arm levels, voice, jumps and creativity. Additionally, males will be judged on their partner stunting abilities and not the dance aspect.
- j. Mascots will tryout alone
- k. Mascots will perform original motions to a dance – provide your own music
- l. Mascots will be judged on delivery, creativity, animation and overall impression
- m. You will tryout only in front of the judges and tryout staff. It will not be in front of the student body. No parents or friends will be allowed to watch the tryouts.
- n. Each candidate's score will be calculated and averaged. The coaching staff will have final say on which candidates are chosen for which teams. The coaching staff will determine the number of students chosen for each squad.

Questions:

Kathy Crowley
PHS Cheerleading Program Head
crowleyk@psd401.net

Cheerleader Application and Contract 2015

Please print neatly or type. Please be mindful of the fact that your interest and commitment may be judged by the care and professionalism with which this application has been completed.

Name: _____ Current Grade: _____ Current GPA: _____
MUST BE 2.5 Minimum

Your Email: (PRINT CLEARLY) _____

Home Phone: _____ Cell: _____

Parent's Names: _____

Parent Email: _____

Parent's Phone #: _____

Birthday: _____

On a separate sheet of paper, answer these questions in your own words:

1. Why have you chosen to try tryout for Peninsula Cheerleading?
 2. Possible Returning Team members; why should we consider you again?
 3. What is your greatest strength? What is your greatest weakness?
 4. How will you work to increase your skill level?
 5. Are you interested in Competing? Why? It means extra time on top of what cheer will already do!
 6. **Please list both standing and running tumbling skills you have and what you will be throwing at tryouts in bold.**
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I have read the tryout rules and agree to all terms and responsibilities of Peninsula High School cheer members.

Date: _____

Printed Name: _____

Signature: _____

Permission Slip Cheerleading/Mascot Tryouts

We have discussed the commitment required for the Peninsula High School Cheer Program and I give _____ permission to tryout. We have attended the pre tryout meeting for students and parents, read the entire contents of the tryout packet and are fully aware of the time commitment (including summer camp and practices), rules and expenses associated with cheerleading.

I know and understand the Peninsula School District attendance policy, expectations regarding after school and summer jobs, and rules regarding the use, possession, and proximity of controlled substances, including cigarettes.

I am prepared to fulfill all obligations as a cheerleader for Peninsula High School, should I make the squad.

I have asked Coach Kathy any questions about things I do not understand.

I certify that all the information I have provided in this application packet is true and correct. If provided information is untrue, I understand that may be grounds for my removal from try-outs or the squad.

Parent's signature

Date

Parent Name Printed

Student's signature

Date

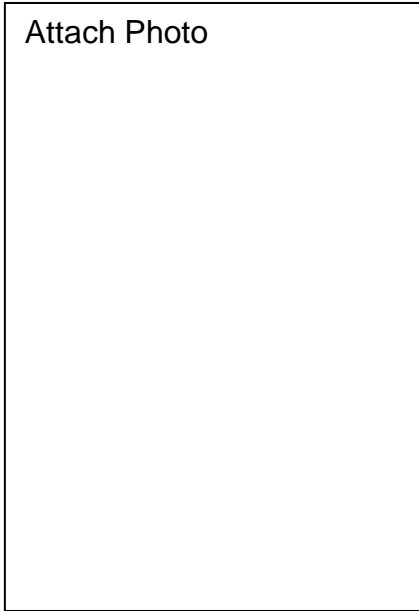
Student Name Printed

Photo and Grade Information

Name _____

Please attach a recent wallet sized photo below. Pictures will be used only to help the coaches identify students. They will not be used for scoring purposes.

Attach Photo



Grade next year _____ 12 _____ 11 _____ 10 _____ 9 (check one)

TO: Classroom Teacher
 FROM: Cheerleading Coach
 RE: Teacher Recommendation of Cheer/Mascot Candidate

Student: _____ Grade: _____
 Teacher: _____ Class: _____

As part of the cheer staff tryout procedure, candidates must have all their current faculty members/administrators provide a confidential recommendation for him/her. Your evaluation will be part of the selection process. Your honest assessment is very much appreciated. Please do not show the applicant your evaluation under any circumstances.

RETURN IT TO KATHY CROWLEY in the main office. **Please do not return this recommendation to the applicant for confidentiality reasons.** Please return this to Kathy Crowley no later than April 2nd. Sign the back of the sealed envelope.

(Applicants: these recommendations take time for your teachers to complete. Please demonstrate your sincere thanks for their time and effort.)

Evaluation areas: 5 High – 1 Low

1. Ability to get along with other	5	4	3	2	1
2. Ability to get along with teachers No talking back, polite, respectful	5	4	3	2	1
3. Attentiveness in class Listens and actively engaged You need to get their attention	5	4	3	2	1
4. Attention to assignments Does more than needed Does what is needed Minimum effort given	5	4	3	2	1
5. Leadership Qualities Steps up to help others Sits in the background	5	4	3	2	1
6. Attendance/Punctuality On time/early Makes it at the bell Always late	5	4	3	2	1
7. Responsibility/Dependability Homework, classwork, group Projects	5	4	3	2	1
8. Attitude - Positive, good energy - Negative, always down	5	4	3	2	1

I would _____ would not _____ recommend this individual for a leadership position such as cheerleader/mascot. (Comments): _____

Teacher Signature: _____ Date: _____

PLEASE PUT THIS COMPLETED FORM IN THE BOX MARKED CHEERLEADING IN THE TEACHERS MAIL ROOM BY 3:00 PM, APRIL 2nd! THANK YOU