

Mariner High School Cheer Try Out Packet 2018-2019

TRYOUT INFROMATION

- 1. ALL MEMBERS OF THE 2018-2019 CHEER TEAM MUST COMMIT FOR BOTH THE FALL AND WINTER SEASON.
- 2. TRYOUTS WILL TAKE PLACE ON THE FOLLOWING DATES AND TIMES:
 - a. PLEASE SEE CALENDAR OF EVENTS LINK.
- 3. The team will be chosen on April 6, 2018 by 9:00pm. Coaching Staff will announce members of the 2018-2019 Cheer Team shortly after Finals.
- 4. To tryout, a candidate must:
 - a. Have a minimum of 2.0 G.P.A.
 - b. TURN IN ALL FORMS ON PACKET CHECKLIST (Tryout Application, Contract Form, Application Questions, Two Letters of Recommendation and MARINER CHEER CONTRACT by beginning of Physical Try Out day on **MARCH 26th.**
 - c. Attend all tryout days.
- 5. Everyone will be taught a cheer, chant, dance and surprise task to be performed during tryouts. Tryouts will take place in groups randomly selected by Cheer Coaching Staff.
- 6. Throughout the tryout process each candidate is expected to have perfect attendance, proper attire, good attitude, strong effort and be respectful. If you cannot demonstrate this during try outs, it is likely you will not make the team.
- 7. Mariner Cheer Coaching Staff will conduct tryouts. Scores will remain confidential to everyone except the coaches and senior staff. The judging standards for tryouts will be appearance, technique, and showmanship. Total scores will be determined by a combination of tryout scores, recommendation forms, G.P.A., attendance records, behavioral record and application questions.
- 8. The highest score on down will determine squad members until the coaches see appropriate. There is no set number that will be filled.

TRYOUT ATTIRE:

- T-Shirt or 2" Strap Tank Tops (No belly shirts or cut shirts)
- Shorts, socks and tennis shoes.
- Hair must be pulled neatly away from face. Use only bobby pins to do so.
- No gum or jewelry allowed.
- Cut fingernails down to appropriate length.
- All clothing must follow school dress code policy.
- Tryout Day: When trying out, candidate should appear as if they were performing in regards to hair and makeup/same clothing as practice.

^{*}You will be deducted points and/or dismissed from tryouts if you do not follow rules during tryout week.*

Within this Try Out Packet you will find the necessary documents needed in order to take part in the tryout process. The student as well as the parent/guardian of the student must review all information, complete/sign on appropriate pages and submit the packet to Mariner Cheer Coaching Staff on the first day of Physical Tryouts- Monday, March 26, 2018 at 5:30pm.

INCOMPLETE PACKETS OR LATE SUBMISSIONS WILL NOT BE ACCEPTED.

Packet Ch	ecklist:
	_ Tryout Application Contact Form
	_ Schedule Commitment Form
	_ Application Questions
	_ Two Teacher Recommendations
	_ MHS Cheer Contract Signature Pages (2 pages)
	_ Most Current Grade Report (If your cumulative or current GPA is below a <u>2.0</u> you are not eligible to try out)
	_ Athletic Clearance (including an up to date physical)
	*
	Ms. Ebel's Signature
	_ Fines Cleared
	*
	Student Account Representative

MARINER CHEER TRYOUT

APPLICATION CONTACT FORM

2018-2019

Candidate Name:	
Parents or Guardian Name(s):	
Home Phone:	
Cumulative G.P.A:	
Grade Level 2018-2019:	
Please list any honors and awards you have received, membership in any clubs/organizany leadership positions you have held:	

SCHEDULE COMMITMENT FORM

PRACTICES:

Attendance is mandatory. (Unless approved with Head Coach for a school event or family emergency.)

Fall Dates/Times:

Starting First Week of September- Mondays & Tuesdays from 2:30pm-4:30pm

Location: Mariner High School

SPRING 2018/SUMMER PRACTICES AND CAMP:

The following are mandatory summer practices:

Starting April 16, 2018- Mondays, Tuesdays 2:30-4:30pm & Wednesdays 5:00pm-7:00pm (Scheduled Practice Breaks 5/28/18-6/1/18, 6/20/18-7/6/18, 7/24/18-8/3/18)

The following are MANDATORY CAMP DATES:

7/20/18-7/23/18 @ UNIVERSITY OF PUDGET SOUND

*All candidates trying out must complete an Athletic Packet and receive a physical exam by 3/26/18. All information regarding physicals is available in Administration Office from Ms. Ebel.

I/We understand and AGREE to ALL of the above terms. (Keep a copy for your records)

Cheerleader Sign	Date	Parent/Guardian Sign	Date
X			

IF A CHEERLEADER GETS REMOVED FROM THE SQUAD, THE MARINER CHEER COACHING STAFF HAS THE RIGHT TO HOLD OPEN TRYOUTS DURING THE SEASON AT ANY TIME.

MARINER CHEER APPLICATION QUESTIONS

1.	Why do you want to be a member of the Mariner High School Cheer Team?
2.	Name a Mariner tradition involving the Cheerleaders.
3.	If you make the team, how will you keep yourself motivated to learn new skills? How will you motivate your teammates?
4.	If you were a part of the 2017-2018 team, how did you contribute to the program last season?
5.	As a potential new member of the team, what/how would you contribute to the team?
6.	What does pride mean to you? How would your pride for Mariner High School be demonstrated in your actions as a Mariner High School Cheerleader?
7.	How would your past coaches and/or teachers describe your work ethic?
8.	What does responsibility and accountability mean to you?
9.	What are some of your hobbies other than cheerleading?

Confidential MHS CHEER Recommendation

Recommendation Form – to be completed by a Coach or Teacher. Please return to the Athletic Office by 3/26/18. Do not let applicant read recommendation.

Candidate's Name:	
Person filling out form:	
Verification Phone # (for Non-Mariner Employees):	
I know this candidate through:	

Thank you for your time in filling out this form. A 5 should only be given to extremely outstanding applicants.

		Strongly Agree		Agree		Strongly Disagree	
•	Positive Attitude	5	4	3	2	1	0
•	100% Effort	5	4	3	2	1	0
•	Perfect on time attendance	5	4	3	2	1	0
•	Respectful	5	4	3	2	1	0
•	Honest	5	4	3	2	1	0
•	Follows directions	5	4	3	2	1	0
•	Dependable	5	4	3	2	1	0
•	Easy Going	5	4	3	2	1	0
•	Responsible	5	4	3	2	1	0
•	Coachable	5	4	3	2	1	0
Co	omments:						

Signature:____

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• Follows directions	5	4	3	2	1	0
• Dependable	5	4	3	2	1	0
• Easy Going	5	4	3	2	1	0
• Responsible	5	4	3	2	1	0
 Coachable 	5	4	3	2	1	0
Comments:						

Signature:_____

MHS Cheer Contract Signature Page 1

PHONE NUMBERS:	
EMAILS:	
	igh School Cheer Contract. I agree to follow these standards and members of the Cheer Squad and the Coaching Staff.
Student's Signature	Date
Parent's Signature	Date
PARENTAL PERMISSION:	
Our son/daughter, cheerleader and participate in all cheerleading	, has our permission to be a related activities art MHS for the upcoming school year.
being a cheerleader. We also understand the re-	e guidelines. We understand the responsibilities and commitment of ole we must assume as parents of a cheerleader and we will assist in are enforced. We will do our best to support the coaches and the season.
either at school, practice, or an event away fro	sume no responsibility for any accidents or injuries that might occur m school grounds at any time. We understand that if an accident or le for taking our child to seek proper medical attention.
We understand that each cheerleader will be re	equired to have a physical exam on file prior to try outs.
We agree to pick up our child within 15 minut	es after practices.
We understand the time commitment involved quits the cheerleading squad we will not receive	with this activity. We understand that if our child is dismissed or we any refunds.
We understand that participation in practices, on Saturdays.	camps, games, and spirit events is mandatory. Some events may fall
We do hereby give our consent and support fo upcoming season.	r our child to be a cheerleader at Mariner High School for the
I have read and understand the Mariner High S	School Cheer Contract. I agree to support these standards and policies.
Parent/Guardian's Signature	 Date

MHS Cheer Contract Signature Page 2

NAME:	GRADE:	(1N 2018/19)
ACKNOWLEDGEMENT: I understand the financial responsibili in all required fundraisers, and pay an	•	
amounts included in this packet are arbeing an MHS cheerleader even if the		paying all fees associated with
Cheerleader's Signature	Date	
Parent's Signature	Date	

MARINER HIGH SCHOOL CHEER CONTRACT

~Being a MHS CHEERLEADER is a privilege, not a right~

MHS CHEER PROGRAM VISION IS:

- To provide opportunities for participation in a wide variety of activities during every sport
- To be an integral, well-coordinated part of the secondary school curriculum
- To assist participants in the development of athletic and leadership skills
- To develop effective time management strategies
- To develop socially through cooperation, team building and appropriate standards of behavior

MHS CHEER PROGRAM MISSION IS TO:

- Promote and uphold school spirit, unity and pride
- Represent the school to the highest degree
- Set an example of good behavior and sportsmanship at all times (whether in uniform or not)
- Promote the development of lifelong values and skills.

EDUCATIONAL VALUE TO MARINER HIGH SCHOOL:

Membership on a cheer squad offers a unique opportunity for growth, leadership and involvement in diverse activities. The attitude and enthusiasm of the squad members are just as important as the skills involved in spirit leading. Members of the CHEER squad are committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, personal exemplary conduct and the performance of all responsibilities related to the pursuit of school spirit and pride. Furthermore, cheerleaders demonstrate a proven ability to balance academic requirements and demands with extra-curricular and personal activities.

GOALS:

- Cheer at assigned games
- Participate in & support school events
- Support and perform assemblies
- Provide assistance to the school when needed.
- Perform community service under the umbrella of Mariner High School Cheer Squad.

MHS CHEER CODE OF ETHICS:

- Ensure equal opportunity to all students without regard to gender, race, religious creed, color, national origin, ancestry or economic capability.
- Emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play
- Abide by all school, district and WIAA Rules
- Show courtesy to all visiting teams, competitors, hosts and officials
- Respect the integrity and judgment of all sports and officials.

MHS CHEER PROGRAM STANDARDS:

Cheerleaders understand that teamwork and the maintenance of discipline is key to the success of the spirit program. Cheerleaders are dedicated to promoting spirit, enthusiasm, and a positive winning attitude through example. Adherence to the Cheer Program Standards is vital to achieving these goals. All members realize that the manner in which they conduct themselves, in or out of uniform, directly reflects on the entire team and school.

ELIGIBILTY:

- Members must be passing in all classes with a 2.0 G.P.A. or better (both cumulative and current).
- Members must maintain good citizenship marks, attendance, class performance and teacher recommendations during the time on the squad and for tryouts.
- All members must have a physical and signed contract on file with the athletic department before tryouts begin.
- All members must sign and abide by the athletic code of MHS.
- Commitment must be made to cheer squad.
- All practices, camp and games are mandatory.
- All members are expected to take part in/attend fundraisers.
- If you decide to quit the squad, you will be ineligible to participate during the next season. Also, any discipline or lack of participation during the previous season will be taken into consideration at try outs and for future leadership positions on the squad.

CONDUCT:

- Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at practices, in school, at games, camp, etc.
- Excessive public displays of affection are not allowed in uniform, at games or in a school setting. (Hand holding is ok)
- Proper appearance is required at all times, with clothing appropriate to the occasion.
- By being a part of the spirit squad, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions where you are a representative of MHS.
- Members and PARENTS must cooperate with all faculty members, squad members, game officials and coaches.
- Cheerleaders must display proper behavior in class, including being on time, not skipping and not cheating.
- Each case of discipline will be judged individually. The Coaching Staff with the assistance of the administration if deemed necessary *has the final decision in any disciplinary situation*.
- Every attempt will be made to discipline fairly/equally, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations. Severity of, or repeated offenses may dictate harsher action.

RESPONSIBILITIES:

- Be prepared for practices, games, and assemblies. This includes having all cheer material performance ready.
- Promote school spirit throughout the school year and perform at games and assemblies.
- Create posters, locker decorations, and football "run-throughs"
- Attend fundraising meetings.
- Make and distribute advertising material for fundraisers.
- Practicing jumps, kicks, cheers, chants, and dances outside of team practice time.
- Coming to school early on performance days to mark formations on the floor.

ABSENCES:

- One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- Absences should always be avoided when possible.
- Absences must be excused prior to practice/game by Coaches only.
- You must have a note from a doctor if you had an appointment or a call or note from you or your parent if you are sick. Call must be received a minimum of 30 minutes prior to start time or the absence will be considered **unexcused**. Failures to notify your advisor will result in an *automatic notice of probation* for not calling and will result in *suspension from game*.
- Missing a scheduled practice the day before a game may result in the individual not performing/cheering at the game.
- Absences due to work are unexcused. Jobs must work around the cheer squad schedule.
- 10 absences (excused or unexcused) will result in being dismissed from the team.

PRACTICES:

- Practices are mandatory.
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing. No Jewelry!
- Hair needs to be out of the eyes in a secured ponytail.
- Chewing gum or eating during practices is prohibited.
- All taping or visits to the trainer must be done prior to start time.
- NO SITTING. You will not be allowed to sit during practice unless directed by your coaches or your captains. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, new cheers, etc.
- Unless specifically asked for your input, leave decision making to coaches and captains.
- Make a habit of bringing a notebook and/or calendar and pen to practice. You may need to write down important times and dates.
- If you have to miss practice for any reason, <u>you</u> are required to call the cheer coach at least 30 minutes prior to the start of practice. Failures to notify your coach will result in an automatic unexcused absence.
- If you do not attend at least 3 classes the day of practice, you cannot attend practice. Coach needs to be notified by either <u>you or your parent</u>. Call must be received by 30 minutes prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in game suspension.
- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- Missing the last practice before a game or performance may result in ineligibility to participate.
- Safety is our first priority. No excessive horse-playing. Never stunt without a coach present.

GAMES:

- All games are mandatory
- Members are required to arrive at least 1 hour before the game.
- All taping or visits to the trainer must be done prior to the required arrival time.
- All spirit squad members must know all the cheers and routines for the game. Sitting out is unacceptable.
- Members are required to dress in full uniform. Performance make up is part of your uniform.
- Hair must be pulled back away from the face and secured in a ponytail; bangs must not cover the eyes. Hair ties need to be uniform. (Unless a captain or coach tells you otherwise.)
- No jewelry or nail color. Nails need to be athletic length.
- No chewing gum or eating while in chant line.
- Unless specifically asked for your input, leave decision making to coaches and captains. The only people deciding what material to perform are the coaches and the specified callers.
- Socializing with friends while the game is in progress is NOT allowed.
- If you do not attend at least 3 classes the day of the game/performance, you cannot attend the event. Coach needs to be notified by either you or your parent. Call must be received a minimum of 30 minutes prior to start time or the absence will be considered unexcused. Failures to notify your coach will result in an automatic notice of probation for not calling and will result in suspension from games.
- During game suspensions, the squad member will sit in uniform with the Coaching Staff for the entire game and will help where needed. The squad member will not talk to friends, play around or text.

UNIFORMS/APPEARANCE:

- Uniforms need to be cleaned.
- Team athletic shoes must be clean
- All Spirit Squad members must have the same uniform look.
- Glasses are no to be worn at games or practices. They are a safety issue.
- Do not use profanity, or misbehave in any of your cheerleader apparel (uniform, T-shirts, jackets, warm-ups) or while representing MHS at any event.
- No jewelry is allowed during practices, performances or games.
- You may not wear your cheerleader uniform off-campus to any event, parade, competitions, etc. without the permission of your coaches. You may wear it to go eat or run errands with parents after games, practice and school.
- Fingernails must be sports length. Nail polish, if worn, must be clear or natural color.
- All phones must be turned off during practices, performances or games.
- Hair must be in a secured full ponytail; bangs must be out of eyes.
- Cheerleaders will not loan out any piece of their uniform to anyone. Warm-ups and sweatshirts are considered part of your cheer wardrobe and should not be worn by anyone other than you.
- Cheerleaders must wear their uniforms or team-designated outfit to school on game days, unless otherwise directed by coaches. Failure to do this will result in not cheering at the game.

PERFORMANCES AND CHANT LINES:

Placement for performances and chant lines will be based on participation, years with the team, ability and effort. At the time of performance, if a team member does not have the routine clean enough for performance, they may be asked to sit out the performance.

ESTIMATED 2018/19 EXPENSES:

	Frequency	Girls	Boys
Camp Clothes Uniform bball/ftball	1	600.00 (new)	500.00 (new)
Camp Clothes Uniform bball/ftball	1	500.00 (returner/tbd)	400.00 (returner/tbd)
Camp Registration Fee	1	374.00	374.00
Program Expenses	1	50.00	50.00
		Totals	Totals
New Girls/Boys		1024.00	924.00
Returner Girls/Boys/TBD		924.00	824.00

^{*}Please note for New/Returning Boys: Some items will need to be purchased outside of the uniform vendor.

FUNDRAISING:

The girls will have many opportunities to fundraise for the cost of their uniforms. The more time put into fundraisers will reflect in the balance due per cheerleader. Participation is required. Minimums will also be set by Mariner Cheer Coaching Staff per fundraiser. Fundraising minimums may vary. Fundraisers throughout the year may include: Football Programs, Buttons, Lollipop Sale, Concessions, Splash Photos, Clinics, etc.

Below is a list of tentatively scheduled fundraisers, including fundraising minimums. Additionally, there is a maximum balance calendar. If your balance exceeds the maximum balance on the given due date, you will sit out games and assemblies until your balance is below the maximum. A revised copy will be given to cheerleaders once costs are finalized.

(Below example based off New Girl Cheerleader)

Month	Active Fundraisers	Deposit/Fundraising Required	Required Balance
April 2018	 Ivars concessions 	\$94.00 by 4/30/18	\$1024.00-\$94.00=
	 Football Ads 		\$930.00
	 Sch. Fundraiser 		
May 2018	 Ivars concessions 	\$93 by 5/31/18	\$930.00-\$93.00=
	 Football Ads 		\$837.00
	 Sch. Fundraiser 		
June 2018	 Ivars concessions 	\$93 by 6/29/18	\$837.00-\$93.00=
	 Football Ads 		\$744.00
	 Sch. Fundraiser 		
July 2018	Ivars concessions	\$93 by 7/31/18	\$744.00-\$94.00=
	 Football Ads 		\$651.00
	 Sch. Fundraiser 		
August 2018	Ivars concessions	\$93.00 by 8/31/18	\$651.00-\$93.00=
	 Football Ads 	(\$200 min. from Football Ads total	\$558.00
	 Sch. Fundraiser 	April to August)	

September 2018	Ivars concessionsClinic (FB)Sch. Fundraiser	\$93.00 by 9/28/18	\$558.00-93.00= \$465.00
October 2018	Ivars concessionsSch. Fundraiser	\$93.00 by 10/30/18 (3 participants min. for Clinic)	\$465.00-93.00= \$372.00
November 2018	Ivars concessionsSch. Fundraiser	\$93.00 by 11/16/18	\$372.00-\$93.00= \$279.00
December 2018	Ivars concessionsClinic (BB)Sch. Fundraiser	\$93.00 by 12/14/18	\$279.00-\$93.00= \$186.00
January 2019	Ivars concessionsSch. Fundraiser	\$93.00 by 1/31/19 (3 participants min. for Clinic)	\$186.00-\$93.00 \$93.00
February 2019		\$93.00 by 2/28/19	\$93.00-\$93.00= \$0 (YAY!)

ATTENDANCE POLICY:

The following is the attendance policy for the 2018-2019 Cheer Season.

TARDIES:

- Tardy = A Cheerleader shows up to practice, games, camp, event, 1 minute after required time.
- After 15 minutes late to practice and/or event, it will be considered an unexcused whether the cheerleader shows up or not.
- Being tardy results in extra conditioning such as: pushups, lunges, v-sits, or lines/stairs at practice.
- 3 tardies results in 1 unexcused absence.

ABSENCES:

- Absences = Absences from any cheer event (practice, event, etc) for any reason other than illness or family emergency will be considered *unexcused*.
- 10 absences (excused or unexcused) will result in being dismissed from the team.
- 1^{st} unexcused absence = 1^{st} game suspension.
- 2nd unexcused absence = 2nd game suspension, will not perform at next pep assembly, FINAL WARNING!!!
- 3rd unexcused absence = removal from program, may not be eligible to try out again for the following year
- DO NOT SCHEDULE APPOINTMENTS (DR., DENTIST, ORTHODONTIST, DRIVING TESTS, ETC) DURING PRACTICE TIMES AS THEY WILL BE CONSIDERED UNEXCUSED ABSENCE.

DISCIPLINE POLICY:

The following violations will be grounds for immediate dismissal from the Cheer Squad.

- Underage alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substances, no RX.
- Stealing or breaking the law.
- DISRESPECT for any team member or coaching staff @ any time warrants dismissal. There will be NO talking back or rude comments.
- If you are suspended (permanently or temporarily), or dismissed from MHS, you may be dismissed from MHS CHEER.

Disciplinary action may result from the following:

- 1. Tardiness
- 2. Wearing jewelry (ALL JEWERLY IS INCLUDED NO EXCEPTIONS!!!!)
- 3. Not wearing correct full uniform including shoes, bow, hair, and make up.
- 4. Lying to a coach
- 5. Talking to fans or other cheerleaders excessively during games
- 6. Not being in chant line before game or after half-time
- 7. Display of unsportsmanlike conduct by Cheerleader or Parent
- 8. Uncooperative Attitude
- 9. Eating on floor/field (during games or practices)
- 10. Absent from games, practices or other MHS/Cheerleading functions.
- 11. Cell phones turned on at any MHS sponsored event (practice, games, community service, etc.) You may get permission from your coach, if communication is needed.

DEMERIT SYSTEM:

•	Failure to dress appropriately	1 demerit		
•	Using gum/cell phones at practice/games/functions	1 demerit		
•	Hair not secure as outlined for practice/game (bangs, flyways out of face)	1 demerit		
•	Use of profane/vulgar/inappropriate language	2 demerits		
•	Rude, negative or condescending behavior to team mate or coach	5 demerits		
•	Unnecessary conversation with crowd/team	2 demerits		
•	Failure to perform duties/accept responsibilities	2 demerits		
•	Public display of affection as seen by teachers/coach	2 demerits		
•	Sloppy appearance of habits while in uniform or while representing MHS	3 demerits		
•	Verified conduct complaint from a teacher	3 demerits		
•	Lying to coach, advisor, parent	2 demerits		
•	Not being in chant line before game or after half-time	2 demerits		

A cheerleader may only have a maximum of 10 demerits yearly, if she/he reaches 11, she/he will be removed from the squad and will not be able to tryout again the following year.

CHEER LETTERING POLICY:

- Have no unexcused absences
- Participate in all squad fundraising activities
- Remain academically eligible throughout the season
- Perform at all assigned games and assemblies
- Have no more than 5 demerits

Any justifiable variation form this policy will be at the discretion of the Mariner Cheer Coaching Staff.