Cibola High School

Cheerleading
Tryout Packet
2019-2020 Season

Please do not fold or damage, you will turn this packet in.
Dear Cheerleading Candidates & Parents/Guardians,

Thank you for your interest in the 2019-2020 Cibola High School Cheer Team. We believe cheerleading is a rewarding and exciting sport; teaching dedication, sportsmanship and teamwork, all while promoting school spirit.

As a CHS cheerleader you will be in the forefront as a representative of the school and will be expected to adhere to a strict code of conduct, both on and off campus. Keeping this in mind, both you and your parent/guardian will need to read the enclosed information to ensure you fully understand the responsibility and commitment expected of you as a CHS cheerleader. Please initial each page and sign where indicated in the packet. You will turn in each signed and initialed page, along with your application.

CHS Cheer is a 10 month competitive cheerleading program. Please consider the time commitment this sport will require from both the student and parent. Your commitment will require active participation in after school practice, summer practice and camp, pep rallies, fundraisers, team bonding, weekly games (football, basketball, volleyball, soccer and others as directed) as well as competitions. Due to the fact that cheerleading is a team sport, one person’s inability to follow through on their commitment affects the entire team. You will not be excused from events due to your job, please make appropriate arrangements beforehand. A cheerleader who misses events due to work will be dismissed. Due to the increased time commitment during football season, you are not permitted to be in Marching Band. All Star cheer participation is not permitted this season. Please carefully consider all additional activities before trying out.

In addition to the time commitment, you will also need to consider your academic requirements. You are a student first and an athlete second. All cheerleaders must have a minimum of a 2.0 GPA to cheer, and a minimum of a 2.5 GPA to participate in competitions. Only the best of the best will be on the competition floor, both athletically and academically.

Please carefully consider and evaluate all of these factors before deciding to tryout. Being a part of this team requires commitment to yourself and the team. I look forward to an exciting and productive year and wish each and every one of you the best of luck!

Sincerely,

Cibola High School Cheerleading Coaches
For questions please email
santistevann@msn.com

Naomi Sandoval, Head Coach

Applicant Initials _______
Parent/Guardian Initials _______
Eligibility and Check List

TRY-OUT REQUIREMENTS:
One chant, one cheer, a dance and a jump sequence. The chant and dance material will be taught at the clinic. Cheer candidates will be asked to perform a tumbling pass at tryouts, anything they are comfortable doing without a spot, even if it’s a handstand or forward roll.

TRYOUT ELIGIBILITY:
All prospective candidates must turn in the following items before tryouts in order to be considered for the try out process. If you have any questions on your eligibility or what you need to turn in, please do not hesitate to ask:

- Have a 2.0 GPA or higher, bring copy (Incoming freshman will need to bring their latest report card from your middle school).
- APS Completed Physical - Physical forms may be downloaded from the CHS website dated after April 1, 2019 and turned in to the trainer. The trainer will provide you with a green slip to bring to tryouts.
- Tryout Application Form
- Social Media Policy Form
- Cheerleading Guidelines Acceptance Form
- Inherent Risk of Cheerleading Form
- Medical Treatment Authorization Form
- Financial Commitment Form
- All fees paid in full from previous year. *Statements will be available for returning cheerleaders*

THE SELECTION PROCESS:
We will be evaluating you throughout the tryout process, based on:

- Grades; GPA
- Conflicting activities
- Prior behavior, performance and/or dedication to squad (returning cheerleaders)
- Ability to follow the instruction set forth in this packet
- Attendance, work ethic, and attitude at try out clinics
- Tryout Score
- Positions available

Our goal is to create a successful, competitive and positive cheer squad. The coaches reserve the right to draw the line where we see fit as to the number of cheerleaders we accept. This is a skill-based program and will be treated as such. JV Cheerleaders can earn Varsity spots, and Varsity Cheerleaders can lose their spot. Coaches’ decisions regarding team placement are final and there will be no discussions on team placements with cheerleaders or parents.
IMPORTANT TRYOUT DATES:

You must attend all days of the tryout, unless prearranged with the coach.

DATES: May 1st, 2nd, and 3rd from 4:00-6:00pm at CHS. Mandatory parent meeting for all teams, Monday, May 6th at 6pm in the concourse.

Tryout Clinic: learn fight song, jumps, cheer and chant. Closed tryout. Candidate will perform running and standing tumbling, jump sequence, chant, cheer and dance in groups of three. They will be scored 1 out of 5 points in each category for a possible 100 points, in front of a panel of judges. Once candidate performs, they are free to leave.
Cibola Cheerleading Tryout Application

Candidates Name: ____________________________________________

Street Address: __________________________ Zip Code: ____________

City: __________________________ Zip Code: ____________

Grade you will be for 2019-2020 school year: __

Birth Date: ____________ Home Phone Number: ________

Medical Conditions/Allergies: __________________________________

School attending (if other than Cibola):

Candidates Cell phone: __________________________

Email: __________________________

Parent/Guardian Name: __________________________

Cell: __________________________

Email: __________________________

Parent/Guardian Name: __________________________

Cell: __________________________

Email: __________________________

Team trying out for Please understand if you choose ONLY Varsity you will not be considered for any other team.

ONLY Varsity ONLY JV ANY team, Varsity, JV or C-Team

Please list the activities or sports that you will be participating in during the 2017-2018 school year (for example: Football, Band, Senate, DECA, Volleyball, AllStar Cheerleading, Track, etc.):

________________________________________________________________________

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Previous Experience

Please note any previous experience that you have, and list where and years that you participated:

Junior High Cheer: High School Cheer: 

AllStar Cheer: Dance:

Gymnastics:

Tumbling Experience

It’s OK if you can’t tumble yet, but if you can please circle all you can perform consistently w/out a spot:

Forward Roll Cartwheel w/ straight legs Roundoff Rebound Roundoff Back Handspring

Standing Back Roundoff Back Handspring Series Standing Series Handsprings Roundoff Back Handspring Tuck

Handspring

Standing Back Tuck Roundoff Back Handspring Layout Standing Back Handspring Back Tuck Roundoff Back Handspring Full

Stunting Experience

It’s OK if you have never stunted before, but if you have please check all you can perform consistently:

Prep Cradle Base Back Flyer

Cupie Cradle Base Back Flyer

Liberty Cradle Base Back Flyer

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Cibola High School
Cheerleading Rules and Expectations

Please read the rules and expectations very carefully. All guidelines will be enforced.

Purpose
• Encouraging the spectators to become involved.
• Maintaining and promoting school spirit, loyalty and pride.
• Providing service to the team, school and community through continued support of all sports teams.
• Encouraging and upholding good sportsmanship on and off the field/floor.
• Varsity will compete at a State level.

Conduct
• Cheerleaders are expected to be school leaders at all times and to uphold the highest personal standards.
• You must act in a respectable manner at all times, remembering that you represent Cibola High School.
• Cheerleaders are to practice good sportsmanship at all times, promote sportsmanship among all spectators and avoid emotional outbursts, whether the team wins or loses, or you think something is unfair. Display team work and unity at all cheerleading activities.
• Be familiar with all cheers, as well as game rules and be ready to lead cheers at appropriate times.
• You will not drink, eat, chew gum, comb hair or visit with friends during performances or games. Bathroom stops should be taken before a game, at half-time, or after the game.
• You must be able to accept constructive criticism for the improvement of the group and yourself.
• You must treat coaches, teammates, teachers, referees, volunteers, your peers and everyone else with respect at ALL TIMES.
• Cell phones must be off and away during game time. Cell phones will be placed in the team phone bucket during practice. NO EXCEPTIONS!
• Cheerleaders will reflect team effort rather than individual concerns.
• Being healthy is a very high concern. Every cheerleader will eat healthy, and drink plenty of water. No excessive sweets will be allowed at practice/games.
• All social media accounts are subject to monitoring by coaches. Please refer to our Social Media Policy Form in this packet for clarification.
Uniforms/Appearance

- All parts of the uniform (basic uniform, shoes, socks, hair accessory, etc.) shall be the same for all members of the squad. DO NOT ALTER your uniform or practice wear.
- All parts of the uniform are to be kept clean, pressed and repaired throughout the year. All cleaning and repairs will be the responsibility of each member.
- All squads shall wear full uniforms to school on game days and for pep assemblies, unless otherwise indicated by the coach. Demerit system will be enforced.
- Jewelry is not part of the uniform. No jewelry is to be worn during practices or games. This rule includes nose rings, belly button rings, eyebrow rings or any piercing. Plastic replacements for metal jewelry are not accepted.
- Hair cannot be dyed a color that can’t naturally occur. (Blue, green, purple, pink…) Only under team direction can a portion of hair be died for the State Cheerleading competition.
- Tattoos must be covered up as they are not part of your uniform. No tattoos may be visible in uniform at any time.
- Grooming is essential. Do not use makeup that will take away from the uniformity of the cheerleading squad while cheering. While in uniform, only clear nail polish is permitted. Nails are to be kept short for safety.
- Spanks/Briefs are undergarments and should be treated as such, not like normal shorts.
- All changing should be done in a bathroom stall or locker room.
- Due to OSAA Rules, participation with dermal under the skin implants are not permitted.

Practices and Games

- All members are required to attend all scheduled practices, games, and other events as deemed required by the coach. Illness and family emergency are the only excuses for absences.
- Please try to make appointments on non-practice days. More than three unexcused absences will lead to suspension from the team, at the coaches’ discretion.
- If a cheerleader is going to miss an event or be late, they must communicate with the coach before the event starts as to why you cannot attend or be late, a text message is not sufficient.
- Practices will be held at least 3 days per week during the season or as needed. When preparing for competition or special events, practice will be more frequent.
• When you arrive at a game/practice, you must be dressed, fed and ready to cheer/practice at the assigned time or you will be considered late.
• No member may participate at a practice or game if they have been absent from school that day.
• If you become ill during a cheer event, you may either sit with the coach or go home if dismissed.
• When practice has been deemed a mandatory practice, it is mandatory that you attend. A cheerleader may not schedule any other activity for that time slot. This includes all appointments (ie: doctor, dentist, MVD, vacations, concerts, hair appointments, or work). We will provide a schedule with enough notice to avoid conflicts.
• All practices are closed to friends/family. (Unless prearranged by coaches)

**Double Participation**
• Any outside job, outside school sport, or club sport must not interfere with cheerleading practices and performances.
• All school activities that would prohibit participation at a practice, game or cheerleading event must be given in written form to the coach from the school event advisor.

**Expenditures**
• 100% of the cost of cheer is to be paid or fundraised before the first football game in fall. There will be many opportunities to fund raise and you can always organize your own.
• All squad members are financially responsible for the fees.
• It is mandatory that you attend/participate in all fundraising events during the school year or buy out. These funds will go to the general fund for equipment and other items. Team hosted competitions are MANDATORY and no buy out is offered.

**Transportation**
• Cheerleaders will provide their own transportation to all events unless otherwise arranged by the coaches/school.
• If transportation is arranged by the coaches/school, cheerleaders must take team transportation unless prearranged with coaches.

**Academic Requirements**
• In order to be eligible for cheerleading, a student must have a grade point average (GPA) of at least a 2.0.
• You must also be enrolled in and passing at least 4 classes to be eligible.
• Once selected, a cheerleader is expected to maintain a 2.0 GPA at all times.
• A 2.5 GPA will be required to participate in competitions.
A copy of progress reports will be given to the coach each grading period. At the end of the grading period, any cheerleader not making grades will be benched. If this is the second occurrence, you will be dismissed from the team with no refund given.

**Lettering Requirements**
- You must cheer and perform on Varsity for at least 90% of all games and/or performances.
- You must remain on the team until the Awards Banquet.
- You must be in good standing at the end of the year.
- Your cheer account must be paid in full.

**Duty/Assignments**
- It is the teams’ responsibility to complete or attend the following:
  - **Summer:**
    - Cheer Camp, Daily Doubles
    - All weekly practices, conditioning and tumbling classes.
    - Attend ALL team fundraisers (Individual fundraisers are optional but highly encouraged)
  - **Fall Season**
    - Varsity Football games (Home and Away)
    - Attend and participate in school assemblies
    - Create locker signs/posters as directed for teams
    - Participate actively in all team fundraisers
    - Participate in competition choreography sessions
    - All weekly practices, conditioning and tumbling classes
    - Special events as requested, such as Volleyball Dig Pink
  - **Winter Season**
    - Boys Varsity Basketball games (Home Only)
    - Girls Varsity Basketball games (Home Only)
    - Create locker signs/posters as directed for teams
    - Participate actively in all team fundraisers
    - Participate in competitions
    - All weekly practices, conditioning and tumbling classes
    - Special events as requested by the Coach

**Discipline**
Any school discipline policy in effect that may be more restrictive will take precedence over the cheer policy. CHS Cheer will use a demerit system for the 2019-2020 season. A copy will be given out in the beginning of the season.

Applicant Initials ______
Parent/Guardian Initials _____
Coaches Availability/Expectations
Cheerleaders and parents with concerns or questions are asked to speak privately, directly (not via text) and respectfully with the coaches. Parents are urged to contact coaches concerning matters with their child that they cannot resolve satisfactorily on their own. Your coaches want nothing more than a positive experience for all involved. Keeping in mind that our decisions are not always popular with everyone, our focus is on what’s best for the team, the program, and the school. All team/coach/parent communication will be done in person, through phone calls, and emails. Try to avoid texting whenever possible, to make sure things are not misunderstood.

Safety
Each year members learn the skills and techniques to, not only make them successful with performance, but also ensure they are safe when they perform those skills. Cheerleaders learn progression in stunting, jumping, and tumbling. Every year all coaches are also Safety Trained through NFHS and maintain up-to-date First Aid & CPR cards. Despite efforts to maintain correct progression and be as safe as possible accidents do happen. If you are concerned with the safety of your student, please contact the coaching staff!

ALL RULES & GUIDELINES ARE SUBJECT TO CHANGE AT COACH’S DISCRETION.

Applicant Initials ______
Parent/Guardian Initials ______
Social Media Policy

The CHS Cheer program will have a Facebook page to keep cheerleaders informed and to share team pictures. Conduct on the Facebook page is to be appropriate and positive. If this becomes a problem it will be removed.

Please be aware that as a member of CHS Cheer you are held to very high standards and anything you say or post online is a direct reflection of yourself, your teammates, coaches, parents and school. CHS Cheerleaders are expected to be above reproach at all times, in and out uniform.

You should also be aware that your coaches, and the administration have the right to check any social media outlet at ANYTIME to make sure that this policy is upheld. Note that any of the following violations below will be taken seriously and if violated could result in your suspension from the team.

Misconduct on ANY social media page (Facebook, My Space, Twitter, Instagram, Snapchat, GroupMe, etc.) will include but not limited to the following:

- Inappropriate language. Please do not post or let other people post comments or captions that include sexual, graphic, homophobic, racist or foul language on your page.
- Please do not use your page to verbally degrade, abuse, bully or demean anybody.
- Do not post graphic videos/photos that contain any nudity, foul language, sexual, racial, and homophobic or any other content that anybody that is viewing your page would find offensive.
- Do not post any pictures of yourself in a sexual manner. Please make sure that if you are not allowed to wear something to school or cheer practice you should probably refrain from posting it.
- Do not post any comments or pictures of yourself or others where either one of you is displaying any kind of public display of affection with a member of the same or opposite sex.
- Do not post any comments or pictures of yourself or others where there is underage drinking, smoking or any other drug use is displayed.
- If you have to question if something is appropriate to put on your page, you probably shouldn’t.
By signing below I agree that I have read and acknowledge the rules of conduct as outlined above in the Social Media Policy. I am also acknowledging that if I violate any of the above rules I may be suspended from the cheer team as decided by my coaches.

Parent/Guardian Signature:___________________________ Date:___________

Cheerleader Signature:___________________________ Date:___________

2019-2020 CHS Cheer Guideline Acceptance

✓ I have read and accept the rules set forth in the 2019-2020 CHS Cheer Guidelines.

✓ I have a copy of the Student Athletes Handbook and agree to abide by all rules set forth.

✓ I commit to all mandatory events/practices. Any and all scheduling conflicts have been discussed with the coaches BEFORE trying out.

✓ By signing this acceptance I have taken the time to address concerns or questions regarding the policies.

Parent/Guardian Signature:___________________________ Date:___________

Cheerleader Signature:___________________________ Date:___________
INHERENT RISKS OF CHEERLEADING

Cheerleading is a contact sport and with any sport there is risk of injury. Cheerleading is an aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the school before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased.

Be sure to abide by the following:

• Never stunt or tumble unless a coach is present.
• Always practice in the presence of a qualified coach.
• Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
• Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
• Always use attentive spotters when stuntng.
• Always use mats or a grassy area when stunting during practice.
• Always cheer in an area free from obstructions.
• Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in rainy weather.
• Never talk, laugh, or mess around when performing a stunt or learning a stunt.
• Report injuries to the coach as soon as they occur.
• Follow all trainer and doctor recommendations.
• Work out and train properly to increase strength and guard against injuries.
• Always wear shoes and clothing appropriate for cheerleading.
• Never wear jewelry of any kind or chew gum at practices and/or games.
• Always have your hair pulled back from your face and shoulders.
• Eat nutritious meals, stay hydrated, and get plenty of rest.
• Take all activities seriously.
• Do not participate in cheerleading if you are ill.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

Parent/Guardian Signature: _______________________________ Date: ________________

Cheerleader Signature: _______________________________ Date: ________________

Applicant Initials ______
Parent/Guardian Initials ______
Medical Treatment Authorization and Liability/Appearance Release

I understand that there are risks of physical injury (including but not limited to cuts, sprains, broken bones and/or catastrophic injury) associated with, arising out of, and inherent to the activity taking place at this event. In recognition of this acknowledged risk of injury, I knowingly and voluntarily waive all rights and/or causes of action of any kind, including any and all claims of negligence, arising as a result of such activity from which liability could accrue to Cibola High School Cheerleading, its officers, agents, employees, instructors, subsidiaries, parent corporations and all affiliated entities (hereinafter collectively referred to as CHS). I hereby agree to release CHS and hold CHS harmless of all liability, and hereby acknowledge that I knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in this camp on behalf of the participant.

I am aware that this is a release of liability and acknowledgment of my voluntary and knowing assumption of risk of injury. I have signed this document voluntarily and of my own free will in exchange for the privilege of participation.

If I am a minor, my parent and/or legal guardian has signed this document releasing APS and/or Cibola High School Cheerleading from any and all such liability described above and has acknowledged that I am knowingly and voluntarily assuming all risk of injury inherent to this activity.

The student has my permission to attend/participate in the Cibola Cheerleading program. I warrant the above information is complete and correct. I have completely read and understand the above release information. I hereby authorize the Coach or their agent to act in my behalf to provide emergency medical treatment. I further release Cibola High School of all liabilities associated with my child's attendance in CHS Cheer events and activities.

Parent/Guardian Signature: ____________________________ Date: ____________
Cheerleader Signature: ____________________________ Date: ____________
Financial Commitment

All prices listed are an estimate and may change when actual items are ordered. Costs for participation are high, so we worked out payment plans (As shown below). We order items as a team therefore no late payments are permitted. Missing a payment will be grounds for dismissal from the team. We have added mandatory team fundraisers to offset any team costs, this includes: competition entry fees, competition music, signs, team bonding costs, etc.. Many team members have been very successful in getting sponsorships to cover their fees. You will be given a sponsorship letter upon making the team so you can get started on this fundraiser right away. Generally, we try to use the same uniform and warm-ups for a two (2) year period to help minimize cost of participation for returning cheerleaders.

2019-2020 CHS Varsity Cheerleading Cost Breakdown

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice Wear</td>
<td>$175</td>
</tr>
<tr>
<td>Camp(out of town)</td>
<td>$420 (approx. Based off occupancy)</td>
</tr>
<tr>
<td>Transportation.</td>
<td>$120 (approx. Based off occupancy)</td>
</tr>
<tr>
<td>State bows (females only)</td>
<td>$50</td>
</tr>
<tr>
<td>Shoes</td>
<td>$100</td>
</tr>
<tr>
<td>Uniform</td>
<td>$175</td>
</tr>
<tr>
<td>Briefs (Females only)</td>
<td>$25</td>
</tr>
<tr>
<td>Varsity Warm Up</td>
<td>$175</td>
</tr>
<tr>
<td>Cheer Bag</td>
<td>$100</td>
</tr>
<tr>
<td>State shirt</td>
<td>$50</td>
</tr>
<tr>
<td>Asst. coaches fee.</td>
<td>$60</td>
</tr>
<tr>
<td>Total New Varsity</td>
<td>$1450</td>
</tr>
</tbody>
</table>
## Junior varsity cost breakdown

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice wear</td>
<td>$170</td>
</tr>
<tr>
<td>Shoes</td>
<td>$90</td>
</tr>
<tr>
<td>Uniform</td>
<td>$170</td>
</tr>
<tr>
<td>Briefs</td>
<td>$25</td>
</tr>
<tr>
<td>Warm ups</td>
<td>$130</td>
</tr>
<tr>
<td>Cheer bag</td>
<td>$75</td>
</tr>
<tr>
<td>Camp (TBD)</td>
<td>$420 (approx. based on occupancy)</td>
</tr>
<tr>
<td>Transportation (TBD)</td>
<td>$120</td>
</tr>
<tr>
<td>Bows</td>
<td>$50</td>
</tr>
<tr>
<td>Cibola shirt</td>
<td>$10</td>
</tr>
<tr>
<td>Coaches fee</td>
<td>$40</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1300</strong></td>
</tr>
</tbody>
</table>
Payment schedule for varsity and JV. Please make checks payable to CHS cheer.

- May 6. $250
- May 14. $250
- May 28. $250
- June 11. $250
- June 25. $250
- July 2. $200
CHS Cheer Program Finances

- All money expended by and for the cheerleaders shall be budgeted by the coach and the CHS Bookkeeper.
- The funds must be in the cheerleading account before purchasing anything. All expenditures need to go through the coach first.
- All payments must be made out to Cibola High School and given to either the CHS Bookkeeper or to the coach prior to or on the date due. If given to the Bookkeeper, the coach MUST receive a receipt showing it was paid.
- Items may be added or removed over the year such as the cost for supplies, and away game bus, etc. Depending on the amount of fundraising that is accomplished.

I have read the information in the packet specifically regarding the financial commitment that must be made to participate in the program. This includes both personal fees and sponsorship expectations. I understand that all fees must be paid on the due dates or earlier, if not, my cheerleader will be dismissed from the program. If my account is still outstanding at the end of the year, my son/daughter will not be allowed to try out for the next season. If my account is not paid in full by the end of the school year CHS Cheer holds the right to add any money due to my school account. If my son/daughter quits/is dismissed/or doesn’t make the team the following year no refunds or extra money in the account will be paid out.

If my son/daughter is a senior, he/she will not be permitted to participate in graduation ceremonies or receive his/her diploma until the account is settled. Any remaining money at the time of my cheerleader’s graduation will be donated to the program.

Refunds will only be given for items my cheerleader did not receive.

Parent/Guardian Signature:___________________________ Date:____________

Cheerleader Signature:_______________________________ Date:____________