

Riverton High School

Cheerleading

2017-2018

Tryout

Information

Riverton High School Cheerleading Tryouts

MANDATORY Tryout Meeting

May 10th

7:00 pm

Tech Atrium

- ◆ All students wishing to tryout must attend meeting with one parent or guardian

Try-out Packet information --due May 15th

The following forms are to be completed and handed in to the cheer coach on Monday, May 15th. Those with an incomplete packet will not be allowed to try out. Your packet needs to be stapled together with the following items in this order!

- ◆ Application Page 1
- ◆ Contract Page 2
- ◆ Consent & Acknowledgement Page 3
- ◆ Medical Insurance Information & Release Page 4
- ◆ 3rd quarter report card or certified letter from registrar's office paper clipped to the front of packet.
- ◆ 2x3 picture of cheer candidate stapled or attached to the bottom right corner of your page 1 application.
- ◆ Use of Student Name and/or Picture release form Page 5
- ◆ Letter of Recommendation Paperclipped to the back of your packet (Only use the form that we gave you, separate letters will not be read)

Tryout clinics and Tryouts

Monday, May 15th Check in time is between 3:00-3:20 pm. Clinic starts at 3:30 pm and will go until 5:30 pm. There will be a 30 minute break for you to practice whatever you want and then the tryout process will begin at 6:00 pm. You need to stay until the end of the decision process, we will be announcing the teams there. If you are not selected on the team, you will leave your tryout number and exit the gym, if you are selected you will need to stay for a short meeting after. Plan on about 30 minutes. We anticipate the tryout process to be done by 8:00 pm.

*Closed clinics, there will be no video-taping allowed

Post Tryout Meeting

TBD

Riverton High School Cheer Team Application

Student Name _____

Grade Next School Year (2017 - 2018): 9 10 11 12

School attending this year _____

Birthday _____

Address

Phone # Student Home: _____

Student Cell: _____

Student
Email _____

Parent's Name _____

Parent's E-mail _____

Parent's Phone # Home: _____

Cell: _____

3rd Quarter GPA _____

***Please Attach

- ◆ an official copy of your 3rd quarter report card
- ◆ a 2x3 picture of yourself

Riverton High School Cheerleading Tryouts 2017- 2018

REQUIREMENTS:

1. Candidates who try out must have a 2.5 GPA 3rd quarter this year in order to be eligible. Candidate cannot have more than one F and may not have any NG's.
2. Candidates must have AND maintain a 2.5 GPA for each quarter during the school year or they will be removed from the squad...there is NO probationary period! This becomes effective immediately (this means that candidates who make the squad must have a 2.5 GPA for 4th quarter, or they will be removed from the squad.)
3. Candidates must be enrolled at Riverton High School for the 2017-2018 school year before being allowed to tryout.
4. If a candidate has already tried out and made a cheer squad at another school for the same school year that they are trying out for Riverton Cheer, that candidate is ineligible to try out.
5. Candidates must agree to all of the participation requirements presented in the attached tryout documents.
6. The Riverton High School Cheerleading contract and packet information must be signed and returned to the RHS cheer coach by April 26th along with an official copy of your 3rd quarter report card attached. You will not be allowed to participate in the clinic until your contract is turned in.
7. **Squad Requirements for both the boys and girls: There is a tumbling requirement of at least a standing back handspring for JV Squad. Tumbling requirement for Varsity is a standing tuck or round off tuck or round off handspring tuck. Candidates must be able to execute this minimum requirement during their tryout in order to be eligible for each squad. Performing this minimum tumbling requirement on your own although may not be executed perfectly, will be taken in to consideration.**

TRYOUT CLINICS and PROCEDURES

1. At check in candidates will be given a number which they need to wear during the clinic as well as during the try-out. Your number will need to be turned back in at the conclusion of the tryout.
2. At the clinic candidates will be taught the following material:
 - a. A dance—you will perform to demonstrate your dance technique and performance ability
 - b. A general cheer—this cheer will demonstrate your ability to get the crowd involved
 - c. General Cheer motions and jump technique
3. During clinic and at tryouts, candidates will also be required to demonstrate --in addition to the dance and cheer:
 - a. Ability to work well with others, follow instructions, and have a coachable and positive attitude.
 - b. Kicks & jumps, as well as standing and running tumbling—candidates will perform these individually for the judges. It is to your advantage to have these skills, as it is included in your overall score.
 - c. Showmanship—how well you perform and interact in front of an audience,(enthusiasm, smiling, etc.) as well as the level of coach-ability demonstrated during the clinics.
 - d. Stunting-some stunting may be required for the tryout.
4. During clinics and tryouts, the boy candidates will demonstrate partner stunting, jumps and tumbling. If candidate does not have experience in partner stunting, basic partnering stunting will be taught during the clinic day. During the tryout, candidates

will demonstrate partner stunting, jumps and any tumbling skills they have. The judges will be looking for the potential the candidates possess to learning and being able to execute these necessary skills.

The tryouts are closed--- no parents, friends, or any others are allowed in the gym. The panel of judges, as well as the cheer coaches and those teaching the clinic are present at the tryouts. Seniors who are currently members of the varsity team will teach the clinics. These instructors will be warming up the candidates on the day of the tryouts. Absolutely no video-taping or recording allowed.

For tryouts, candidates need to wear a white form fitted tee or tank and dark colored cheer shorts. It is recommended that clothes are snug so that the judges can easily see body movements. Hair needs to be pulled away from the face, preferably in a ponytail. Comfortable athletic tennis shoes should be worn that are appropriate for the tryout. Do not wear convers, vans etc. Do not wear any clothing that represents any team, private gym, or club. Wear athletic shoes that are free from any debris. Fingernails must not be longer than the edge of the finger. No jewelry of any kind will be allowed during any of the clinic and tryout dates.

Males trying out for the team will need to be in athletic attire, with athletic shoes.

RIVERTON HIGH CHEERLEADING PHILOSOPHIES, EXPECTATIONS, AND GOALS

1. A cheerleader's first responsibility is to his/her academic program. Participating in cheerleading should not compromise the education process. All cheerleaders must maintain a 2.5 GPA every quarter during participation on the cheer squad. Cheerleaders are expected to be honorable in their academic activities. This means maintaining honesty with class work and not being truant from school or tardy to classes.
2. A high school cheerleading squad has the obligation to uphold, to reflect, and to project the goals and ideals of their school and community. This means that all cheerleaders will adhere to the Jordan School District Code of Conduct, including but not limited to dress code, attendance, and substance abuse standards and rules. Any violation of these policies will result in an administrative referral and conference, with a possible suspension from school, and suspension or dismissal from the squad.
 - a. Daily attendance is required in all classes, including released time (seminary) and tech center. If a squad member has excessive unexcused absences/tardies in any class they will not be allowed to cheer/perform and may be dismissed from the squad. **Vacations are not considered excused from cheerleading.**
3. Cheerleaders will engage in cheering, dancing, tumbling, and stunting while on the squad. The Riverton High cheer squad adopts and executes a comprehensive safety program including conditioning and effective-spotting techniques at all times.
4. The PRIMARY FUNCTION of the cheerleading squad is to support interscholastic athletics and to promote school spirit in a positive way. Throughout the year the cheerleaders support events in the following sports:
 - All football games (Thursday sophomore and JV, Friday varsity)
 - Volleyball games, wrestling meets, and drill team performances
 - Girls Basketball and Boys Basketball games
 - School pep assemblies and other school activities

5. Competition is secondary to promoting school activities. Cheerleaders should strive for excellence in cheerleading, dance, tumbling, and stunting techniques. A technically strong squad is much more effective at generating school spirit than a sloppy squad. The decision to become a competitive squad rests with the advisor, coach, and administration. Competition is a privilege, if the decision is made to compete, all cheerleaders involved will be expected to give 100% effort to become their personal best. Every Varsity member will compete on the Varsity competition squad. Every JV member will compete on the JV competition squad.
 - a. All costs associated with competing and traveling in the competitions are additional, fundraising opportunities will be provided to help offset these expenses.
6. A cheerleader's disposition and attitude are the most crucial elements for success. Cheerleaders should be respectful to all others, very dependable, kind, and easy to work with. Cooperation and compromise are essential to having a smooth, effective, and FUN experience.

RIVERTON HIGH CHEERLEADER-----Time and Financial Obligations

TIME COMMITMENTS: All Are MANDATORY!!

1. Post Tryout Parent meeting
2. Camp Fundraiser Kick Off with Snap Raise
3. Safety Clinic Thursday, May 18th meet at RHS at 3:05 pm, bus leaves at 3:15 pm to Olympus High School. Clinic is from 4-7 pm, bus to arrive at RHS by 7:30 pm
4. Uniform Fittings May (TBD) Dance Room 2:30 pm, middle school kids come straight from school.
5. May Practices: TBD Be prepared for one practice a week!
6. June Practices- TBD Be prepared for two practices a week!
7. August Practices- TBD Be prepared for morning practices Monday through Thursdays until school starts!
8. Choreography dates for competition will be given at a later date.
9. Cheer Camp UCA U of U camp July 10th-13th 2017
10. After school—football, basketball, wrestling, volleyball games, etc.
11. There will be night practices for competition squad during the school year and there may be some weeks that we add an additional night practice in or have to change from the regular scheduled night.

SUMMER ATTENDANCE POLICY

Please read carefully—there are no exceptions!

Cheerleaders must be at all scheduled practices ON TIME. Summer is when we learn all of our material for the coming year and prepare our new teams for camp, and football season. When one person is missing, we cannot build pyramids or work on formations, and it places the team at a disadvantage for growth and safety. Cheerleading is a privilege. If anyone does not wish to make this commitment, there are many others who will. If you plan on missing any practices this summer, please be prepared to accept the consequences.

There will be a separate fee for our Summer practices and camps. This will need to be paid to Riverton High School main office just like all other fees. The due date for this fee is June 10th. After squad numbers are determined, the fee amount will be given.

DURING SCHOOL SEASON OBLIGATIONS AND ATTENDANCE EXPECTATIONS

Although being a member of the high school cheer team is a big time commitment, we would like to try and still allow time for other things! We usually have many members who participate on other sports teams at the high school and are involved with other club sports and activity groups.

There is the question that many have as far as our members being allowed to compete with other All Star cheer teams while being a member of the high school team. The guideline that has previously not allowed this, is currently under review and has been proposed to be changed by the district. We may not see the change until after our season has started. Because of this, our administrators and myself have made the decision that it's important that the student have the opportunities to participate in both if the student chooses. If the student chooses to participate in both programs, it is important for the student to understand the demands of the high school team and be 100% sure that the student can undertake both and fulfill the expected expectations and obligations of our program. Being a member of the high school team does not just consist of a competitive team but that our first and upmost responsibility is supporting our various athletic teams at games and participating in many other school functions and community service projects such as but not limited to assemblies, pride day, etc. These things come first and competition comes second.

Some of the expectations of our squad members are:

- Cheering at all Football games, both Girls and Boys Basketball games and some volleyball and wrestling meets. Expectation is that each member of the squad has a 90% attendance rate to all scheduled games in order to remain on the squad.

For football season this would be equivalent to being able to miss one game, for basketball this would be equivalent to being able to miss two games and not be penalized for the absence. It will be up to the student to use that absence wisely as any excuse for the absence will count towards that allotted amount. There will be certain games that you cannot have an absence for. These exact dates will be given out as soon as we have the schedules but will be games such as Homecoming, any games that we have half time performances, senior night and play-off games.

- Both Varsity and JV Squads are competition teams. There is not an option for you to not compete at any time as a member of either squad. If you choose to not compete, then you will be dismissed from the squad.
- If you are participating in other clubs or sports, it will not be allowed for you to miss any of our competition team practices or competitions, no exceptions of any kind!
- Most of the time we have one night practice a week for competition team. Sometimes we may add another depending on the situation.
- **If you feel that there is a chance that your participation in any other club or sport will not permit you to fulfill your obligations of our team requirements, then it would be wise to make the decision of which sport, club or activity is most important to you and stick to that!**
- Competition dates have not been posted for this next season but will be given out as soon as they are! Just to give you an idea, we usually have two in December, usually the first and second Saturdays of the month and two to three in January which include region and state. We then have our National's in Florida that is usually the first weekend in February.
- A more detailed outline of protocol for absences such as time of notification required, etc will be given out to the team members after making the team.

If you have any questions regarding any of our required responsibilities or obligations of our team, please don't hesitate to ask! Again, I am trying to leave other windows of opportunities open to our students but also ask for the commitment that is required for our high school team. It is important that your commitment is fulfilled for the sake of our team and program here at the high school!

Financial Obligations

The following is an APPROXIMATE breakdown of the costs for cheerleading this year. This breakdown is a good estimate but may not include all expenses for the year. All cheerleaders will be responsible for meeting the financial obligation associated with cheerleading.

Cheer summer fee: (Estimated at \$150) This fee amount will be set after squad numbers are determined.

Cheer summer camp \$420 (estimate)

Participation Fee (Required by the school) \$75

Girls Uniforms/clothing/shoes/bags/game day shirts/warmups etc. \$1150.00 (estimate)

Boys Uniforms/clothing/shoes/bags/sweatshirt etc. \$470.00 (estimate)

Competition Expenses are separate. These expenses consists of shoes, choreography fee, National's trip. Estimate \$1500.00 before possible fundraising.

Fundraisers

Fundraisers are suggested and will be provided to help offset some of the costs associated with cheerleading. Each cheerleader is responsible to contribute or fundraise for the cheer fund account at some point during the year. The fundraiser for the cheer program will be decided by the coach and the amount required to fundraiser or pay to the cheer account will also be decided at the time of the fundraiser. This money will be used to fund the various needs of the program i.e. team treats, supplies, and equipment. All additional money raised after the required amount for the cheer program will go toward the cheerleader's costs for uniforms, camp, cheer fund, etc. Any excess funds that an individual raises will remain in the cheer account for use by the program.

Some of the fundraisers we will be doing are... Sponsorships Mini-Cheer Clinic Snap Raise various others

Payment Schedule Girls

May 19th \$400.00

June 9th Camp payment in full, or your remaining Camp balance after fundraiser profit

July 7th \$500.00

August 4th Remaining balance (this balance will be determined after final costs of everything is determined)

August 25th \$75 School required participation fee (let the office know that this payment is for the cheer participation fee!)

Competition fees due dates will be given at a later date.

*Returning cheerleader's total cost will be lower than new cheerleaders as we will be re-using one of their uniforms!

Payment Schedule Boys

May 19th \$400.00

June 9th Camp payment in full, or your remaining Camp balance after fundraiser profit

July 7th Remaining balance (this balance will be determined after final costs of everything is determined)

August 25th \$75 School required participation fee (let the office know that this payment is for the cheer participation fee!)

Competition fees due dates will be given at a later date.

*Remember that these installments are based off of an estimate on cost. As soon as the cost is finalized for all items, a breakdown will be given out.

- ◆ All payments are to be made to the R.H.S main office—cheer account, receipts need to be given to Coach or be placed in my cheer box in the main office. The only way we know that you have paid and for us to record your payment is for me to receive your receipt! Squad members will not receive their items and/or be able to participate if your payments are not made on time!
- ◆ Lost/stolen items will be replaced by cheerleader
- ◆ No refund if cheerleader quits or is dismissed from the squad

If you are not willing to commit to ANY of the obligations and expectations outlined in this packet DO NOT TRYOUT!!!!

Contract

I have read, understand, and commit to the following:

- Cheerleading tryout information and requirements
- Riverton High Cheer philosophies, expectations, and goals
- Riverton Cheer time and financial obligations
- Riverton Cheer summer practice and school season attendance policy
- Riverton medical insurance information and release form

I fully support the participation of my son/daughter in the Cheerleading tryout process at Riverton High School. I give my permission for him/her to engage in tryout activities including dancing, cheering, tumbling and stunting, and I release Riverton High School from all liability in case of accident and/or injury resulting from tryout activities. If my son/daughter is selected for the squad, I promise to help and encourage him/her to uphold all that is expected of him/her. I also understand and will accept the consequences for actions violating any of the above policies. If my son/daughter is selected for the squads, I will provide proof of insurance and will complete a physical examination, as is required for all participation in athletics at Riverton High.

Students Name _____

Students Date of Birth _____

Students Signature _____

Parents Signature _____

Name _____

Grade (2017 - 2018 school year) 9 10 11 12

Consent and Acknowledgement Agreement

I/We, _____, parents and guardians of _____, who is a student at Riverton High School (or feeder middle school) and wishes to participate in cheerleading tryouts for the cheerleading team, and if accepted as a cheer team member, to participate in all cheerleading activities of Riverton High School, and in consideration of allowing our son/daughter to tryout and/or to participate in such activity, give our consent for such participation by our son/daughter

We understand that our son/daughter is required to be in good physical shape and condition and those activities, which he/she will be asked and expected to participate in, are strenuous and require physical and athletic agility.

We represent to you that, to the best of our knowledge and belief, our son/daughter has no physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us.

We understand that our insurance is the prime carrier in case of injury or accident involving my son/daughter during any cheerleading activity.

We agree to, and by the signing of this agreement, release the coaches, assistant coaches, volunteers, staff of Riverton High School and Jordan School District from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims from damages for injury to our son/daughter and any claims for loss or damage to his/her property which may arise out of his/her participation in the Riverton High School cheerleading program for the 2017 – 2018 academic year.

In witness thereof, I/we have affixed our signatures to this agreement this _____ day of _____ 2017 at Riverton High School, Riverton, Utah.

Parent signature Date

Parent signature Date

Medical Insurance Information and Release

Student name _____
Parent/Guardian _____
Telephone: Home _____ work _____
Cell _____
Contact person in case of emergency _____
Phone number _____
Personal physician _____
Phone number _____

List any previous injuries, illnesses, current medications and any allergies:

To my knowledge my son/daughter, _____, is physically, mentally, and emotionally fit to participate in all activities associated with cheerleading.

Parent or guardian signature _____ Date _____

Medical insurance information

Name of policy holder _____
Insurance Company _____
Policy number _____

Emergency Medical Treatment Statement

I, the parent/guardian of _____, give permission for emergency medical treatment of my child if I cannot first be contacted.

Parent or guardian signature _____ Date _____

The faculty and administration of Riverton High School like to recognize students that have excelled in academics, athletics, student government, or other school or community related events. A portion of this recognition may be posted on the Riverton High School website. This includes group or team pictures. No personal contact information will be posted on the website. For the safety and privacy of students, we must have a signed release form from the student's parent or legal guardian before we can place student's names and/or pictures on the school's website.

**Riverton High School
Release Form
Use of Student's Names and/or Pictures**

I hereby give Riverton High School permission to use my child's name and/or picture on the Riverton High School website, as indicated below.

Student's Name (PRINT) _____

Please mark the applicable boxes:

- Riverton High school may use my student's name on the official school website.
- Riverton High School may use my student's picture on the official school website.
- Riverton High School may not use my student's name or picture on the official school website.

Parent/Legal Guardian Signature _____ Date _____

