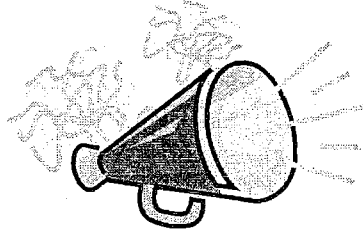


Paola High School Cheerleading
Tryout Information for the 2013 - 2014 School Year

PRACTICE AND TRYOUTS:



PLEASE READ CAREFULLY. THIS IS DIFFERENT FROM PAST YEARS!

Clinics: Tuesday April 9th – 3:30-5:00pm
 Wednesday April 10th – 3:30-5:00pm
 Thursday April 11th – 3:30-5:00pm (We will do a Mock Try Out this day)
Try Out: Friday April 12th – 6:00 – 8:00pm

NOTE: You MUST attend all 3 clinics and the try out in order to be considered.

PERMISSION SLIPS

After you and your parents have read this cheerleading packet, you BOTH need to sign the parent permission/student agreement form. Permission slips need to be turned in to Miss Steutermann or the PHS/PMS Office **no later than Monday April 1st**, along with the cheerleader information sheet, four teacher's recommendations, and grade information sheet.

TEACHER RECOMMENDATIONS

At the back of this packet, you will find four teacher recommendations. In order to tryout for cheerleading, you must give these forms to four of your teachers (whose classes you have taken during the 2012-2013 school year) and have them completed and returned to Miss Steutermann, or the PHS/PMS office, **no later than** Monday, April 1st. We will include this information as part of your tryout score.

***THREE of the four teacher recommendations MUST BE FROM A CORE CLASS TEACHER!!!! (i.e. Math, Science, English, Social Sciences)**

VARSITY TRYOUT

Each individual trying out for cheerleading will be judged on motion technique, dance technique, jumps, communication skills, knowledge of material, character, teacher recommendations, and GPA. Candidates will do a cheer and dance in groups of three or four, then perform two jumps and one chant alone. A toe-touch is required as one of the jumps.

***Each cheerleader must have NO D's or F's in order to try out. No Exceptions!!!**

This information must be verified on the grade sheet with each teacher's signature.

The judges will select 16 people to cheer for the 2013-2014 season unless there is a disparity of a significant amount of points between candidates' final scores. In that case, the size of the squad may be reduced. The cheerleaders selected will cheer for both football and basketball seasons. You **MUST** cheer **BOTH** seasons. This means that participation in any activities that will interfere with cheer practices and games, such as volleyball, basketball, cross country, soccer, school plays, dance, etc, will **NOT** be considered excused absences. **Three unexcused absences will result in dismissal from the squad.** Cheerleading needs to be your #1 commitment outside of academics and family. *If you cannot agree to this, please reconsider trying out.*

REMINDERS FOR THE CLINICS & FOR THE DAY OF TRYOUTS

- 1) Wear a PLAIN WHITE T-shirt and BLACK shorts to the clinics and tryouts.
- 2) Wear athletic shoes that you can jump in easily.
- 3) Wear your hair pulled back in a braid/ponytail or sides up if too short. Points will be deducted for appearance for any hair, such as bangs, that fall in your eyes.
- 4) No jewelry.
- 5) No gum, food, or drinks (besides bottled water) in the gym.
- 6) Be stretched out and ready to go at designated starting times.

PURPOSE

The purpose of the PHS spirit squad is to promote school spirit, to develop a sense of good sportsmanship among students, to better the relationships among schools, to be positive role models for the student body, and to have fun. The spirit squad is a service organization for PHS and the community.

BASIC INFORMATION FROM THE COACH (PLEASE READ!!!)

PHYSICAL: A current physical **MUST** be on file in order to participate in Camp. A physical for the 2013-2014 school year **MUST** be on file **by August 1st** in order to participate in Football and Basketball seasons.

PRACTICES, ETC:

Practices will be held 2-3 times per week from 3:30-5:00pm. Attending practice is crucial. Summer practices will be held two to three times per week and will be in the mornings. Usually, 7-9 a.m. **If other events will cause you to miss practice/games on a regular basis, you should reconsider trying out.** Every cheerleader is required to go to cheerleading camp, which will occur in June (6/21-6/24). We will learn new cheers and dances, practice stunting, and participate in team-building activities. After camp we will take a break for the rest of June and July. Practices will resume the first week of August.

Cheerleaders need to know that work, wrestling stats, or any other sports or activities are **NOT** to interfere with cheerleading practices and games. We will **NOT** schedule practices around these events. Again, Cheerleading needs to be your #1 commitment. If not, please reconsider trying out. The only excuse for missing a practice or a game without prior approval from a coach is a family emergency or death. Any other excuse must be PREAPPROVED by the coach. All absences or tardies need to be explained by a written note, phone call, or text from a parent explaining the situation and will be considered unexcused until that verification has been received. It is at the discretion of the coach and the administration to excuse or not to excuse. The unexcused absence procedure will be strongly enforced, so make sure you know exactly what the rules are.

Cheerleading is meant to fun! I want it to stay that way, so bad attitudes will **NOT** be tolerated; if I notice this, I will warn you, and if repeated, then I will take further action which could result in *dismissal from the squad*. You will be very close to one another with all the time you will be spending fundraising, practicing, camp, and games. It is kind of like a second family. If there are any problems that cannot be resolved, then this will result in dismissal from the squad. **I expect the best, positive attitudes and good sportsmanship.**

CAPTAINS: I will choose 1 – 3 captains for the squad. A captain needs to be responsible, trustworthy, honest, hardworking, and loyal to the squad and coach. She is not meant to serve as another coach, but as a leader and an example to her fellow cheerleaders.

If you have any questions pertaining to any of this, feel free to talk to Miss Steutermann.

FUNDRAISING AND FINANCIAL REQUIREMENTS:

While it may be feasible for you to cover the financial requirements associated with cheerleading without assistance, fundraising is an excellent way to alleviate these expenses and to get to know your fellow cheerleaders better. Your fundraising efforts and participation will determine the amount of money that you raise. We will have one fundraiser in the spring and at least one in the fall to cover camp & other cheer expenses.

These are the costs that cheerleaders are required to pay:

- 1) Shoes - \$55-75
- 2) Black Crop Top - \$20
- 3) Briefs - \$5 – 10 per pair
- 4) Camp Clothes (3 outfits) - \$90 – 100
- 5) Warm-up suit - \$60 – 70 (we will use the same warm-up as this past school year)
- 6) Summer cheerleading camp - \$296.00 (**\$50 deposit is due Monday April 29th**)
- 7) Participants are encouraged to provide the following items with their own funds: Hair ribbons, hair ties, socks, etc. If a uniform is lost or damaged, YOU are responsible for repairs and/or replacement.

UNIFORMS:

You must wear your uniform in its entirety on game days. During the basketball season, this rule also applies to game days that you may not cheer at because of the away games schedule. This includes the whole cheerleading uniform - top, skirt, briefs, cheer shoes, and crew socks. Also, warm ups will be worn during cold weather. Plain black yoga pants may also be worn on those occasions. Non-cheer attire is NOT allowed to be worn with your uniform, such as hoodies, flip flops, pj pants, etc. Cheerleaders are expected to look uniform and therefore should all be dressed the same.

Uniforms are provided by the school and through fundraisers. Paying for personal items such as shoes, yoga pants, socks, camp clothes, warm ups, crop tops, briefs, etc. is the responsibility of the cheerleader. Uniforms are to be worn only to school and cheer events. Wearing your uniform outside of school or cheer events, such as out to dinner or to the store, is PROHIBITED. Bring a change of clothes for after games or other cheer events. Please remember that by wearing that uniform you are representing PHS and the Paola community. **DO NOT WEAR YOUR UNIFORM OR LET OTHERS WEAR YOUR UNIFORM AS A COSTUME TO A PARTY OR HALLOWEEN!!** You are responsible for your uniform, and any lost or damaged pieces will be replaced by you. When handed in at the end of the year they should be clean and in good condition (zippers working, buttons on, hems in, etc).

NOTE: If you attend an away basketball game that you are NOT scheduled to cheer at, you are NOT allowed to wear the uniform to that event. Please bring a change of clothes for after school before going to the away game.

TRANSPORTATION TO AND FROM THE GAMES:

Cheerleaders will be transported in school vehicles by the coach or another school sponsor. You are required to travel in these vehicles. NO EXCEPTIONS!!

No cheerleader may ride to an away game with anyone other than the coach/school sponsor and the rest of the squad. If a parent is present at the away game and talks to the coach face-to-face, then a cheerleader may ride home with her parent(s). No cheerleader may ride with another cheerleader's parent. NO EXCEPTIONS!

CAMP:

- 1) Camp is **MANDATORY (June 21-24, 2013) DEPOSIT OF \$50 DUE 4/29/13**
- 2) Cheerleaders are allowed to miss practices during the summer only for family vacations, sickness, or death in family, etc. These absences must be preapproved.

PARTICIPATION:

The essence of cheerleading is participation. If a cheerleader is not regularly in attendance at required games and practices, she cannot hope to be an effective leader of school spirit. It is an honor to be selected and there are many that would like to wear the uniform. Therefore, all cheerleaders chosen are expected to work above and beyond what is required. During the football season all games are required for all cheerleaders. During the basketball season all home games are required and a rotation will be set up by the coach for away games. All must complete both seasons to be eligible for the next year.

GRADES AND OFFICE RECORDS: (VERY IMPORTANT TO READ & UNDERSTAND!!!)

At the time of tryouts, each participant must have NO D's or F's. If at any time thereafter attendance, grades, or discipline becomes a problem, the principal, assistant principal, or coach may dismiss a cheerleader from the squad. Grades will be checked before each game. If you have a D or an F in any class, you will be given a probationary period of TWO WEEKS to bring the grade up to a C or higher. During this probationary period you will still be able to fully participate in games, practices, & other cheer events. During this probationary period you must show evidence of an honest effort to bring the grade up. If after this probationary period the grade has not been brought up to a C or higher, then you will be benched until the grade is brought up. This means no cheering at games and no wearing the uniform, but practice will be required. If the grade is not brought up to a C or higher within TWO weeks of being benched, then dismissal from the squad will be discussed.

LETTERING PROCESS: Cheerleaders who meet the following requirements will letter in this sport:

1. Must be an active member for the entire year
2. Benched no more than twice
3. Received fewer than 15 demerits over the course of the school year for not following cheerleader conduct and/or duties.

ACTIVITIES:

Most students cannot be enrolled in a full day of school, hold a part-time job, be actively involved in cheerleading, establish and keep good grades, and maintain good health. Cheerleaders should keep in mind that being a cheerleader requires a lot of time and energy. For this reason the school suggests that other activities be kept to a minimum. Participation in volleyball, cross country, basketball, school plays, soccer, dance will NOT be allowed IF it will interfere with cheer practices and/or games. Keep in mind that missed practices/games will NOT be excused for these activities and three unexcused absences will result in dismissal from the squad. If any of these activities are more important to you than cheerleading, then please pursue them! But please do not try out for cheerleading and take the spot of someone else who may have been truly dedicated to the squad.

CAMP, PRACTICES, AND GAMES:

All cheerleaders will be expected to attend a camp during the summer. Before we go to camp this summer, there will be 2-3 morning practices per week. Special practices may be called by the coach. After camp, we will take a break and start practicing again during the first week of August. During this time, we will learn most of the cheers that we will do during the school year. Practices will occur after school, 2-3 times per week. The only excusable reason for missing practice is for illness, academic make-up work, or family emergency/death. Family vacations will be excused during the summer if the coach is told PRIOR to the missed practice(s).

CONDUCT:

Cheerleaders are representatives of the school. As such, your behavior must be beyond reproach, especially when you are on the field or court. There are several areas of consideration in the way a cheerleader must conduct herself, whether in uniform or not. These are for the benefit of the cheerleader; you'll look better!

- 1) Do not chew gum while cheering, this includes practices, games, pep assemblies, other cheer events, etc.
- 2) Do not leave the floor/field during game time without permission of the coach.
- 3) Do not talk amongst yourselves during the game.
- 4) Do not practice in front of the crowd.
- 5) Do not stretch out in front of the crowd.
- 6) Refrain from undesirable behavior. (No PDA, public displays of affection, in OR out of uniform)
- 7) Keep yourself neat at all times.
- 8) No rude language or gestures. (NO BULLYING!!! Face-to-face, texting, online, etc.)
- 9) Do not participate in any activity that harms the reputation of the school. If you have to question the activity, then it's probably NOT an acceptable activity.
- 10) Do not build stunts that have not been approved by the coach per KSHAA rules.

VIOLATION OF ANY OF THESE RULES WILL RESULT IN DEMERITS, BENCHING, SUSPENSION OR DISMISSAL FROM THE SQUAD.

DUTIES OF A CHEERLEADER:

- 1) Know the rules of the sport for which you are cheering.
- 2) Watch the game to determine the appropriate cheer to use.
- 3) Be present at ALL games required.
- 4) Cooperation among cheerleaders is an absolute must. You are working together as a squad, not individuals.
- 5) A cheerleader's primary function at games is the stimulation and control of crowd response.
- 6) Adhere to and promote the sportsmanship code of the Frontier League and Paola High School.
- 7) Do not discuss your fellow cheerleaders; if you have a problem, go to the coach
- 8) Plan and participate in scheduled pep rallies.
- 9) Participate in and contribute to cheerleading fundraisers.
- 10) Construct and design posters promoting school spirit (must be approved by the principal).
- 11) Support the activities of Paola High School.
- 12) Take an active and positive role in the leadership of the student body of Paola High School.
- 13) Design cheers and chants for the participation of all fans.
- 14) Attend school the day of the event for which you are cheering. Only absences due to doctor's appointments, school functions, or funerals will be taken into consideration.
- 15) Abide by and support the decisions of the cheerleading squad and coach.
- 16) Obey all school policies, rules, and their interpretation by the coach and administration.
- 17) You will perform all the motions required of specific cheers. Only those motions that are restricted (and presented in writing) by doctors will be excused.
- 18) You will be **on time** for each game/practice/pep assembly, **stretched**, and **ready to cheer**.
 "Ready to cheer" means having a bow, hair tie, bobby pins, makeup done, hair up, cheer shoes, uniform, practice clothes, warm ups, crop top, briefs, etc.
- 19) Abide by the rules regarding cheerleading and sportsmanlike conduct set forth by the Kansas State High School Activities Association, KSHSAA. (See attached copy of the KSHSAA rules for Cheerleading.)
- 20) SMILE, SMILE, SMILE!!!!

***Each time that a cheerleader does NOT follow one of the 10 items under "CONDUCT" or one of the 20 items under "DUTIES" she will receive 1 DEMERIT. Whether or not an undesired activity constitutes a DEMERIT will be up to the coach and administration.**

After 5 DEMERITS – Benched for ½ a game.

After 10 DEMERITS – Benched for a full game.

After 15 DEMERITS – possible dismissal from the squad

ABSENCES:

If absences become a problem, the cheerleader will be asked to meet with the coach, and a decision will be reached, she will adhere to the attendance policy or be removed from the squad.

UNEXCUSED ABSENCES:

You will receive two unexcused absences! Any after that could result in dismissal from the squad.

- Not showing up for a practice or a game is an automatic Unexcused Absence.
- Failure to inform coach of an absence prior to the event will result in an Unexcused Absence.
- One unexcused absence = one benched game
Two unexcused absences = two benched games
Three unexcused absences = dismissal from squad
- Coaches and administration reserve the right to determine legitimacy of absences.

DISMISSAL FROM SQUAD:

- **Use of alcohol, tobacco, or drugs (1st time = warning & meeting with parents, principal, and coach and benched for 1 week minimum; 2nd time = dismissal from the squad).**
- Three unexcused absences = dismissal from the squad
- 15 demerits = possible dismissal from the squad
- Constant problems with attitude = dismissal from the squad
- A D or an F in any class will result in a probationary period of two weeks and then a benching period of two weeks until the grade is brought up. If the grade is not brought up to a C or higher at this time then dismissal from the squad is possible. (See the "Grades and Office Records" section for more details.)

From KSHSAA: <http://www.kshsaa.org/Public/Spirit/RuleClarifications.cfm>

Cheer/Dance Rules Clarified Regarding Glitter, Hair, Jewelry, Fingernails

So often the most violated safety rules are the rules which are the most easily fixed! National Federation of State High School Associations (NFHS) Spirit Rules regarding gum, glitter, hair, jewelry, and fingernails should be the easiest to enforce by our cheer/dance coaches and they do not involve practice or stunt changes. It should be easy for a coach to say: "Your hair is too long to be left down. Please put it up in a pony tail so it is off your shoulders;" or "We are stunting and your fingernails are too long;" or "I need you to remove all jewelry before practices and performances. Period."

If a coach explains that these are rules that have been set by the NFHS and KSHSAA to prevent injury, perhaps cheerleaders and dancers will realize the safety concerns. Coaches - be firm. Enforce the rules for safety.

NF Rule 2-1-7: Participants are not permitted to chew gum or have candy in their mouths during practice or performance.

NF Rule 2-3-1: Jewelry must not be worn except for religious or medical medals, which shall be taped to the body (without a chain) under the uniform.

NOTE: Jewelry that is illegal includes any pierced body parts (navel, eyebrow, tongue or any other piercing). There can be no earrings worn on any part of the ear as well. The "no jewelry" rule also pertains to ankle bracelets, watches, rings, and necklaces.

The NFHS also states that tongue piercing has been determined by the physicians on their board to be such a great safety hazard, that it is not allowed in any sport. "Spacers" that are placed in the tongue or any other part of the body while the stud has been removed have also been determined by the physicians to be illegal. Students will NOT be allowed to loop fish line through any pierced area to keep it open or cover jewelry with tape.

NF Rule 2-3-2: Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants. That means the nails are not visible beyond the end of the fingers when viewed from the palm side of the hands.

NOTE: Artificial nails are legal, provided they are the CORRECT LENGTH.

NF Rule 2-3-3: The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity.

NOTE: The legal devices to hold hair away from the face and off the shoulders include: bobby pins, small triangle clips, flat (old fashioned) barrettes, rubber/elastic bands. Claw clamps of any size are illegal, as are bobby pins with jewels glued on the ends (jewelry rules), bump its, etc.

NF Rule 2-3-7: Participants shall not wear glitter that does not readily adhere on their hair, face, uniform, costume or the body (If it can fall off, it is illegal).

NOTE: Glitter will also be illegal on signs used by cheerleaders unless the signs have been completely laminated.