

Dear Cheer Applicant and Parents/Guardians,

We are so happy that you have expressed an interest in being a part of the Shorecrest Cheerleading Squad for 2021-22 school year. Although being a part of the cheer squad is fun and exciting, it is very important that everyone has an understanding of what is expected of the students who are selected. This year is unique and will require a full understanding of Covid protocols that are in place and are required to be followed by all potential members and members at all time. Please see the "Shoreline Return to Play" document for details.

The cheer squad is just one of many activities to be involved in at Shorecrest. If selected as a member of the squad, it is important to understand that you are automatically placed in a leadership position. You have the responsibility to show positive leadership and act as a role model. There will be no exceptions made for any squad members in regards to the school attendance policy, grades, code of conduct and other cheer policies.

It should be emphasized that you are here to get an education. School and grades **MUST** be a priority. If your grades are a concern now, we would encourage you to participate in another activity. All cheerleaders will be required to stay in good academic standing (passing all classes at all times throughout the year), and maintain a cumulative G.P.A. of 2.5 or higher.

Cheerleading is a full time commitment and will take a great deal of devotion on your part. If selected as a member of the squad, you must not only have the energy and time to commit, but also the ability to work with others, the ability to listen to others, and the ability to contribute your fair share. This will be a team effort and each member is going to have to put his/her individual desires and wishes behind those of the group. Students are encouraged to be involved in other activities such as a sport or any club, but be sure need to think hard about potential conflicts and the demands that will be placed on your time. Fall sports are not permitted and winter sports are allowed as long as they don't interfere with cheer or example: gymnastics. Basketball will have too much of a conflict. Spring sports or outside of school sports and activities are fine as long as you are able to balance the schedule and fully commit to cheer.

Cheerleading can be a very positive experience, but again you must be aware of all that is involved. Please read the following information carefully and fill out the entire packet including the permission slip. The **final three pages** must be signed and returned (including an updated athletic packet and physical through final forms) before you can tryout. You will also be required to sign and abide by the Leadership Code of Conduct.

An informational/welcome meeting will be held for all new squad members and their parents - date and time to be announced after tryouts. Any questions can be directed

to the coach Marissa Bower at marissabower@gmail.com.

ELIGIBILITY:

SHORECREST HIGH SCHOOL VARSITY CHEERLEADER BY-LAWS

1. Any student, male or female, who will be a sophomore, junior, or senior in the following year and is a full time-registered student at Shorecrest is eligible to try-out for the cheer squad.
2. Students must attend at least 4 classes at Shorecrest and must have a 2.5 cumulative GPA to be eligible to try out.
3. All candidates must turn in application materials completed and signed by parents by the date specified at the informational meeting.
4. Students who wish to try out for the cheer squad must attend all tryout sessions. Evaluations will take place at each session, so attendance is essential. A candidate may be dropped from consideration for failure to attend several tryout sessions.
5. Cheer squad members will be evaluated on tryout practices, teacher recommendations, interviews and a final tryout performance. A panel selected by the coach will judge the final tryout performance. Captains will be chosen at some time after the overall team has been selected.
6. To remain eligible, cheerleaders must maintain a 2.5 GPA **every** grading period during their term. Failure to do so at quarter grading periods will result in academic probation for one month. During the probation period cheerleaders must refrain from wearing cheer affiliated clothing. If a cumulative GPA drops below 2.5 at any semester grading period, the cheerleader will be removed from the team.
7. Cheerleaders must be passing all classes at all times. Failure to do so may result in a temporary suspension from the team until the grade or grades improve.
8. There must be close attention paid to the school attendance policy throughout the entire year. Missing more than one class during a school day will result in ineligibility for the cheerleader for practice or performance on that day. Excessive tardiness to classes may also impact eligibility.
9. Cheerleading is a committed leadership position and is very time consuming. Candidates may not be on the Flag Team, Highland Dance Team or SC Hip Hop Team. Cheerleaders may hold an ASB office or other leadership roles or activities as long as their schedule allows and does not conflict with their responsibilities to the cheer squad. All cheerleaders must sign and abide by the Leadership Code of Conduct 365 days a year. The Code of Conduct is in effect from the time the Cheer application is turned in until the athlete is no longer a Cheerleader.

RESPONSIBILITIES:

1. Cheerleaders will promote school spirit and pride by positively leading the student body and

other spectators at required athletic events, pep assemblies, rallies, and other school activities.

2. Cheerleaders are “leaders” and should positively represent Shorecrest and their community **AT ALL TIMES** in or out of uniform. Cheerleaders must adhere, for the entire calendar year and summer, to the *Shoreline Code of Conduct* as well as all cheer and school policies. This includes being responsible and respectful on social media and will all phone and text usage.
3. During the year, Cheerleaders are required to attend all cheer meetings, which will be arranged in advance. In some cases, emergency meetings will be called. Failure to attend meetings can result in probation and dismissal from the squad. **Please remember that jobs, transporting family members, extra-curricular activities, etc. should not interfere with the responsibilities you are taking on as a member of the Shorecrest Cheer Squad.**
4. Cheerleaders chosen will participate for one full year beginning this spring (except Spring Marching Trips, due to registration and costs of traveling, will be for the previous squad only).
5. Squad members will be required to perform at or attend the following events:

SUMMER

***No camp 2021 because of Covid. Practices leading up to Cheer Camp. Cheer Camp in July.** June and August practices Tuesdays and Thursdays 6-8pm to prepare for fall. No absences including vacation will be permitted in August. The entire squad will have all of July off to spend time with family and friends. Each member will have two excused absences (sickness) before missing the first football game. Additional practices may be added in the last two weeks of August depending on progress made.

FALL

Football - All squad members at all home and away games including a post season cross over game. Missing a football game will result in a week long suspension. The entire squad will also prepare for, and perform at the Homecoming Assembly.

WINTER

Boys Basketball, Girls Basketball, Wrestling: All home events, half-time shows and a few away games. The squad will be divided into smaller groups to attend 1-2 events per week. 1 practice per week (Days TBD based on school year and covid guidelines).

SPRING

Invitational and special events as requested. Marching band parades are optional.

The squad may decide to attend other sporting events during each season and will be decided as a group. All squad members will be expected to participate in the following: assemblies, half-time performances, tryouts.

Cheerleaders will also be encouraged to recognize ALL sports with a card, banner, or other creative measures. **In fairness to all sports, the recognition will be fair and uniform.**

6. The cheer coach is responsible for assigning squad members to cover each required activity. The coach will have the right to sideline a cheerleader for inadequate knowledge of routines,

not passing evals, poor performance or attitude, being out of uniform or missing attire, or non-attendance at scheduled events. During this time, the cheerleader will be expected to work with the coach to correct such problems. Continued difficulties may result in permanent suspension from the squad.

7. **Squad members must be in attendance at school (at least 2/3) the day of an event or practice or they will not be able to attend the event or practice.** **This rule applies after we are back to traditional in person school.*
8. Having to attend Tardy Tank during a scheduled practice will result in an unexcused absence. After 2, the squad member will be suspended for the remainder of the sports season. **This rule applies after we are back to traditional in person school.*
9. All absences to an event, practice, game, meeting or any cheer related event must be communicated to the coach BEFORE the start time by the squad member AND a parent. This may be done via text or email. Not receiving communication by member and parent will result in an unexcused absence.
10. Uniforms must be complete, clean, and neatly pressed at all times. They should only be worn as a uniform representing Shorecrest. **Uniforms are extremely expensive, and it will be the responsibility of each cheerleader to pay for their uniforms and accessories.**
11. Conduct during games:
 - a. Be on time and prepared. (45 minutes before game) especially to home events.
 - b. Know all cheers and routines, no practicing AT an event or on the floor.
 - c. Be in proper formation during all cheers in proper cheer stance. Cheerleaders do not get "breaks" during games. No side chatter or dancing. Refusing to follow conduct and staying in formation during games will result in sitting out for the next game.
 - d. Know the rules of the game as well as all songs and yells (Watch the scoreboard!)
 - e. Keep comments and interactions positive at all times, whether directed toward other squad members, fans, officials, coaches or players.
 - f. Make an effort to re-direct crowd energy if students in the stands become negative or unruly during games.
 - g. Maintain professional appearance and behavior at all times. This includes hair up, jewelry off, make up if wearing any, all done BEFORE you arrive to the event.
 - h. No personal grooming, eating or chewing gum in front of the crowd.
 - i. Give player recognition when a player is hurt (take a knee).
 - j. Report any infractions to the cheer coach or an administrator.

- k. Be positive and smile!
- 12. Failure to cooperate with other squad members, the cheer coach, other teachers, staff members, or administrators may result in suspension from the squad. Failure to abide by all rules and agreements will also result in disciplinary measures.
- 13. Will uphold an appropriate and respectful presence on all forms of social media and digital outlets for communication including apps, group chats, and photos.
- 14. Remember that the cheer coach is responsible for all cheer activities. All planning, practice schedules, activities, summer camp, uniforms, and purchases will be coordinated through the coach. **Cheerleaders are responsible for keeping the coach informed of all things that could impact the effectiveness of the squad.** The cheer coach will be responsible for keeping the administration and faculty informed of cheer activities and concerns. ***In the event the cheer coach is absent or cannot be reached, the Activity Coordinator or Athletic Director should be consulted, then as a last result, an administrator.**

DISCIPLINARY ACTION

Disciplinary action is **rarely** necessary with cheerleaders. However, in the event that a Cheer Squad member violates a team rule, a school or district policy, has trouble getting along with other team members, the advisor(s) or administration, or fails to maintain a 2.5 GPA, the following guidelines will be observed in the determination of appropriate disciplinary measures:

1. **PROBATION:** This is a period of grace for minor infractions of rules or academic problems at grade updates or the quarter. During this time the Cheer Squad member will be expected to work to correct the problem. He/She will not be allowed to wear his/her uniform and perform during this time until the situation is fully resolved. If another infraction occurs during this time the team member will move to #2 below, unless otherwise determined by the Cheer Coach. Once on probation, team members will remain on probation and be required to show progress in resolving the issue or maintaining the progress achieved for the remainder of the school year. Please note: captainship will be revoked at the first disciplinary action taken. If the member is a junior they are eligible to run for captain the following year.
2. **TEMPORARY SUSPENSION:** This will generally involve a short-term sidelining from the Cheer Squad. During this time, the Cheer Squad member will not be allowed to wear his/her uniform, but will be expected to attend all games, assemblies, practices, etc. Temporary suspensions may be given for breaking the attendance agreement, persistent tardiness, or other minor infractions of the rules. If another infraction occurs during this time, the team member will move to #3 below.
3. **PERMANENT SUSPENSION:** This will involve removing the Cheer Squad member from the team. Permanent suspensions will result from major infractions of the rules, repeated minor infractions of rules, failure to receive a 2.5 cumulative GPA at any time during his/her term, or breaking the *Shoreline Code of Conduct for a repeated time*.
4. **CODE OF CONDUCT VIOLATION:** Cheerleaders are under the Code of Conduct for a full calendar year from the time the Tryout Application is turned in, until the individual is no longer a Cheerleader. If a Cheer Squad member is suspended from school or commits a Code of Conduct violation the following team consequences may apply:

- a. First offense: Two month suspension from all practices and performances. Captainship removed for remainder of season and up to coach if it will be reinstated for the following season.
- b. A suspension during the spring season may impact the fall performance season, not summer practices. The two months suspension will be served while school is in session.
- c. Second offense: Permanent suspension from the Cheer Squad.
- d. During the suspension period, exclusion includes no contact with the team including practices, performances, meetings, or other events. No part of the team uniform may be worn during this period.

Cheer Squad suspension consequences will be determined by the Cheer Coach, the Athletic Director and/or a school administrator.

Inherent Risks of Cheer

Cheer is a sport and with any sport there is a risk of injury. Cheer is an anaerobic/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 including tryouts, 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 cheer include but are not limited to the following: concussions, 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:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering/dancing (practice and games) by conditioning, kick circle, and stretching.
4. Do not attempt a stunt that you do not know how to perform safely. Do not attempt a stunt that has not been approved.
5. Always use attentive spotters when stunting and four corners for new or advanced stunts along with mats.
6. Always use mats, track or a grassy area when stunting during practice.
7. Always cheer or stunt in an area free from any construction.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt. No one talks besides back spotter until top girl is safely on the ground.
10. Report any injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheering and stunting.
14. Never wear jewelry of any kind or chew gum when cheering or participating in dance including practices and games.

15. Always have your hair pulled back from your face and away from your shoulders.
16. Eat nutritious meals and drink plenty of water.
17. Always ask for assistance or advice at anytime.
18. Do not stunt or tumble when game is in progress.
19. Never show off.
20. Take all activities seriously.
21. Report any injury or illness to the coach immediately.

Estimated Cheerleading Expenses

The cost of cheerleading is an extremely important factor to consider when making the decision to try out for the squad. Please consider this issue and discuss the costs with your parents so they are aware of your financial obligations as a squad member.

Uniform/Equipment Costs(Before fundraising):

(First Year Only)

Uniforms	\$500
Cheer Shoes	\$40-\$60
Pom-poms	\$25-\$40
Bows	\$25
Cheer Sweatshirt	\$50-\$90
<i>Second Year:</i>	<i>\$100-\$200 total</i>

**uniform purchases only to replace parts that no longer fit*

Stunt Squad Uniform (Before Fundraising): (*N/A due to Covid)

Uniforms :	\$300 (first year only)
Cheer Shoes (one pair)	\$40-\$60

Additional Expenses (cheer and stunt): (*N/A due to Covid)

Cheer Camp (Before fundraising)	\$350-\$400
Camp Clothes	\$50-\$75
Spring Marching Band Trips (depending on trip) *optional	\$100-\$400

These totals are estimates. The coach will do everything possible to keep costs at a minimum. If these expenses become an unexpected difficulty for you, it is important you contact the coach immediately so that the situation can be remedied as soon as possible. **It will also be required that all members of the squad participate in all fundraisers** that may be planned to help offset costs. **It is important to note that the majority of these costs are incurred in the three months following tryouts.**

Cheer Tryout Evaluation Breakdown

Preliminary Round (100 pts)

As is any sport, we may have preliminary cuts. Only the top candidates will move on to the final round. The preliminary round will be based on scores from:

Application Packet (20 pts)

The application packet will be scored by the current coach and will be based on thoroughness, quality of answers, and appearance. **Grades** make up 10 of the 30 points. **School attendance** will also be considered.

Formal Interview (20 pts) (Zoom due to Covid)

The cheer coach and three-five Shorecrest staff members will conduct an individual interview with each potential squad member. Interviews will be held after school at a time set by both the candidate and the coach. The scores will be based on quality of answers, poise, attitude, and enthusiasm. Consider this a **professional interview**.

Staff Recommendations (30 pts)

A list of potential candidates will be distributed to the SC staff. They will evaluate you on a scale of 1-5 in five areas: Attendance/Punctuality, Ability to Work with Others, Commitment, Leadership Potential, and Time Management. Total score will be averaged by the number of staff members who evaluate you.

Pre-Tryout Practice Sessions and Meetings - (30 pts)

The cheer coach and senior cheerleaders will evaluate you during tryout practices. You will be evaluated on: general attitude, listening/following directions, willingness to try, ability to work

Commented [BBB1]:

well with others, leadership potential, body awareness/coordination, strength/athleticism and rhythm/ timing. The total number of practice days will average in your total score. Attire for tryouts: all participants must wear a plain white t-shirt and black/navy shorts or workout pants, athletic shoes, hair up and out of face (no jewelry).

Final Round (100 pts)

Preliminary scores will be added to the final scores. The final scores will be based on:

Final Tryout - (100 pts)

A selected panel (i.e. coach, faculty, and community members) will evaluate your group cheer, dance, fight song and individual cheer in the following areas Quality of Cheer Motions, Voice Projection, Timing, Rhythm, Coordination, Creativity, Spirit, Ability and Technique.

Note: No one other than the coach will be given any information after the tryouts about how individuals scored or where they placed on the list. All information is strictly confidential. It is your responsibility to do your best in all areas. You can be assured that the final calculations are fair and reliable and are based strictly on the number of points scored. The squad will be chosen by the natural percentage break that occurs with scoring – there is not a set number at the start of the process.

Returning cheerleaders are not guaranteed a spot on the team for next year, and must complete the tryout process. In addition to the tryout scoring set forth here, prior performance of returning cheerleaders may be considered in the selection process.

Final Tryout Requirements (Friday May 14th)

*Final tryout has been condensed due to Covid

1. Toe Touch (group one at a time)

2. Perform a cheer taught by current seniors (performed in random groups of 3)

4. Perform the Fight Song (to be performed in random groups of 3)

5. Perform a short dance routine that will be taught by current seniors (will be performed in random groups of 3)

In addition, please note that the movements of all routines and cheers must be appropriate for school (seen by teachers, administrators, parents, and community members.) The emphasis should be on spirit, skill and athleticism.

These pages are for you to keep (1-9).

These pages are to turn into coach (10-13).

STUDENT/PARENT PERMISSION FORM

SIGN AND RETURN ALONG WITH COMPLETED ATHLETIC PACKET AND APPLICATION

I give permission for _____ to tryout for the 2021-22 Shorecrest Cheer Squad. I release Shorecrest High School from any responsibility for injuries incurred during tryouts or tryout practices.

If selected as a cheerleader, I understand the financial as well as personal commitment. I have seen the estimated cheer expenses and I am willing to take the responsibility for the costs listed and participate in all fundraisers that may be planned by the squad.

I have read the "Inherent Risks of Cheer" warning. I thoroughly appreciate and understand the assumption of risks inherent to cheer participation. I acknowledge that I am physically fit and am voluntarily participating in the activity of cheer.

I understand that if my student makes the team and quits or is removed from the squad for any reason, they will be expected to pay for the full remaining balance of their cheer bill. I also understand Shorecrest is not able to give any refunds for any ordered items or camp costs.

I have read and agree to abide by the rules, regulations, and Varsity Cheerleader By-laws set forth in the attached informational packet. I understand that all rules, regulations, and bylaws are in effect throughout the calendar year until I am no longer a Cheerleader.

Applicant Signature _____

Date _____

Parent/Guardian Signature _____

Date _____

***Completed Packet =

- Student/Parent Permission Form
- Athletic Packet (including a valid physical)
- Application

****Due to Marissa electronically by May 1st (via email)

SHORECREST HIGH SCHOOL VARSITY CHEERLEADING APPLICATION

NAME _____ CURRENT GRADE LEVEL/AGE _____

STUDENT Email _____

Student Phone _____

PLEASE COMPLETE THE FOLLOWING QUESTIONS AS ACCURATELY AND HONESTLY AS POSSIBLE. WE WILL BE OBTAINING COPIES OF YOUR TRANSCRIPT AND FIRST SEMESTER ATTENDANCE RECORD.

PART ONE - GENERAL INFORMATION

1. Cumulative GPA _____ (if you are a freshman, record your GPA from the 1st semester)

2. Attendance: Total days absent this year _____ Total # of Tardies (add all classes together) _____

Reasons for absences and tardies:

3. Are there any injuries or physical conditions, which would affect your performance as a cheerleader?

4. List all extra-curricular activities you have participated in at Shorecrest.

5. What other activities (school /community) do you plan on participating in next year if you make cheerleading?

6. Explain any potential conflict between being a cheerleader and the activities listed above including work schedule in Fall, Winter, or Spring.

7. Do you have a job? _____ Where? _____ How often do you work? _____ Are you able to request days off? _____

PART TWO - PERSONAL REFLECTION

8. What will you bring to the team that will help you be a positive addition to the squad?

9. What does it mean to be a student leader?

10. What three characteristics do you feel are most important for cheerleaders to possess? Why?

11. Which of the following core values speaks to you and how will you implement it next season: accountability, leadership, kindness, dedication.

12. What are some examples of things that cheerleaders should be involved with besides performances at games and assemblies?

13. What is one thing that you would like to see changed or different about the SC Cheer program or the way that it is perceived?

14. Questions, comments, additional information, anything you'd like to share with the coach:

Please write legibly and keep answers to a few sentences or maximum small paragraph.

Please email pages 10-13 to Coach Marissa via email:

Email: marissabower@gmail.com