

## *CK High School Cheer Tryouts*

Tryouts for the 2022-2023 CK Cheer team will be the week of March 28-31st. Students currently in grades 8 -11 are eligible. Please complete all the required paperwork before tryouts (this includes athletics packet with current physical).

**BEFORE YOU MAKE THE DECISION TO TRYOUT**, please carefully consider the following:

Cheerleading involves more time and responsibility than most people realize. You need to be willing to commit a minimum of 15 hours a week, however due to COVID restrictions time spent together each week may be less than previously stated. The demands upon a person's time and energy are great – all cheerleaders must be able to successfully balance schooling, cheerleading, homework, work and their social lives. Your various commitments must be taken into consideration before you decide to try-out. The approximate cost for each team member is to be determined. Please note that fundraising may be available, but it is still the responsibility of the cheerleader for the final cost.

### **CHEER MISSION STATEMENT**

The CK Cheer program is to promote and uphold school spirit, unity, and pride, represent the school to its **highest** degree, set an example of good behavior and sportsmanship at **all times** (whether in uniform or not), and to promote the development of lifelong values and skills.

### **CHEER OBLIGATIONS**

The squad cheers at all football games, basketball games, and pep assemblies. In addition, the team will be required to attend at least one sporting event for each of CK's sports teams. The squad may also participate in various competitions. Cheerleaders work on building school spirit, increasing leadership skills, and working as a team. Cheer is also required to participate in school activities (i.e. spirit week).

### **CHEER REQUIREMENTS**

- Practice plus games will be up to 4 days a week, minimum. This includes holiday breaks.
- There will be required cheer community service events
- Cheer covers all regular season and postseason events for football and basketball.
- Attend 1 event for each CK sports team (including spring sports)
- There will occasionally be Saturday events and practices
- Minimum of 2.5 GPA and passing **all** classes
- Athletics office must clear all candidates for participation. (This includes school fines and physicals)
- Attendance at all practices; study tables and events are required
- All cheerleaders are required to have a current physical (within the last two years)
- All cheerleaders must abide by the athletic code – this is a **12** month policy

### **CHEER FINANCES (This is TBD)**

Cheerleading is expensive, time-consuming and demanding. Students chosen for the team spend approximately about \$500.00 for uniforms, \$80.00 on practice clothes, \$300.00 for camp, and other varying costs. *Due to COVID-19, costs are subject to change.*

## TRYOUTS

Each potential member will be required to perform cheers, chants, jumps and tumbling skills, and dance routine taught at practice in front of a panel of judges. Each member will be judged on voice, sharpness, jumps, showmanship, dance technique, and overall performance. A grade, discipline, essay and attendance check will be conducted by the coach and will have an impact on the decision.

In addition, the candidate is responsible for all required paperwork, including up to date physical, concussion form, cheer contract, athletic packet, essay, and cheerleader profile by **March 28th**. If these forms are not turned in you will not be allowed to tryout. Other tryout requirements and information include:

- All candidates should have at least a 2.0 GPA before considering trying out. Please understand if the candidate makes the team they must maintain a **2.5** throughout the entire season to be able to participate.
- Candidates must complete all required athletic paperwork and be cleared by athletics office prior to the tryout practice. All cheer specific paperwork (see below check list) needs to be submitted at the first day of practice.
- Proper attire for practice and tryouts include workout clothes that do not show excess skin (no midriff, shorts shorts, etc) and clothing that does NOT state "cheer, cheerleader, etc." **White t-shirt and black shorts required**. Individuals trying out should appear professional during tryout practices and performances.
- Tryout **practices** will be **March 28th, 29th, and 30th** for those who signed up. These practices will teach basic cheer knowledge (moves and jumps) and the tryout material. \*Practices are not mandatory but it is your responsibility to learn the material taught at the practice.
- Tryouts are **Thursday, March 31st** from 5:00pm to approximately 7:00pm. You must stay for the entire time as the results will be given at the conclusion of the tryouts. *If there is a conflict with the time you MUST notify the coach no later than **March 28th**.*
- Be ON time and ready to work!
- Tryouts are CLOSED, no exceptions

## REQUIRED DATES:

These events are already scheduled for the 2022-23 season and are required for those that make the team. These events cannot be made up, and excuses will not be accepted.

- **New Team Meeting:** Monday, April 11<sup>th</sup> at 5:00PM
- **Uniform Fitting:** Wednesday, May 4<sup>th</sup> at 4:15PM
- **UCA Skills Clinic:** Thursday, June 30<sup>th</sup> at 10:00AM-3:00PM
- **UCA Cheer Camp:** Wednesday, July 27<sup>th</sup> and Thursday, July 28<sup>th</sup>
- **\*Choreography Clinic:** Friday, August 5<sup>th</sup> and Saturday, August 6<sup>th</sup> from 9AM-4PM
  - **\*This event is only required for those who make the competition cheer team**

## **Check List**

### **Turn into CK Coaching Staff: DUE March 28th**

- ☐ Application
- ☐ Contract
- ☐ Demerit Sheet
- ☐ Essay
- ☐ Cheerleader Profile

### **Turn into HS Athletic Office: DUE March 28th**

- ☐ Current Physical
- ☐ Emergency Card
- ☐ Athletic Clearance Form
- ☐ Concussion Form
- ☐ Insurance Form
- ☐ Athletic Cheer Form 2022-2023

*Copies of the tryout packet and required forms must be turned in to the CK coaching staff in printed form, no digital copies are accepted.*

## Application for Cheerleading Tryouts

Please print neatly. Be mindful that your interest and commitment may be judged by the care and professionalism with which this application has been completed.

Name: \_\_\_\_\_ Current Grade: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_ *\*Must be a 2.0 or higher*

My child, \_\_\_\_\_ has my permission to be a cheerleader at Central Kitsap High School. I understand he/she must abide by the rules and regulations set forth by the coaches, athletic director and administration of CKHS; and to be present for all practices, games, and cheer events. I have read the rules and regulations and understand that the violation of any of these rules may lead to a temporary or permanent suspension/dismissal from the squad. I understand that all forms attached must be completed and turned in by **March 28th** or my child will not be allowed to tryout.

- I understand that my son/daughter will be evaluated by a panel of judges and we agree to abide by the final decision of the coach and judges.
- I understand all costs involved. I understand that nonrefundable deposits and payments for cheer items are to be paid by the dates set by the coach.
- I understand that being a cheerleader at CKHS requires a MAJOR TIME COMMITMENT. Cheerleaders are required to cheer at both home and away football games, home basketball games, attend all practices and study tables, and participate in 4-6 competitions. Cheerleaders should anticipate having 15-20 hours of cheer related activities per week. This time commitment is NOT compatible with work, musical theater, drama, choir or band. Running start students must have AM classes.
- I have read the rules and requirements established for the cheerleaders and will be supportive and assist in every way to see that they are enforced.
- I understand by the very nature of this activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head.
- I understand that the minimum GPA requirement for trying out is a 2.0. If selected to the squad I must maintain a minimum GPA of a **2.5** at ALL times. A failure to maintain a **2.5** will result in an automatic suspension for games and may result in possible removal from the squad. I understand this standard is higher than WIAA's state requirement and agree to adhere to the **2.5** set forth by the coaching staff.
- I have read and agree to follow the communication policy set by the CKHS Cheerleading coaching staff.

\_\_\_\_\_ / \_\_\_\_ / \_\_\_\_ Parent/Guardian Date

I am interested in being a cheerleader at Central Kitsap High School. I understand the risks as stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches, athletic director and the administration of Central Kitsap High School. I promise to cooperate and follow the instructions of the cheerleading coach.

\_\_\_\_\_ / \_\_\_\_ / \_\_\_\_ Student Date

## Central Kitsap High School Cheer Contract

CK cheerleading exists to encourage school spirit and pride in CKHS, promote physical fitness and mental development, and to develop lifelong values and skills.

CKHS cheer program **VISION**: The CK Cheer program vision is to be an integral, well-coordinated part of the school curriculum, to assist participants in the development of athletic and leadership skills, to develop effective time management strategies and to develop socially through cooperation, competition and appropriate stands of behavior. Cheerleaders are representatives of CK High School **at all times**. Therefore, you will be expected to conduct yourself in a manner that would be considered respectful by all. In order to become a member of this squad, you agree to the following guidelines:

1. **Practice/Games** – You must be at all practices **on time**, properly dressed with all necessary equipment and material. This means no jewelry and hair up. **NO GUM. NO CELL PHONES.** No practice will be excused without prior approval. The coach has the right to give consequences for late arrival, excused, and unexcused absences to practices and the coach will decide those consequences. Any absence from a CKHS event must be **APPROVED 2 WEEKS PRIOR TO THE EVENT**. Please note just because 2 weeks' notice is given doesn't mean it will automatically be excused. Any games missed, must be made up and the coach will assign this. There will be practice over Thanksgiving and Christmas break. There will be a mandatory camp in the summer. **We will not change our practice schedule for any outside activities.** You must be totally committed to this activity. Remember work is not an excuse to miss practice. At competition time, we may need to add practices and it's your responsibility to clear your schedule.

2. **Obligations** - The varsity squad will cheer at all varsity football games, basketball games, and pep assemblies. In addition, the team will be required to attend at least one sports event for each of CK's sports teams, including spring sports. The competition squad will also participate in 4-6 cheer competitions. The team will be required to participate in school activities (i.e. spirit week).

3. **Grades** – You must maintain a **2.5 GPA** with **NO** failing grades and satisfactory conduct in all classes.

4. **Drug Policy** – You must comply with the CKHS Athletic Policy.

5. **Ability** – You are to maintain the ability level that was exhibited at tryouts.

6. **No one is guaranteed the right to compete.** The coaching staff will select those who they feel will best represent the school at any function. Placement for performances and cheer lines will be based on participation, ability and effort. At the time of the performance if a team member does not have the routine clean enough for performance, they may be asked to sit. Coaches Note – *Please do not call the coach at home about what events your son/daughter is competing in, which base they may or may not have, etc. The coaches have to make decisions on what is best for the team and not what is best for a particular individual. If your son/daughter thinks that they deserve to be doing something better or different in a routine, then they are on the borderline in some area and should work to improve their skills so that they are consistent. Consistency is everything.*

7. **Fundraising** – The approximate cost for each team member is between 600.00 and 1000.00. Please note there is fundraising available, but the student is responsible for the final cost.

8. **Commitment** – You must be totally committed to this sport. Remember **work** is not an excuse to miss practice consistently. At competition time, we may need to add practices and it is your responsibility to clear your schedule. **Lack of commitment may result in your dismissal from the team.**

9. **Selection to the team** – The coach has the final say in all selections made to the varsity cheer squad and competition team.

10. **Competition Dates** – The coach has the final say in what competitions the squad attends. Competition dates will be determined in October of 2022.

11. **Conditioning** – Cheerleaders are responsible for their physical condition. You will be expected to maintain a high level of physical activity throughout the cheer season.

12. **Attendance to School** – Students must be in attendance at school the **entire** day on the day of practice or contest, unless they have a note verifying the absence was due to an appointment with a physician and/or this physician approves their participation (still cannot miss more than 3 class periods, even with doctor note). The student must participate in all courses and classroom activities. Exceptions must be made with the coach and a representative of the building eligibility board.

13. **Uniform** – Uniforms are to be clean. All cheer members must have the same uniform look. There are to be no visible bra straps at any time. Fingernails must be sports length with no nail color. **No artificial nails.** Cheerleaders will not loan out any piece of their uniform. Cheerleaders must wear their uniform or team designated outfit to school on game/event days. Any gear issued to the cheerleader by their coach is property of CKHS and must be returned upon request.

14. You will need to have access to your school email address, FinalForms, and The Band app.

15. **Deposits** that will be made for cheer items are non-refundable. If a member is removed or chooses to quit the squad they will still be responsible for payments of cheer items ordered.

16. Behavior expectations include internet sites such as Twitter, TikTok, Snapchat, Instagram and Facebook.

17. **Lettering Privileges** – Cheerleader must actively participate in 85% of all varsity cheer activities; including but not limited to practices, study tables, competitions, games, and community service events to receive a varsity athletic letter.

I agree with all the above policies and would like to be considered for CK Cheerleading. If I violate any of these rules, I will agree to any consequences set forth by the coach and the school administration.

#### ACKNOWLEDGEMENT

I have read and understand the Central Kitsap High School Cheerleading Contract. I agree to follow these rules and policies and cooperate fully with the other members of the cheerleading team and the Coach.

\_\_\_\_\_ Parent/Guardian \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date

\_\_\_\_\_ Student \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date

## Demerit Sheet for CK Cheerleaders

In order to help develop and encourage self-discipline in each of the members of our cheer family, the following demerit system has been developed. This form certainly does not cover every possible circumstance that might be encountered but should provide a general guideline as to some of the problems, which may result in demerits. It is expected the coach will use professional discretion when issuing demerits. The coaches are interested in doing the right thing for each individual and for the squad collectively. The decisions coaches must make are often not easy, so work with them.

Among other things, demerits may be issued for the following:

- Late to a game/practice (>5 minutes) ½
- Over 20 minutes late to cheer event/practice 1
- Leaving early without prior permission ½
- Unexcused absence from a game/practice 1
- Failure to inform coach of absence in timely manner ½
- 4 excused absences to event/practice 1 for every 4
- 5 non-participations at events/practices 1 for every 5
- 4 school tardies 1 for every 4
- Incomplete "uniform" for practice and/or events ½
- Disrespect toward other people/property etc. 1
- Disruptive behavior during event/practice (eating, grooming, public displays of affection, cell phone use, arguing, etc.) 1-2
- Missing a performance due to a failed evaluation ½
- Lying or stealing 1
- Coach's discretion 1-3
- Severe disciplinary action (by coach or school) 2
- Suspension from school 3
- Suspension from athletics 2
- Academic probation 1
- Academic suspension 1
- Failure to bring assigned material ½
- Lending cheer equipment ½
- Failure to participate in spirit week activities ½ per offence
- Defiance of contract or coaching/team decision 1-3
- Inappropriate behavior or conduct 1-3

*\*If the cheerleader is sick or is not in attendance at school the day of practice or an event, the member must inform the coach the morning of the illness or absence from school. If the member gets sick during the day, the coach must be informed at least two hours before practice or event. No demerits will be given if this procedure is followed.*

As demerits accumulate, the following progressive steps will be followed:

- |   |  |
|---|--|
| • 1 and 2, Warning from coach                 | • 7, Benched for the next four events. |
| • 3 and 4, Benched for next event             | Loss of lettering privileges.          |
| • 5, Benched for next two events              | • 8, Two-week suspension & removal     |
| • 6, Removal from leadership position if that | from competition team • 9, Three-week  |
| is your status.                               | suspension                             |
| Benched for next three events                 | • 10, Benched for season               |
|   | • 11, Dismissal from team              |

## **ACKNOWLEDGEMENT**

I have read and understand the CK Cheerleading Standards. I agree to follow these rules and policies and cooperate fully with the other members of the cheerleading team and the coach.

\_\_\_\_\_ Parent/Guardian \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date

\_\_\_\_\_ Cheerleader \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date

### **Benching**

If an athlete is benched, the athlete will be required to attend the event for which they are being benched. The game that they are benched for will be determined by the head coach. They must sit with their coach in uniform and support their team.

### **Probation**

The individual can practice with the team and participate in contests but must correct a deficiency within a given period of time.

### **Suspension**

The individual can practice with a team but cannot participate in contest until a deficiency is corrected or for an established period of time. The minimum suspension is for the next contest, after being placed on suspension, at the level of competition the athletic participated prior to the suspension. Varsity players cannot participate at the junior varsity level or vice versa to escape suspension.

Suspension for an event or events shall require that a squad member attend the event/events for which they are suspended in appropriate cheer clothing. They will sit next to their coach and support their team during the duration of the suspension.

### **Dismissal**

Dismissal will result in the loss of letter award and any other award that may be given to the individual or squad. The individual will lose all privileges or trips that the squad enjoys. The individual will be removed from the team.



## Cheer Essay

Name: \_\_\_\_\_ The cheer essay must be completed and turned into the coach by **March 28th**. If you fail to turn in your essay questions, you will not be allowed to try-out. Please answer questions on this paper only.

1. Why do you want to cheer for Central Kitsap High School?
2. List your personal and team goals for cheerleading.
3. How do you best communicate? Why?
4. Explain what you think is the purpose of CKHS Cheer.
5. Do you have cheer, dance, or tumbling experience? Please list the teams, schools, or programs.
6. What are three characteristics you feel are most important for cheerleaders to have? Explain.

7. Define “commitment” providing at least one example.

8. If you had an issue regarding a fellow cheerleader, how would you handle the situation?

9. If you had an issue regarding one or both of the coaches, how would you handle the situation?

10. What is one thing you want to share with the CK Coaching Staff.

11. How do you feel you should conduct yourself (in and out of school)?

12. List your strengths and weaknesses.

13. Cheer is a huge commitment and requires a lot of energy and time. How can you ensure that you will stay motivated and dedicated throughout the **entire** year?

14. Are you wanting to be considered for the CKHS Competition Cheer Team? Why or why not?

## Central Kitsap Cheerleader Profile

Please complete the below form and return to the coaching staff NO LATER than **Monday, March 28th**. If the form is not turned in you will not be allowed to try-out.

Name: \_\_\_\_\_ Grade (circle one): 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> School: \_\_\_\_\_

Do you have stunting experience (circle one): YES or NO

Preferred stunting position (Base/Flyer/Back Spot/Unknown): \_\_\_\_\_

Are you willing to try new stunting positions? \_\_\_\_\_ If so what position(s): \_\_\_\_\_

### **First Semester Grades:**

Period	Course	Instructor	Grade
0			
1			
2			
3			
4			
5			
6			

Total amount of **absences** since September 2022: \_\_\_\_\_

*\*Field trips and school excused absences should not be counted into the above total.*

*\*1 or more missed periods = 1 absence, no more than 1 absence a day.*

### **ACKNOWLEDGEMENT**

I completely and accurately filled out the CK Cheer Profile and understand that using or indicating false information on the above form will lead to my **immediate dismissal** from the CKHS cheer team.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_