

# Enochs High School

## Cheerleading Tryout Packet

### 2019-2020



Clinics: April 5th & 6th, 2019  
Tryouts: April 8th, 2019

### Current Enochs Students

All paperwork due Friday, March 22, 2019 by 3:00 PM

### Incoming Freshmen

All paperwork due in your current school's front office  
(Ustach/Savage) Friday, March 22, 2019 by 3:00 PM

**\*\*\*\*All other students please send/deliver to Cheer Advisor at  
Enochs High School by deadline.**

# **IMPORTANT DATES**

Parents and students please mark your calendars for these dates, even prior to knowing if you have made the squad. They are all very important and it is imperative that students and parents participate in these events as requested.

**Friday March 22<sup>nd</sup>** – **ALL TRYOUT PAPERWORK DUE** to Cheer Advisor in EHS front office no later than 3:00pm. High School teacher recommendations are to be submitted **directly by the teacher** to the Cheer box in the main office. All Junior High paperwork is to be submitted to their main office and will be picked up at each site by 3:00pm (Ustach/Savage) by Enochs staff on March 22<sup>nd</sup>.

To participate in the clinics and tryouts beginning on April 5<sup>th</sup>, all paperwork must be turned in to Cheer Advisor by the deadline, of 3:00 PM on **March 22<sup>nd</sup>**. This includes teacher recommendations and the signed contract on page 9. Although all paperwork is due by the deadline; not turning in the contract on page 9; with both the parent and student signatures, alone would prohibit someone from trying out.

**There will be NO Exceptions (Don't wait until the last minute.)**

**Ineligibility Notices** - On Wednesday, April 3<sup>rd</sup>, ineligibility notices will be sent out at school. You will receive this notice if you are ineligible to tryout for any reason. The reason will be noted on this notice. If you receive a notice stating that you are ineligible for any reason please do not show up to the clinic on April 5<sup>th</sup>. The **ONLY** ineligible situation that can be resolved is debt list. If you owe money to the school and can pay off that debt, bring proof that the debt has been paid to the clinics on Friday, April 5<sup>th</sup>.

## **FRIDAY, April 5<sup>th</sup> - CHEER CLINIC DAY 1**

*Check-in at will begin at 4:00 PM*, in the Enochs High Gym. The session will run from 4:30 PM to 7:30 PM. Please wear black shorts, a white t-shirt, athletic shoes, your hair contained in a high bun with no fly aways, and absolutely no jewelry.

## **SATURDAY, April 6<sup>th</sup> - CHEER CLINIC Day 2**

*Check-in at will begin at 8:30 AM*, in the Enochs High Gym. 1<sup>st</sup> session will be from 9:00 AM – 12:00 PM, Lunch Break from 12:00 PM to 1:00 PM and 2<sup>nd</sup> session will be from 1:00 PM – 4:00 PM. Please wear black shorts, a white t-shirt, athletic shoes, your hair contained in a high bun with no fly aways, and absolutely no jewelry. You will have an hour lunch break, so we recommend you bring a lunch and plenty of water.

**MONDAY, April 8<sup>th</sup>** – **TRYOUTS Day 3** in the Enochs High gym from 4:00pm – 8:00pm (approx.) Please wear black shorts, a white t-shirt, athletic shoes, your hair contained in a high bun with no fly aways, no jewelry, and performance make up as required. (Make-up Demo/Tutorial Provided.)

Results will be posted on the Enochs High School website, Friday April 12<sup>th</sup> at 3:00 PM.

**Some important events that are yet to be scheduled:** Next year's advisor will decide the date, time and location.

**Mandatory Parent Meeting – TBD**

If you are chosen to be a part of the 2019-2020 Enochs Cheer Program there will be a mandatory meeting to go over the plan for the year, uniforms, schedules, etc. All cheerleaders and at least 1 of their parents or a guardian must be present.

**Uniform Fittings – TBD**

Fittings will be done by squad. Parents are not required to be there but are welcome to come and check sizing. Once things are ordered, they cannot be replaced without paying for new items.

**\*\*\*\*\*In addition to “normal” clothes, please wear a sports bra, spansks (or full coverage panties), and socks.**

**July – ENOCHS SPORTS NIGHT** –Pick up, complete, turn-in mandatory sports packet (Insurance, Athletic Treatment Cards, Athletic Eligibility Regulations, Release & Waiver Liability, heart form, concussion form, and Athlete Sportsmanship Letter). All paperwork must be completed before practices begin. The physical may be done by your own doctor, however, make sure the physical is done after July 1, 2019.

## **TRYOUT/CLINIC PROCEDURES**

1. Attendance at all 3 of the clinic sessions is mandatory. It is an important part of the tryout process. All paperwork must be turned in by March 22<sup>nd</sup>. Randomly assigned numbers will be given during the first clinic and will be worn during all clinic sessions, as well as tryouts on the following Monday. Be prompt and be sure to bring lots of bottled water.

***Friends and family are not allowed to stay and watch clinics or tryouts.***

2. At the time of check in for all sessions, you are expected to be ready. You are being evaluated from that point forward. Be on time in your black (dark) shorts, white T-Shirt, socks, and athletic shoes. Performance Make-up is optional for clinic days, but strongly encouraged. (Mandatory for Try-outs).
3. During CLINICS, each session is important. Points will be deducted for any number of reasons, including but not limited to:
  - Late to check-in for any session
  - Missed session
  - Jewelry left in
  - Bad attitude towards other hopefuls, coaches, other adults and mentors
  - Excessive talking
  - Inappropriate attire
  - Wrong shoes
  - Lack of effort
  - Chewing gum
  - Forgetting your number and/or pins
  - Nail Polish

(Reminder, there could be only a small difference between someone who makes the squad and someone who doesn't ... this means the little things matter)

### **\*\*The following are things that we WANT to see from everyone\*\***

**Effort**- doesn't give up, attempts all aspects of cheerleading, helps others, goes the extra mile, is focused and doesn't go off to the side to sit and talk with friends.

**Teamwork**- works cooperatively with others, demonstrates encouragement and support for others, helps others learn the routines.

**Spirit** – smiles, cheerful, vocal, applauds others' achievements, kicks and jumps are performed with full amount of energy and effort each time.

**Attitude**- positive demeanor, respectful of staff and peers as demonstrated by their body language and words, listens and follows instructions

4. Tryout order will be Frosh, JV, then Varsity. During your entrance and exit, jumps and other displays of spirit are appropriate and strongly encouraged.
5. The following will be considered in the selection process: Clinic participation, GPA/Attendance, Teacher/Coach Recommendations and Tryout score.
6. Squads will be chosen using the above categories to create the most cohesive, hard-working team. Per District Guidelines, there will be a maximum squad size of 20 on the Varsity level, 12 on the JV level and 12 on the Freshmen level. We are looking for displays of talent, teamwork and spirit and most importantly being an all around good person. Our priority is to have squads that are **committed, hard-working, diligent, dedicated** and **enthusiastic**. There is no tenure advantage with our program, every spot is earned.
7. An impartial and experienced panel of judges will be used to score the tryouts. Also please remember that your tryout score is NOT the only score that matters, it is only one piece of the puzzle, and everything counts.

***Only the judges and those running the tryouts will be allowed to watch the clinics and tryouts... NO EXCEPTIONS.***

### **Checklist**

Please be sure you have the following pages filled out per instructions and turned in on time to ensure your packet is complete:

- Return signed contract (Pg 9) to Cheer Advisor box (main office) by March 22<sup>nd</sup>
- Give teacher recommendations to 3 teachers - have them date and initial (Pg 11-15)
- Return teacher recommendation verification form (Pg 10) to Cheer Advisor box (main office) by March 22<sup>nd</sup>
- Bring grade and attendance printout to the clinic on April 5<sup>th</sup> (must be printed **after March 29<sup>th</sup>**)

## **CONSIDERATIONS**

### **WE WANT YOU TO TRY OUT FOR CHEERLEADING IF:**

- you will support and represent Enochs High in a positive fashion.
- you will give 100% while cheering, win or lose.
- you think Eagle school spirit is cool.
- you are willing to work hard, physically and mentally, at every practice.
- you are able to work well with others and can put differences aside.
- you are able to be on time and have great attendance at practice and games.
- you are able to take constructive criticism from coaches, advisors, and squad members.
- you are able to be respectful of coaches, advisors, and your fellow squad and other squad members.
- you are willing to make some sacrifices in terms of your time and/or opinion in order to make the squad better.
- you are open to trying new things, you can be flexible.

*We are looking for students who are dedicated, committed, can follow instructions, cooperate and work hard as a team. They recognize they are viewed as representatives and positive role models for the school.*

*Parents, you too are a huge part in the success of the Enochs High School Cheer Program. It is your responsibility to ensure you child is on time to all events, practices, fundraisers, meetings. In order for this program to function as well as it needs to there needs to be 100% dedication from all students and their families.*

**ENOCHS HIGH SCHOOL 2019-2020**  
**CHEERLEADER STATEMENT OF CANDIDACY**

This form is a pre-tryout contract, which must be signed by a parent/guardian and yourself. Page 9 & 10 should be returned to the Cheer Advisor box (Enochs Main Office) by **3:00 pm on Friday, March 22<sup>nd</sup>**. Junior High paperwork will be picked up at our feeder schools (Ustach/Savage only) by Enoch's Cheer Coaching Staff on March 22<sup>nd</sup> by 3:00 PM.

**I agree to accept all of the following responsibilities to be selected.**

1. If selected, I will have a physical clearance and proper insurance coverage on file at Enoch's High School for the 2019-2020 school year dated after July 1, 2019, and BEFORE practice/activities begin. Physical exams/clearance *must* be given after July 1, 2019. My parent/guardian and I know of no medical conditions or limitations that would affect my participation in clinics or tryouts. **I will notify the School Administrator and Cheer Advisor in writing (signed and dated note from parent) of ANY medical limitations I have PRIOR to clinics / tryouts.**
2. ***I understand the importance of my position and the privilege of being a cheerleader. It shall come first in case of conflict with a job, personal activities, birthdays, or other functions. I understand that I will have to make sacrifices in order to participate in the EHS Cheer Program. I also understand that I must maintain strong academic standing. I will not abuse my position through unauthorized absences or neglecting my studies.***
3. I am aware I must follow all rules and guidelines established by the school and the advisor and I will be expected to sign a contract to that effect, if I am selected. I understand there will be consequences administered if I fail to follow the rules during my tenure as a cheerleader.
4. I am fully aware that cheerleading involves a large time commitment on my part. I will be required to attend:
  - After school practice as scheduled.
  - Camp and summer practices (July thru August).
  - Games, Rallies, Special Events (i.e. Back to School Night, Open House, etc.)
5. I understand it takes a positive attitude to be successful in cheerleading. I also understand that it is a privilege to be a cheerleader and that I am a role model at all times representing Enoch's High and as such, I am held to a high standard. I will stay focused, work hard and take constructive criticism. I will demonstrate I am a team player and display school spirit enthusiastically! I will work cooperatively and put the squad's needs before my own.
6. I understand that I will be held accountable for my actions on and off the field, in and out of uniform, online, and on and off campus. I will not make comments on social media sites which may be deemed inappropriate, have bad language, or any derogatory remarks about the program, its coaches and all of its participants.
7. I understand I need to follow through and get recommendations from **three (3) of my teachers.** Recommendations are confidential. I understand that I do not return the completed form to the office, and that the teacher will turn it in. Make sure you give the form to your teacher at least **three** days in advance.

# 2019-2020 EHS Cheer Tryout Skills List

The following is a list of skills that may be assessed of every EHS Cheerleader for the 2019-2020 season. MCSD is a non-stunting district so our routines incorporate dance as well. These skills will be taught at clinics and you will have plenty of time to practice before tryouts! If you work hard at this you will be able to make it happen! Good luck and we will see you at the clinics on April 5<sup>th</sup>.

<b><i>Freshman Cheerleaders</i></b>	<b><i>Jr Varsity Cheerleaders</i></b>	<b><i>Varsity Cheerleaders</i></b>
Toe Touch	Double Toe Touch	Double Toe Touch
Jump of Choice	Double Jump of Choice	Double Jump of Choice
Right or left Splits, Center splits	Right or left Splits, Center splits	Right or left Splits, Center splits
Hitch Kick/High Kick	Hitch Kick/High Kick	Hitch Kick/High Kick
Right Leap and Side Leap	Right Leap and Side Leap	Right Leap and Side Leap
Chainé / Pk Chane Turn	Chainé / Pk Chane Turn	Chainé / Pk Chane Turn
Single Piroette	Single or Double Piroette	Single or Double Piroette
Motions, Dance Choreo	Motions, Dance Choreo	Motions, Dance Choreo

## **Eligibility**

1. Students who participate in the cheerleading program must comply with District eligibility requirements:
  - Minimum of a 2.0 grade point average
  - No more than one (1) F
  - No outstanding debts
2. Students with more than one (1) unsatisfactory citizenship mark will be allowed to tryout, but if they make the squad they will be put on probation and held accountable for showing improvement.
3. Students must meet all eligibility requirements prior to the cheerleading clinic and tryouts. Eligibility and 2019-20 squads are based on the 3<sup>rd</sup> quarter report card from 2019.
  - Students must participate in clinics and tryouts to be considered by judges. If students do not maintain their eligibility after the 3<sup>rd</sup> quarter of the tryout year, students will be dismissed from the team.
  - Students cannot remediate. Once you are ineligible, you may not return to the squad. This includes summer school.

Return this ENTIRE sheet with both your and your parent's signature indicating you've **read** this agreement and **will abide** by it.



**ENOCHS HIGH SCHOOL 2019-2020**  
**CHEERLEADER STATEMENT OF CANDIDACY CONTRACT**

I \_\_\_\_\_ hereby declare that I am asking to be considered for:  
(Please print name clearly)

\_\_\_\_\_ Freshman Cheerleader    \_\_\_\_\_ JV Cheerleader    \_\_\_\_\_ Varsity Cheerleader

I currently attend \_\_\_\_\_ and am currently in the \_\_\_\_\_ grade.  
(name of school) (8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>)

Student Cell: \_\_\_\_\_ Student Email: \_\_\_\_\_

Student Date of Birth: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Cell: \_\_\_\_\_

Parent Email: \_\_\_\_\_

***I understand and agree to abide by the EHS Cheerleader Statement of Candidacy & Tryout Contract. I also understand that if I am chosen to be a part of the squad that I will be required to attend all meetings.***

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Parent / Guardian Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Date*

# TEACHER RECOMMENDATION VERIFICATION & STUDENTS SCHEDULE

NAME : \_\_\_\_\_

SCHOOL : \_\_\_\_\_ .

SQUAD : \_\_\_\_\_ .

	<u>TEACHER</u>	<u>SUBJECT</u>	<u>DATE RECEIVED</u>	<u>SIGNATURE</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4/5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
0/8.	_____	_____	_____	_____

Please fill out your current schedule. Only the **3** teachers you give a recommendation form to must initial & date.

Return with completed packet to Cheer Advisor box (main office)  
by **March 22, 2018**

Also bring with you to the first clinic, a printout of your current grades  
**\*Must be dated after March 29<sup>th</sup>. (PowerSchool/Aries)**

**ENOCHS HIGH SCHOOL  
CHEERLEADING TRYOUTS – TEACHER RECOMMENDATION FORM**

Dear Teacher: \_\_\_\_\_

The person listed below is trying out for cheerleading. Since attitude and citizenship are more important in cheerleading than just talent, your help is needed. Your input is crucial to our selection process. Please answer honestly. Comments are **extremely** useful.

Student's Name: \_\_\_\_\_ Squad: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_ Date Received: \_\_\_\_\_ Subject: \_\_\_\_\_

Directions: Please circle the word that best represents the candidate's traits:

\*Excellent is reserved for students that go above and beyond!

Ability to get along with others	Very Poor	Poor	Fair	Good	Very Good	Excellent
Ability to stay on task	Very Poor	Poor	Fair	Good	Very Good	Excellent
Conduct in class	Very Poor	Poor	Fair	Good	Very Good	Excellent
Sense of responsibility	Very Poor	Poor	Fair	Good	Very Good	Excellent
Willingness to cooperate	Very Poor	Poor	Fair	Good	Very Good	Excellent
Respectfulness to teacher	Very Poor	Poor	Fair	Good	Very Good	Excellent
Attendance	Very Poor	Poor	Fair	Good	Very Good	Excellent
Display of school spirit	Very Poor	Poor	Fair	Good	Very Good	Excellent

Please **circle** one of the following:

Highly Recommend      Recommend      Recommend with reservation      Do not recommend

Teacher's Signature: \_\_\_\_\_

Comments: \_\_\_\_\_

**This is confidential. Please do not give the form back to student.**

Teachers: Please return to Cheer Advisor in EHS Front Office no later than Friday, March 22<sup>nd</sup>, by 3:00pm. If you are at Ustach/Savage, please place it in the Enochs cheer envelope at your site. Thank you.

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CHEERLEADING TRYOUTS – TEACHER RECOMMENDATION FORM**

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