

# 2024-2025 LCHS Cheerleading Tryouts

## *About the Team:*

This year we will have a Varsity squad and are hoping to have a Junior Varsity squad. Varsity will have a team of up to 24. We will take up to 4 stuntmen and up to 20 cheerleaders. Junior Varsity will have a team of 10-12.

## *Meet the Coaches:*

If you have any questions or concerns, feel free to reach out. Below is the contact info for our coaches. We are so excited to meet you and start the new season! Please read this packet thoroughly and make sure to complete all the tasks.

Alicia Dotinga, Head Coach  
[aliciado@spokaneschools.org](mailto:aliciado@spokaneschools.org)

Haley Elkin, Assistant Coach  
[HaleyE@spokaneschools.org](mailto:HaleyE@spokaneschools.org)

## ***How to Try out for LC Cheer***

**Parent Meeting:** Both parents and prospective athletes are encouraged to attend. Attending this meeting is not a commitment to trying out but rather a chance to see if LC cheer is for you. A parent or guardian attending or making up this meeting will count towards your tryout attendance points and is mandatory. If you are not able to attend, please email the head coach to discuss making up the meeting. We will discuss essential information about tryouts, finances, and expectations. If you are on the fence about trying out, attend this! **April 10, 7pm LC Commons**

**Tryout Packet:** Please complete and detach the registration and essay pages and turn in to the cheerleading mailbox in the public office or bring to the parent meeting. The final pages of this packet are teacher recommendations. They should be given to your teachers ASAP so they get in on time. You must get an evaluation from each of your teachers. If you do not have 6 classes, please have another staff member, such as a counselor or previous coach, fill it out. It is recommended you follow up with your teachers and take the initiative to get these done as early as possible. **All paperwork must be turned in by April 15.**

**Tryout Material Practices:** We will be learning jumps, kicks, a sideline dance, a band dance, a cheer, and a chant. Please practice the material you learn each day as it will help you be successful on the day of tryouts. Attendance counts towards your points, so please show up early. You may arrive up to 45 minutes early and stay 15 minutes late to get help with tryout material. **April 16-18, 4-6pm**

**Tryouts:** In groups of three to five, you will perform all the learned material in front of a panel of judges. You may arrive up to 30 minutes early to stretch and practice with your group. We ask that you leave the field house after your tryout group is finished. See more information about tryouts below. **April 19, 4-6pm**

**Team Announcement:** The cheer team will be announced the evening after tryouts. Results will be posted on our Instagram (@lewis\_and\_clark\_cheerleading) and you will receive an email telling you if you made the team. There will be a team social on Saturday morning for those who make the team, and information regarding time and location will be in your email.

### What to wear:

On material days, wear clothes you can be active in. For judged tryouts, wear all black. White or neutral athletic shoes are preferred, but any athletic shoes are acceptable. A bow or ribbon in your hair and natural looking makeup are permitted but not required. You cannot wear ANY jewelry or have long nails, per WIAA and NFHS rules. Wearing jewelry or having long nails will result in partial or full loss of attendance and readiness points.

### Tryouts

Please note Tryouts are “closed,” meaning they are limited to the judging panel and coaches. No other students or parents are permitted to watch. Tryouts will be judged by points. The point breakdown for tryouts is as follows:

- Attendance and readiness at each tryout material day and parent meeting - 80 Points Total, 20 per day
- Interview and tryout packet - 60 Points total, 40 for essay Questions, 20 for interview
  - There are interview questions in the tryout packet. During the tryout material days, the coach will interview each of the athletes with follow up questions.
- Teacher Evaluations/Grade Checks - 120 Points total, 20 per teacher.
- Fitness test - 60 points total, 20 per activity
  - You must run one mile, do one minute of pushups, and one minute of sit ups. You are given points based on your ranked score.
- Judges Scores - 85 Points/Judge, 510 Points total
- You will be graded on crowd leading skills, technique, knowledge of material, jumps, and tumbling. Tumbling is not required but will receive extra points.

### \*\*\* Squad Selection \*\*\*

Coaches do not select the squad on a personal/relational basis. Most of the judges panel are outside individuals and local cheerleading professionals so there are as few personal ties to a candidate as possible. If you have questions about your tryout, reach out to our coach and athletic director. If you did not make the team, we have a **48 hour wait policy** before contacting coach with any questions you might have. This policy is helpful for everyone and allows time to process the experience of tryouts with sensitivity for all. You may see a compilation of scores and areas of improvement for future tryouts, but not detailed scoresheets. Our scoresheets stay confidential so that judges can score candidly.

### ***LCCHS Cheer Expectations***

Adherence to the cheer program rules and regulations is vital to the success of the team. Participation in cheerleading is a privilege, not a right, and may be revoked by a coach or administrator when a cheerleader violates rules or regulations. Cheerleaders are student leaders and represent LC.

### *Eligibility:*

- Grades will be checked on a regular basis and must meet LC athletics standards, and maintain good attendance in ALL classes. Athletes must keep a 2.0 GPA (C average).
- Members must sign and follow required paperwork (including this contract)
- Cheerleading **must** take priority over other extracurricular activities. Multi-sport athletes must discuss overlapping schedules with Coach Alicia before the season starts. An agreement will be worked out, however, if a competing activity creates an issue with your participation, your status on the team will be reviewed.
- All members are expected to attend ALL practices, games, performances and cheer functions unless previously discussed with Coach Alicia.

### Conduct:

- You are expected to follow these guidelines of conduct (during school, practices, my games, on social media, etc.)
- Cheerleaders will follow all school rules, as well as state and local laws.
- Promoting good sportsmanship by way of example is always expected. Using foul language during games or events can result in benching and a discipline meeting.
- Excessive PDA with a significant other in school and at games (in or out of uniform) is inappropriate.
- When you wear your uniform you must wear the whole uniform (shell, skirt, spandex) when in public or in pictures, and you can only wear uniform pieces at assigned games and events where a uniform has been designated.
- You should not post anything on social media that could reflect poorly on your team. Inappropriate posts on social media can result in a Discipline meeting as well as being required to remove the post.
- You must treat all faculty, squad members, game officials, and opposing team members with respect. Misconduct can result in immediate benching and/or discipline meeting.
- Bullying, slander, and disrespect toward a teammate will not be tolerated.
- If a squad member chooses to quit during the season, they will not be permitted to try-out the following year unless it is a valid reason discussed with Coach Alicia.

### Attendance Policy:

One person being absent can affect the entire team. Our goal with this policy is to help each cheerleader be successful.

- You are expected to attend ALL practices, games, performances, and cheer functions unless previously discussed with Coach Alicia. We will be tracking your absences and tardies, and if patterns arise, there will be a discipline meeting. If the problem is not resolved, we may involve the parent/guardian to review your placement on the team.
- Attendance at a game or practice w/o proper equipment is not tolerated and counts as a tardy. If you do not come prepared, you may not be involved in the activity until you have the proper equipment.
- Jobs, drivers ed, and other misc. activities are not valid excuses to miss practices or games. You must inform your employer of cheer events and ask for the days/time off. We will work with you and try to provide schedules/event dates in advance so that you can coordinate with work. Commitments MUST be discussed with Coach Alicia AT LEAST 24 hours ahead of time, though that does not mean you are automatically excused. Any unexcused absence from a game or event will result in a discipline meeting.
- Absences due to medical issues or family emergencies can be excused with a health care provider's note and/or parent confirmation.

**Missing more than 5 unexcused games in the first 2 months of season will result in immediate removal from the team. Cheer is a commitment, and everyone is held to the same standard.**

### Transportation/Travel:

- Athletes may drive to games within District 81
- If an athlete wishes to go home with THEIR parent/guardian after a game outside of the district, speak with Coach Alicia and have a Parent Driver form filled out and on file.
- Parents are only allowed to drive their children 'from' and not 'to' games.

- If bus transportation is required for a game, all athletes need to be at LCHS 15 minutes before it departs. If you miss the bus, you miss the game.

### *Practice, Games and Events*

- Arrive on time wearing a proper uniform, shoes, hair tied up, and with poms and bow
- NO GUM WHILE CHEERING
- Failure to adhere to the following NFHS Rules will result in benching and/or a discipline sheet:  
R1S1Art.4 "Fingernails, including artificial nails, must be kept short, near the end of the fingers."  
R3S1Art.1 "Jewelry of any kind is prohibited." These are rules for all cheer participation, NOT JUST STUNTING. If jewelry is not removed or nails are too long you will be marked tardy for unpreparedness. This will be heavily enforced this year. At competitions we will get a technical deduction if these rules are not followed.
- Cell phone usage during practice and games is not acceptable unless Coach Alicia has given the OK.
- Never stunt without a stunt certified coach present. Failure to follow this may result in removal from the team. Safety is our number one priority.
- Know all the cheers/sidelines and dance routines prior to games and performances. Failure to know cheer and routines will result in being benched and/or a discipline sheet.

### *Game Specific guidelines:*

- Arrive at games at the previously announced time
- Socializing with friends during the game will not be tolerated and talking with other teammates should be kept to a minimum – no chitchat. If you are asked multiple times to stop talking during a game, you will be benched for the rest of the game.

### *Injuries*

- Every sport has a risk of injury. As coaches, we do everything that we can to mitigate that risk as much as possible. If you become injured, either in or out of practice, you must let the coaching staff know as soon as possible. This allows the coaches to differentiate participation to promote healing and reduce further possible injury.
- If injured to the point of not being able to participate, athletes are still expected to attend games and practices (if possible) in uniform. Injured benched athletes may do homework during games and practices but may not be on their phones.

### *Discipline*

Any violation of rules and regulations as outlined above are basis for discipline meetings up to discipline/suspension and removal from the team. Coaches have final decision when it comes to discipline, all athletes and parent/guardians will agree to this while on LCHS Cheer. Listed below are instances where a review board will be immediately in place and the athlete in question will turn in their uniforms until further notice. We follow the athletic department standards for discipline.

- Any consumption of alcohol, Tobacco or illicit drugs
- Failure to leave a party, function or location where these substances are present and being consumed illegally
- Any behavior unbecoming of a cheerleader as exemplified above, especially at school sponsored events
- BULLYING will not be tolerated
- Excessive absences

- Failure to be present at games or events even when benched
  - Extreme disrespect towards Coaches, faculty or teammates
- Discipline meetings are as follows: athlete or athlete and parent meet with Coaches to discuss expectations; you will not be allowed to return to cheering until that meeting is completed. If an athlete receives 4 discipline meetings, those will result in a review board and possible removal from the team.

### ***Time Commitment and Yearly Schedule***

As stated previously, cheerleading is a big commitment. Outlined below is a general idea of the responsibilities of an LCHS cheerleader throughout the year. **BEFORE YOU MAKE THE DECISION TO TRY OUT**, please carefully consider the following: Cheerleading involves more time and responsibility than most people realize. Following the start of the school year, Varsity and Junior Varsity will have differing commitments. Read the section below to see the breakdown of responsibilities. We will be competing this year, which means that there will be an additional commitment as compared to previous years. Varsity athletes will participate in competitions and Junior Varsity athletes will have the opportunity to participate if they meet skill requirements. All cheerleaders must be able to successfully balance school, cheerleading, and their personal lives. Your various commitments must be taken into consideration before you decide to try out. Cheerleading must be put before other activities such as youth groups, club sports, and other activities.

#### ***Varsity Cheer Team***

**Spring '24** Tryouts, Fitting, Ordering, Planning Meetings (2-3), after-school practices, Lilac Parade, Move Out Con, Graduation. Practices for a few weeks in May and June to prepare for these events.

**Summer** Material and prep practices start July 22 this year and will be about 10 hours/week, Cheer Camp is August 12-14 and is required to attend. After camp, practices for fall start.

**Fall** Football-all games, home and away. Volleyball- 12 cheerleaders at home games, 8 at away. Usually 1 day off/week. Practice two times per week-1 competition, 1 gameday.

**Winter** Our busiest season! Rubber Chicken practice starts in Nov, 15-20 practices total. Possible morning and weekend practices. Basketball- 12 cheerleaders at home games, 8 at away games.

**Wrestling-** home and SPS away games, 8 cheerleaders at each. Competition-practice at least one time per week, 2+ on week of competition. 3-4 competitions on Saturdays from December to January, state in early February. Possible morning and weekend practices.

I do my best to give you 1 night off during the week. You may opt out of rubber chicken if the season is too busy.

**Spring '25** Post-season Basketball, try-outs, Lilac Parade, May week con, Move-Out Con, graduation, etc.

#### ***Junior Varsity Cheer Team***

**Spring '24** Tryouts, Fitting, Ordering, Planning Meetings (2-3), after-school practices, Lilac Parade. Practices for a few weeks in May and June to prepare for these events.

**Summer** Same commitment as varsity.

**Fall** Football and Volleyball -all junior varsity home games. Usually 1-3 days off/week. Practice two times per week-1 competition, 1 gameday.

**Winter** Basketball and Wrestling -all junior varsity home games. Gameday practice 1-2 times per week. Possible opportunity to cheer at varsity away games. Competition-opportunity to participate in varsity competition team.

Seniors commit from spring until end of their graduating school year. Underclassmen commit from tryout date to tryout date.

### ***Financial Responsibility***

Along with the privilege of being an LCHS Cheerleader, there comes a financial responsibility. The total cost for a new cheerleader varies. This is an estimation and is subject to change based on changing market prices. Cheerleaders buy all clothing and equipment except uniforms. You will be expected to purchase cheer shoes, black leggings, and black spandex shorts, and white ankle socks on your own. Returning cheerleaders have a higher cost than normal this year because of new items we are purchasing.

<b>New Varsity</b>	<b>Returning Varsity</b>	<b>Junior Varsity</b>
<b>\$512</b>	<b>\$150</b>	<b>\$324</b>

**If your child quits after the items are ordered, they are still responsible for the complete cost. Any deposits made are NON-REFUNDABLE. This is a big decision.**

We will order the gear at the first team meeting. Coaching staff attempts to keep all costs reasonable. Small added costs throughout the year are inevitable (snacks, pictures, etc), but coaches try to keep them as low and infrequent as possible. All costs should be paid before the first summer practice. Payment plans and full or partial scholarships are available to students. If you are behind on your payment plan, you will not be allowed to participate until you settle your costs. Please contact the coach after tryouts to tell us if you need a partial or full scholarship.

### ***Camp***

We attend UCA cheer camp. This year it is being held at Mead High School so we will be attending during the day and athletes will return home at night. The cost is \$230 per athlete, and we expect these costs to be mostly or fully covered by our box side fundraiser.

***Please detach the following pages, turn in the application, and ask teachers to fill out the evals. If you are a running start student, please turn in your most recent unofficial transcript for the classes that are taken off campus. Contact Coach Alicia if you have any questions.***

**Lewis and Clark High School  
Cheerleader Application  
2023-2024**

I am interested in being a cheerleader at Lewis and Clark High School. I have read the expectations thoroughly and I clearly understand the cost, time commitment, and risks stated in this package. If selected, I promise to abide by the rules and regulations set forth by the coaching staff. I promise to cooperate and follow the instructions of the coaching staff. The following contact information will be used throughout the tryout process and the following year, if selected for the team.

Name: \_\_\_\_\_ Pronouns: \_\_\_\_\_

Current Grade: 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup>

Primary E-Mail: \_\_\_\_\_

Check one or more, please only check teams you are willing to commit to for the year:

Varsity \_\_\_\_

Junior Varsity \_\_\_\_

Parent/Guardian information (only one is required)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Relation to Student: \_\_\_\_\_

Relation to Student: \_\_\_\_\_

Phone #: \_\_\_\_\_

Phone #: \_\_\_\_\_

Primary Email: \_\_\_\_\_

Primary Email: \_\_\_\_\_

By signing, you are acknowledging that both the student and parent/guardian have read and consent to the terms listed above.

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

Parent/Guardian Signature: \_\_\_\_\_

Name: \_\_\_\_\_

# Essay Questions

Please take your time answering these questions thoroughly. You will be judged on answer quality and attention to detail. Please write your name on each paper in case the pages get separated.

What have you done that has prepared you to be on the cheer team?

Returning cheerleaders answer this instead: What is the area you believe you have the most room for improvement as an LC cheerleader?

2. What other activities might you have during the year and what is your plan for when those activities have conflicts with Cheer events and practices?



Name: \_\_\_\_\_

Essay Cont.

3. What qualities or strengths would you bring to the team if selected?

4. Tell about a time when you had a miscommunication with a classmate, teammate, or friend and how you resolved it.

5. Tell about a time when making the right decision didn't benefit you.

<p>2024-2025 LCHS Cheerleading Teacher Evaluation form-<b>DUE APRIL 15</b> Student Name: _____</p> <p>Teachers: Please scan this QR code or visit the link and complete the evaluation. It should take less than a minute for each student.</p>  <p><a href="https://forms.office.com/r/GVCF5eEwjf">https://forms.office.com/r/GVCF5eEwjf</a></p>	<p>2024-2025 LCHS Cheerleading Teacher Evaluation form-<b>DUE APRIL 15</b> Student Name: _____</p> <p>Teachers: Please scan this QR code or visit the link and complete the evaluation. It should take less than a minute for each student.</p>  <p><a href="https://forms.office.com/r/GVCF5eEwjf">https://forms.office.com/r/GVCF5eEwjf</a></p>
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Please cut these forms out and distribute them to your teachers.