



2024-2025 Coed Varsity and JV Cheer Tryout Packet

Dates and Deadlines:

3/1/24	Registration Open in Final Forms
4/1/24	Tryout Material Link emailed to those registered in Final Forms
4/11/24	6:00 PM – Information Meeting – Parents and Potential Applicants Commons – Schedule Personal Interviews with Coach Cindy
4/15/24	Day 1 – Cheer Clinic and Interviews (6:00-8:00 PM in the Gym) Application Deadline – Turn into Coach Cindy or Coach Emily
4/16/24	Day 2 – Cheer Clinic and Interviews (6:00-8:00 PM in the Gym)
4/17/24	Day 3 – Cheer Clinic, Written Test, Mock Tryouts (6:00-8:00 PM - Gym) Teacher Recommendations must be received by coaches.
4/18/24	Day 4 – Final Cheer Tryouts (6:00-8:00 PM - Gym)
4/19/24	2024-2025 Varsity and JV Cheer Teams Posted (by 5:00 PM)

1. All individuals trying out for Ferris Cheer must be fully registered in Final Forms with a valid physical on file BEFORE they can practice for tryouts. Please contact Coach Emily to be added to 24-25 Cheer in Final Forms – EmilySc@spokaneschools.org.
2. Once you have completed your registration in Final Forms, a YouTube link will be provided (effective April 1, 2024) so that you can learn/practice the tryout material at home. (Highly recommended so that you come to the clinics knowing the material well.)
3. Interviews will be conducted during the first two clinic days, April 15-16. You must contact Coach Cindy at the informational meeting or through email to set up your interview date and time. Her email address is CindyGR@spokaneschools.org.
4. The Application (3 pages) is included in this packet and must be submitted to Coach Emily or Coach Cindy with all signatures no later than April 15, 2024. Applications that do not include all signatures will not be accepted. You will not be interviewed without a signed application submitted.
5. Teacher Recommendations are included in this packet. You must give one (half-sheet) to each of your teachers to complete and return to Coach Emily. Please distribute them right away. The deadline for the teachers to return or email the forms is April 17, 2024. You will want to give your teachers plenty of time to fill them out and submit them.
6. Your attendance at all Cheer Clinic days is expected and encouraged, however, the Cheer Clinic on April 17, 2024, is mandatory. You will be put into your tryout groups, and a mock (practice) tryout will take place. Additionally, a written test on sports and cheer knowledge will be given. (Study Guide included in this packet.)
7. The physical tryout will begin at 6:00 PM on Thursday, April 18, 2024. This is a “closed tryout.” Only applicants, judges, and current cheerleaders will be present during this process. The posting of the 2024-2025 Coed Varsity and JV Cheer Teams will be on the Ferris Cheer webpage by 5:00 PM on Friday, April 19, 2024.



Dear Parent and/or Guardian:

Your student has expressed an interest in becoming a member of the 2024-2025 Ferris Coed Varsity or JV Cheer Squad. If selected, there are certain personal and financial obligations required. **Please plan to attend an informational meeting on Thursday, April 11th at 6:00 PM in the Commons to get your questions answered and learn more about the Ferris Cheer Teams.**

Cheerleading is a very physical activity. It is also very time-consuming and takes dedication and commitment. As with any sport, there are dangers which can cause injury to the athlete. It is very important that potential cheerleaders are in good physical condition before they try out and continue to strive to remain in good physical condition throughout the year.

Most of the uniforms worn by the team are “school owned,” however, there are certain personal items that must be purchased by each individual team member. The cost for a new team member is approximately \$600. The cost for a returning veteran cheerleader is less because they typically already have many uniform pieces. Additionally, there are costs for Cheer Camp (approximately \$230) and a 2024-2025 ASB Card. If your household income qualifies for a waiver under HB 1660, you may contact the Ferris Business Office for placing orders and signing up for Cheer Camp.

Regular practices start after tryouts on **Monday, April 22nd**. All practices and activities are on the Ferris Cheer Calendar [Cheerleading / Cheerleading Calendar \(spokaneschools.org\)](https://spokaneschools.org) The team will attend a mandatory skills camp with UCA (Universal Cheerleaders Association) **August 12-14, 2024**.

A uniform fitting is scheduled for after school **Wednesday, April 24, 2024**. The team members will meet with a representative from “Varsity” to get fitted for their new uniform items and place orders. All team members are required to be there. No payment will be needed at that time.

The Ferris Coed Cheer Team has become highly successful, even winning a State Championship, and competing at the USA Spirit Nationals placing 5th in the nation this past year. This success is attributed to extremely committed team members, knowledgeable coaches, and supportive families. It really does take a village to have the success that the Ferris Cheer Team strives for.

Note: This year, the team will compete with the goal to make it to State. There are no plans to go to Nationals this next school year.

Should you have any questions regarding responsibilities or tryout procedures, please plan to ask questions at the meeting on April 11th or contact Head Coach Emily Schutz directly through email at EmilySC@spokaneschools.org.

Application for Cheerleading Tryouts

My student, _____ has my permission to be a cheerleader/yell leader at Ferris High School. I understand that he/she must abide by the rules and regulations set forth by the coaches, athletic director, and the principal of Ferris High School. I have read the information in this packet and the rules and regulations posted online ([Cheerleading / Team Cheer Notebook \(spokaneschools.org\)](http://spokaneschools.org)) and understand that a violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that my student must be registered in Final Forms with a valid physical on file, and the application must be submitted by April 15, 2024, or my student will not be allowed to tryout. I understand that my student must attend all practices and tryout clinics (unless excused by the coach), or my student will not be considered for a cheerleading position.

I understand that my student will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Ferris High School or any of its personnel responsible in the case of accident or injury at any time.

Parent or Guardian	Date	Parent or Guardian	Date
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I am interested in being a cheerleader at Ferris High School. I understand the risks and requirements stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches, the athletic director, and the principal of Ferris High School. I promise to cooperate and follow the instructions of the cheerleading coaches.

Student Signature: _____ Date: ___/___/___

School now attending: _____



2024-2025 Ferris High School Coed Cheer Program Application

Name _____ Current Grade _____

Home Address _____

Parent/Guardian Name _____ Parent Phone _____

Parent Email Address _____

Athlete Email Address _____ Athlete Phone _____

Athletic T-Shirt Size: (Circle one) S M L XL 2XL 3XL

1. What stunting position interests you most? Circle your answer(s):

Base Back-Spot Top/Flyer

2. What is your highest tumbling skill? _____

3. Describe your previous Cheer, Dance, and/or Gymnastics experience and training.

4. Throughout the school year, practices are scheduled for late afternoons on Mondays and some Tuesdays. Do you anticipate having a conflict with being present for these practices?

No _____ Yes _____ (If yes, please explain below):

5. Do you play another sport or are you involved in other activities that may conflict with Cheer practices, games, or competitions?

No _____ Yes _____ (If yes, please explain)

6. Do you have a job, or are you planning to get a job? (Circle one) Yes No

7. Do you have vacation plans that may interfere with your attendance at practices or Cheer Camp August 12-14, 2024.

_____ Yes _____ No

If you answered YES to this question, what are the dates: _____

Note: Please explain any vacation plans when you interview with Coach Emily. Check with your parent/guardian prior to the interview so that you know the dates.



8. The WIAA has strict rules regarding the wearing of jewelry while participating in cheerleading. Do you currently have a jewelry piercing that cannot be removed?

Yes No

9. Do you plan to get a jewelry piercing between now and the end of the 2024-2025 school year?

Yes No

10. How long have you been planning to try out for Ferris Cheer? (Check all that apply)

Just checking into it. Since last week Since winter
 I tried out last year As soon as I got to Ferris All my life!

11. What qualities do you have that will benefit the Ferris Cheerleading Team(s)?

12. After learning the requirements/expectations/responsibilities of the Cheer Team as noted on the Ferris Cheer website, please select ONE preference below.

I will be HAPPY as a member of **EITHER** the JV or Varsity Cheer Team.

I am available/want to cheer **ONLY** on the **JV** Cheer Team.

I am available/want to cheer **ONLY** on the **Varsity** Cheer Team.

I am trying out to be a **Male Yell Leader** on the Cheer Team.

VERY IMPORTANT! If an applicant selects a specific team, such as ONLY Varsity, and the coaches evaluate the student as having the skills for the JV team, that student will not be selected for either team.

Please sign below acknowledging that you understand the responsibilities of a Ferris Cheer/Yell Leader and are willing to do the work and/or support your student to be successful on the Cheer Team throughout the 2024-2025 school year.

Applicant Signature

Date

Parent or Guardian Signature

Date



Student's Name _____

Cheer & Yell Leader Teacher Recommendation

Teacher: Please complete this form, sign it, and turn it in to **Emily Schutz's mailbox** by **April 17** (tryouts are April 18). Please **do not** give this form back to the student to turn in. You may also scan it to EmilySC@spokaneschools.org.

Please rate the student in each category according to their performance in your class.

(5 = Best, 1 = Needs Much Improvement)

___ Cooperates and gets along with other students.

___ Gets class work/homework done on time.

___ Attendance

___ Positive Role Model for other students

___ Attitude

Is the student passing your class? _____

Would you recommend this student to be a cheer/yell leader? _____

Teacher's Name

Teacher's Signature

Thank you for taking your time to assist with the selection process.

Student's Name _____

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2024-2025 Ferris Cheer Written Test Study Guide

- ✓ Read and understand the Cheer Expectations in this Tryout Packet.
- ✓ Read and understand the information and the materials on the Ferris Cheer webpage. [Cheerleading / Team Cheer Notebook \(spokaneschools.org\)](https://spokaneschools.org) to include Team Guidelines, Game Guidelines, and Events & Appearances Checklist.
- ✓ For the sports of Football and Basketball, know the difference between Defense and Offense.
- ✓ In Volleyball, know how many points it takes to win a game/match.
- ✓ Know how points are scored and the number of points awarded for different situations in Football, Volleyball, Basketball, and Wrestling. For example, in football, a “touchdown” is worth __ points. In volleyball, an “Ace” is worth __. In wrestling, a “reversal” is worth _____.
- ✓ In Basketball, know the difference between a Full Time-out and a 30-second Time-Out to include the signals by the official referees.
- ✓ Know the basic signals of the referee/officials in Football and Basketball.
- ✓ Know the positions of each member of a Cheer stunt group.
- ✓ Know the exact words to the Ferris Fight Song.
- ✓ Know the mascots and school colors of all teams in the GSL (Greater Spokane League).
- ✓ Know the words to basic cheers that are used at games.
- ✓ Know when Ferris High School opened.