

2022-2023 Cheer Tryout Packet

We are so excited to meet you and start the new season! The LCHS cheer team is a lot like a family, and we always get excited to welcome new members. Enclosed in this packet is all the information you need to know to try out for the 2022-2023 cheerleading team. Please read it thoroughly and make sure to complete all the tasks. **It is vital you read this document in its entirety.**

About the Team:

We are trying a new layout for the team this year to reduce burnout and create more opportunities for people to participate in cheer. There will be one team of up to 32, depending on overlap.

Stuntmen:

We will take 4 stuntmen who will cheer for football and 4 who will cheer for basketball who are Sophomores, Juniors, and Seniors. Stuntmen will have shorter practices and will be required to attend camp. Stuntmen can choose to be part of the team for football, basketball, or both, which means there may be overlap in the 4 members of each season. All stuntmen in basketball season are automatically on Spooch Crew.

Football and Basketball:

Up to 16 of the cheerleaders will cheer for football and basketball games. Juniors and Seniors are eligible to try out for cheering at these games.

Volleyball and Wrestling:

Up to 12 girls will cheer for Volleyball and Wrestling, including Volleyball senior night and King of the Hill wrestling match. Sophomores, Juniors, and Seniors are eligible to cheer at these games.

Cheerleaders are allowed to cheer for both IF they do not have other outside activities that are during the cheer season. This rule is in place to prevent burnout and excess absences. You will be responsible for attending ALL games. If you choose to do both teams and miss more than 3 games in a season, you may be subject to removal from the team.

All team members will practice together and attend whole team events together. Team events include but are not limited to the lilac parade, fundraisers, and school events such as cons. Team members are responsible for knowing all material even if they do not cheer for that sport. Towards the beginning of the year, we will have material practices twice a week and stunt practices once a week. Once all material is learned we will have one material practice and one stunt practice per week. At this point boys will only be required to attend stunt practices unless they do not know their material. Once Rubber Chicken season starts, the basketball cheerleaders will have extra practices with the Spooch crew.

Meet the Coach:

If you have any questions or concerns, feel free to reach out to me! Below is my contact info.

Alicia Dotinga, Head Coach

aliciado@spokaneschools.org

Tryout Calendar

Sun 3/13	Mon 3/14	Tues 3/15	Wed 3/16	Thurs 3/17	Fri 3/18	Sat 3/19
		Parent Meeting: 3-3:30 Tryout Clinic: 3:30-5:00		Parent Meeting: 5-5:30 Tryout Clinic: 5:30-7:00		
Sun 3/20	Mon 3/21	Tues 3/22	Wed 3/23	Thurs 3/24	Fri 3/25	Sat 3/26
	Teacher Evals and Tryout Packets due: End of School Day	Tryout Material: 5-7pm	Tryout Material: 5-7pm	Tryout Material: 5-7pm	Tryouts: 5-8:30pm (meet in wrestling room)	Team Announcement: 9am LC front steps Team Bonding: 9:30am-11am Parent and Athlete Meeting: 11am-noon

Important Activities

All events take place in the commons unless otherwise specified

Parent Meeting/Skills Clinic: The first half hour of each clinic will be a parent meeting. Both parents and prospective athletes are encouraged to attend. A parent or guardian attending one of these meetings will count towards your tryout attendance points and is **HIGHLY ENCOURAGED**. Supportive adult involvement is integral to a well-functioning cheer team. We will discuss essential information about tryouts, finances, and expectations. If you are on the fence about trying out, attend this! You do not have to stay for the following skills clinic, but it is encouraged and will have a lot of helpful material and feedback for tryouts. You only need to attend one of the parent meetings. Athletes may attend both skills clinics if they wish.

Tryout Packet: Please detach the final pages and turn them in to the cheerleading mailbox in the public office or bring it to the parent meeting/skills clinic. The teacher recommendations should be given to your teachers ASAP, so they get in on time. Please ask two teachers whose classes you are enrolled in to fill out an evaluation slip. If you do not have in-person classes at LCHS, please have another staff member, such as a counselor, to fill it out. It is recommended you follow up with your teachers and take the initiative to get these done as early as possible.

Tryout Material Practices: We will be learning jumps, kicks, a 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 30 minutes early and stay 15 minutes late to get help with tryout material.

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.

Team Announcement: The cheer team will be announced the day after tryouts. Please meet outside of the school on Saturday Morning where you will receive a card with your results. If you make the team, there will be instructions for a team get-together and subsequent parent meeting. Please block out the first part of your morning for these activities in case you make the team. **Please wait to open the card until you are without another candidate and off of school property.** IMPORTANT: If you make the team, please wait to share until the team makes the official announcement. There will be consequences for anyone who posts on social media about their spot on the team before the official Instagram has made the announcement. It is important to be respectful during this process to those who try out. If you cannot pick up your card, your results will be emailed to you.

What to wear

On material days, wear clothes you can be active in. For judged tryouts, wear a plain white short-sleeved t-shirt and black athletic shorts. White or neutral athletic shoes are preferred, but don't buy a new pair just for tryouts. A bow or ribbon in your hair and natural looking makeup are permitted but not required. You cannot wear jewelry, per WIAA and NFHS rules. We will be following the SPS masking guidelines as they change and ask that you do as well.

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 completely by points, not on a personal basis. The point breakdown for tryouts is as follows:

- Attendance and readiness at each tryout material day and parent meeting **15 pts/day or 60 pts total**
 - Attendance and timeliness are especially important. Be on time, ready to practice each day. This means hair up, jewelry out, and ready to go. Points will be docked for arriving tardy or unprepared.
- Interview **25 Points**
 - During the tryout material days, the coach will interview each of the athletes.
- Teacher Evaluations/Grade Checks **75 Points**
- Judges Scores **75 Points/Judge**
 - You will be graded on energy (performance), sharpness, jumps, knowledge of material, confidence, and volume. Tumbling is not required but will receive extra points.

***** Squad Selection *****

Squad selection is strictly based on the points system. This includes only the points listed above. Coaches do not select the squad on a personal/relational basis. Most of the judges panel are outside individuals so there are as few personal ties to a candidate as possible.

LCHS Cheer Expectations

These guidelines are intended to inform cheerleaders, parents, and other relevant parties of various policies and rules regarding the expectations of the Lewis & Clark High School Cheerleaders. In all aspects, the cheer squad shall first be professional, law-abiding citizens and shall be exemplary representatives of the school and the Greater Spokane League both in and out of uniform. 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.

Eligibility:

- All members must hold a C average (2.0) during the season. Grades will be checked on a regular basis. If you have received an “F” grade, you will have one school day clear the “F” grade. You may not cheer until the “F” is cleared. If the “F” grade continues, study tables will be put into place. Receiving an “F” for a semester grade will automatically initiate a review of your cheer status and may be cause for being dropped from the squad.
- Members must maintain good attendance in ALL classes
- Members must sign and follow required paperwork (including this contract)
- Cheerleading must take priority over other extracurricular activities (drivers ed, work, club sports etc.) Multi-sport athletes must discuss overlapping schedules with Coach Alicia prior to the start of the season. 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 observe exemplary behavior (during school, practices, games, on social media, etc.) and represent the best of LCCHS.
- Cheerleaders will follow all school rules, as well as state and local laws. Being in trouble with the school or the law may result in consequences for cheerleading as well.
- Promoting good sportsmanship by way of example is always expected. Using foul language during games or events will result in benching and a discipline sheet.
- *Excessive* PDA with a significant other in school and at games (in or out of uniform) is inappropriate.
- You should not post anything on social media that would reflect poorly on your team. Understand the code of conduct and uniform etiquette and do not post anything below those standards on social media. Inappropriate posts on social media will result in a Discipline sheet 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 will result in immediate benching and/or discipline sheet.
- Bullying, slander, and disrespect toward a teammate will not be tolerated and will result in a discipline sheet.
- 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 sheet. 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 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 sheet.
- Absences due to medical issues 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 (Rogers, Ferris, Shadle Park, North Central, our Home Stadium)
- 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.
- **Missing the bus will result in an unexcused absence**

Practice, Games and Events

- Arrive on time wearing a proper uniform, shoes, hair tied up, and with poms and bow (for games and events)
- If weather changes Coach Alicia will send out an update for changes of uniform. Always bring warmups in case of cold weather
- 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.
- 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.** As a cheerleader it is your JOB to know these.

Game Specific guidelines:

- Arrive at games 40 minutes early at the previously announced time
Multi-sport athletes that will be coming to games after another activity must communicate with Coach Alicia at the time they will be at the game
- 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. Failure to attend practices consistently while injured may result in a discipline sheet.

Uniforms:

- Uniforms are school property and will be treated as such; please keep them clean and in presentable condition. When the uniform is returned, it must be CLEAN and free of stains. If it is not, you will be fined a \$5 cleaning fee for each **piece** that is not clean. Instructions on how to clean your uniform will be distributed before uniforms are due.
- If a uniform is lost or stolen, you will be responsible for replacing it at the cost of the item(s) and any lettering, shipping, and handling.
- Do not loan any piece of team clothing (uniforms, jacket, warmups) to anyone. **DO NOT** let anyone other than you wear your uniform! You are responsible for the uniform that you checked out, not anyone else. **Cheerleaders caught lending their uniform to someone not on the squad will receive a discipline sheet.**
- Cheerleaders must wear full uniform when required to do so (you may not walk around in your uniform top and just spandex or vice versa)
- Game day attire at school will be full uniform or warmups depending on the weather. Coach Alicia will decide and announce the uniform to be worn. Hair may be worn up or down but presentable during the school day. Do not wear extra sweatshirts, sweats, leggings, UGGS, rain boots, or flip flops on game days. If a cheerleader is not wearing the correct uniform to school, they will be benched for that game and will meet with Coach Alicia to discuss expectations; they will not be allowed to return to cheering until that meeting is completed.

Discipline

Any violation of rules and regulations as outlined above are basis for discipline sheets up to discipline/suspension and removal from the team. Coach Alicia has 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.

- 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

Every action has a consequence, all consequences are mapped out in this guideline. You will notice discipline sheets have been mentioned multiple times, if an athlete receives a total of 4 discipline sheets, then those will result in a review board and possible removal from the team.

Time Commitment

As stated previously, cheerleading is a big commitment. Outlined below is a general idea of the responsibilities of a LCHS cheerleader throughout the year. This is in addition to practices that will happen regularly during the school year season along with team bonding activities.

BEFORE YOU MAKE THE DECISION TO TRY OUT, please carefully consider the following:

Cheerleading involves more time and responsibility than most people realize. You need to be willing to give up a minimum of four hours/week during summer to prepare for camp and 5-15 hours/week until the end of basketball season and the state basketball championships. 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.

Typical Cheerleading Yearly Schedule

Spring '20: Tryouts, Fitting, Ordering, Planning Meetings (2-3), after-school practices, Lilac Parade, Move Out Con, Graduation.

Summer: Summer Material and prep practices (mid-June to end of July), Cheer Camp (July), practices resume (end of August)

Fall: Football (with pre-game dinners), Volleyball, Homecoming

Winter: Rubber Chicken, Boys and Girls Basketball, Wrestling

Spring '21: Post-season Basketball, try-outs, Lilac Parade, Move-Out Con, graduation, etc.

Financial Responsibility

Along with the privilege of being an LCHS Cheerleader, there comes a financial responsibility. The total cost for a new cheerleader varies. The cost depends on camp wear cost, camp, and cheer clothes. The following is a list of items and their **estimated** prices based on last year's

purchases and estimates of the price of new items. You will be given a more specific breakdown if you are accepted onto the team. **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.**

Everyone Must Buy:

New Bows.....	\$
Joggers	\$
Pom Poms (2 white, 1 orange, 1 black).....	\$16
Camp Wear	\$55
Camp Fees	\$328
GSL Card	\$42
Estimated cost for returners	\$380

New Members must additionally buy:

Shoes.....	\$52
Sweatshirt	\$43
Briefs.....	\$22
Renewed Bows.....	\$15
Approximate Total Fees	\$512

Optional to Purchase or Borrow

Black Uniform Crop.....	\$25
White Uniform Crop.....	\$25
Backpack.....	\$50
Total with Purchased options.....	\$

These costs are subject to variation based on shipping, handling, and package deals. We will order the gear at the first team meeting. Camp fees have been reduced from \$428 based on anticipated income from our "box-side fundraiser" that will happen immediately after tryouts. We will also have a car wash fundraiser that may reduce the cost of camp proportional to the amount that we raise. At the time of ordering (expected to be in March or April), you will be required to sign a payment plan. Everything is dependent on lettering and package deals. Coaching staff attempts to keep all costs reasonable. Additional costs throughout the year are inevitable, but coaches try to keep them as low and infrequent as possible. All costs should be paid before the first game. If you are behind on your payment plan, you will not be allowed to participate until you settle your costs.

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
Cheerleading Application
2020-2021**

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. I understand that the minimum GPA requirement for trying out is a 2.0. I understand that if selected to the squad I must maintain a 2.0 at all times and must not have any 'F' grades on any eligibility checks. Failure to maintain a 2.0 or failure of any class will result in an automatic suspension for games until cleared by the school. The following contact information will be used throughout the tryout process and the following year, if selected for the team. Please fill out carefully and accurately.

Name: _____ Pronouns: _____
 Current Grade: 9th 10th 11th
 Primary E-Mail: _____
 Cell #: _____

Trying out for (check one or more):

Football Stuntman: ___ Basketball Stuntman: ___ All-Season Stuntman: ___
 Volleyball/Wrestling: ___ Football/Basketball: ___ All-Sport Cheerleader: ___

Parent/Guardian information (only one is required)

Name: _____
 Relation to Student: _____
 Phone #: _____
 Primary Email: _____

Would you like to be on the contact list? Y , N

Name: _____
 Relation to Student: _____
 Phone #: _____
 Primary Email: _____

Would you like to be on the contact list? Y , N

Is at least one parent/guardian willing to be involved with fundraising and other help needed?
 Yes No

Student Signature: _____

Parent/Guardian Signature: _____

2020-2021 LCHS Cheerleading Teacher Evaluation Form

Cheerleader: _____

Teacher: _____

Course: _____

The above student is trying out for the 2021-22 cheerleading team. Please fill out the form honestly, and please do not return this form to the cheerleader unless in a sealed envelope. Please return in a sealed envelope to the cheerleading mailbox in the office by May 4th.

What qualities does this student possess that equips them to be a positive representative of the school and member of the cheerleading squad? Do you have any reservations?

Teacher Signature: _____

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