

Welcome to WHS Cheer Tryouts!

Dear Cheerleader Candidate,

We are very excited that you have decided to try out for the WHS cheer squad! Woodinville High School Cheerleaders are representatives of their school, team and coaches. If you become a member of the cheer squad, please know that you will be held to a very high standard. As a cheerleader you will be expected to be respectful, work hard and represent yourself as a leader of our school.

Please note:

Due to current circumstances, our tryout process will be adjusted/altered from how it has run in the past. We have created the 2020-2021 tryout application based on the knowledge and plans we currently have. We appreciate your understanding and flexibility as we know things may change. If it is necessary to make changes to our tryout process we will be sure to communicate this as soon as possible.

***Please note, that signing up does NOT commit you to being a member of the squad, but secures your space in the tryout process.**

Tryout week is a busy week. Make sure to get plenty of rest as you will be working hard to prepare for your final tryout. There will be tryout practices; where you will learn a dance, cheer, jumps and be given support with overall technique. It is strongly encouraged that you to show up to all practices, as you will receive participation points for each practice you attend. You will need to use your evenings and weekend to prepare for your final tryout. The more you practice, the more prepared you will be at tryout time. It will be a great week. Come ready to learn and participate with a smiling face and positive attitude!

Your application packet must be turned in prior to trying out. Applications can be emailed to Coach Danae. Please read through the packet carefully and fill out all the information. There is a lot of important information for you to read over with your parent(s)/guardian(s) and places for you to sign/initial. There are several attachments needed for your packet to be complete. An incomplete application packet or inaccurate information will result in a loss of points, which may impact your chance of being selected for the 2020-2021 Falcon Cheer Team.

If you have any questions please feel free to email Coach Danae. On the next page you will find an application packet checklist. Use this checklist to ensure that your packet is complete. Prior to turning in your completed application packet, please detach the top two pages, as these are for you to keep and reference throughout tryout week.

Coach Danae Klaboe

dklaboe@nsd.org

Coach Laura Frost

lfrost@nsd.org



PLEASE DETACH TOP TWO PAGES PRIOR TO TURNING IN APPLICATION PACKET
THE TOP TWO PAGES ARE FOR YOU TO KEEP

This application (and attachments) must be completed and returned prior to beginning the tryout process. Please email completed packets to Coach Danae at dklaboe@nsd.org



FINAL CHECKLIST:

Review this checklist to ensure your application is complete prior to turning it in.

___ I have completed my application packet and **detached** the top two pages. (**Remember: missing information will result in a loss of points**).

___ I have collected SEALED evaluations, or they will be emailed directly to Coach Klaboe (email preferred).

___ I have attached a copy of my attendance record (if possible).

___ I have attached an unofficial transcript (if possible).

___ I have attached a recent picture of myself (5x7 or smaller).

___ I have registered for WHS Sports (cheer) on FinalForms.

___ I have a current physical on file with the WHS athletic office.

___ I have read and understand the commitment required of WHS cheerleaders and feel I can fully commit and will fulfill all that is expected of me in this role.

___ I have reviewed this packet with my parent(s)/guardian(s) and they understand the responsibilities involved with being a member of the WHS cheer squad and are in full support of my involvement and all it requires.

Questions?

email Coach Klaboe: dklaboe@nsd.org

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Tryout Information

Cheerleader candidates are scored and judged on a variety of criteria. Below is a list of the criteria that will be considered when selecting members for our 2020-2021 Falcon Cheer Squad.

- application packet
- grades
- evaluations
- participation during tryout practices
- interview with coach
- dance skills (evaluated during final tryout)
- cheer skills (evaluated during final tryout)
- jumps (evaluated during final tryout)
- voice, energy, spirit, attitude and effort (evaluated during practices and final tryout)
- tumbling is optional

****Depending on final decisions regarding the tryout process, some criteria may need to be altered/adjusted.***

Important to remember during tryout week:

- *Arrive ON TIME.
- *Wear proper shoes and clothing.
- *Hair needs to be pulled back.
- *No gum or food.
- *No jewelry.
- *Smile and be positive.
- *Be respectful.
- *Work hard and try your best.
- *Show us what you're made of!

Show your school spirit!
Dress in WHS attire for your tryout!

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Tryout Schedule

The 2020-2021 Tryout Schedule is still TBD. Please check our school webpage regularly for updates. Updates will also be shared on our team Instagram, @Woodinville.cheer

***Prior to trying out:** Tryout Application packet due to Coach Danae dklaboe@nsd.org

***The practices during tryout week will include:**

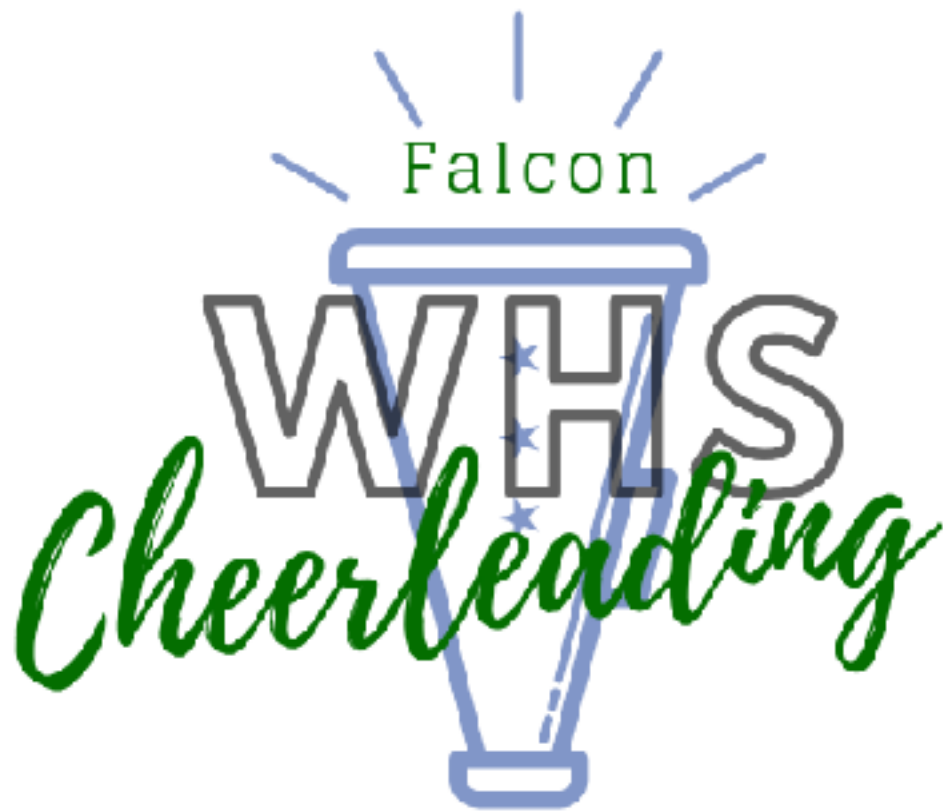
- learning a tryout dance
- receive words/motions for tryout cheer
- possible interview
- work on dance routine

- learn jump technique and motions
- work on strength of cheer motions
- practice, practice, practice!

How to Prepare:

- *Stretch and practice jumping (hint: a trampoline works great).
- *Practice motions and technique in front of a mirror, be sharp and strong.
- *Watch cheer videos to get ideas for your cheer moves.
- *Watch dance videos and practice learning a dance routine.
- *Get started on your application packet.
- *Think about why you want to be a Falcon Cheerleader and what skills and strengths you can bring to our team!

WHS
CHEERLEADING
APPLICATION



Applicant Name:

Candidate Information:

Name: _____ Current grade: _____

Parent/Guardian Name(s): _____

Address: _____

City/State/Zip: _____

Home phone: _____ Cell phone: _____

Birthday: _____ Candidate Email: _____

Parent/Guardian(s) Email: _____

****Please attach/send a recent school picture (no larger than 5x7). If you do not have a school picture, any picture of you will do.***

First Semester Classes:

Please complete the following section listing your classes and teachers from first semester. Inaccurate information could result in a loss of points towards your tryout score. Write neatly!

Period/Subject

Teacher Name

Teacher Email

(please include first and last name)

Evaluations

Each candidate is required to turn in three evaluations. Typically these are done by your teachers. However, we know that this may be difficult to obtain at this time. If you can get teachers, great. If not, you will need to give the evaluation to an adult in your life, who is not a family member. Someone who knows you well, knows something about your character, work ethic, commitment, etc. Some great people to ask would be your boss, someone you babysit for, someone you have done volunteer work for, etc. **(However, we prefer to hear from your teachers!)**. You are responsible for delivering the evaluation form in a timely manner- **do not wait until the last minute!** We prefer the evaluations to be emailed directly to Coach Danae.

Evaluations are **confidential**.

Helpful Tips:

*To save your teachers time, we suggest filling out your name, the teacher's name and class on each evaluation form **prior** to giving it to your teacher.

*Please write your name on the outside of each envelope as well.

*Please include the envelopes in your application packet envelope. Please write your name and current grade on the outside.

Candidate Questionnaire

*Please write neatly. If needed, attach a separate sheet of paper.

What is your athletic background, including dance, gymnastics, cheerleading, sports?

Please list any physical concerns or constraints you have at this time or have been troubled by in the recent past (injuries, chronic conditions, ailments).

Do you currently work? If yes, how often? If no, do you plan to work next year? If yes, how you will adhere to the time commitment and requirements of the squad while working?

Other than work, do you have any other time constraints (extracurricular activities, dance classes, outside sports teams, organizations)?

Do you have any conflicts with summer practices (3-4 mornings a week) or possible camp?

Cheer is a sport that requires a substantial time commitment. You will be expected to maintain this commitment from the moment you make the team, through the close of Winter season (early March 2021). Please explain how you will remain committed, motivated and an active member of the team for the entirety of our cheer season.

Have you ever violated the Northshore School District athletic code while in junior high or high school?

Have you ever violated the Northshore School District Rights or Responsibilities Concerning Student Conduct while in junior high or high school?

If you answered yes to either question above, please provide a written explanation of the circumstances, the consequences, what you learned from this experience and how you have changed your behavior since. Attach a separate piece of paper if needed.

Please Note:

*This information is considered during the tryout process, as squad members are selected.

*If you leave out any information or represent yourself falsely, there will be a review of your eligibility as a member of the squad.

*If you have ever had a code violation, please note, that you may still tryout and maybe even make the team, yet a team leadership role might not be considered.

Tryout Requirements

Please review what is expected of WHS cheer candidates.

If you feel this is a requirement you meet/understand, please initial below.

1. **Grades:** I understand that cheerleader candidates must have at least a 2.5 cumulative GPA and maintain this minimum while a member of the squad. I understand that I need to be enrolled in, and passing, a minimum of five class.

Candidate Initial here: _____ **attach unofficial transcript**

2. **School Attendance:** I understand that cheerleader candidates must have acceptable attendance and multiple tardiness and/or unexcused absences from school could result in point deductions. **Include a written explanation for multiple tardies and/or absences.*

Candidate Initial here: _____ **attach attendance report**

3. **Behavior:** I understand that cheerleader candidates who have broken the Northshore athletic/leadership code, or student code of conduct while in junior high or high school, may have points deducted from their overall score. I understand that WHS cheerleaders are expected to be roles models and represent themselves in the most positive way both in and out of school.

Candidate Initial here: _____ **see candidate questionnaire **

5. **Athletic Eligibility:** I understand that cheerleader candidates must be registered for WHS Athletics/cheer on the FinalForms website and have a current physical on file.

Candidate Initial here: _____

**For questions regarding online registration contact our athletic secretary, Renae Hector.*

rhector@nsd.org

4. **Tryout Attendance:** I understand that cheerleader candidates will receive points for attendance and effort at tryout practices. Participation and working on material outside of the practices are vital for success our tryout day. I understand that practices during tryouts are closed. Parents and/or friends are not allowed to watch tryout practices or the final tryout.

Candidate Initial here: _____

5. **Team Selection:** I understand that the judges' decisions are final. I understand that every candidate will be evaluated using the same criteria. I will respect the coach's final decision regarding team selection. If I am a returning WHS cheerleader, I understand that no one is guaranteed a spot on the 2020-2021 team, even if they were a part of the 2019-2020 team.

Candidate Initial here: _____

5. **Scoring Criteria:** I have a clear understanding of the criteria on which I will be scored and judged during the tryout process (included in Tryout Information section).

Candidate Initial here: _____



Required Events

At this time, we are still unsure of what events we will be able to hold and/or participate in. Below is a rough outline of what we hope will be options for our team. For now, we are asking you to commit and prepare to be flexible as we learn more about the current situation and how sports and school events will be impacted in the coming months.

- **Summer Practices:** If there are summer practices, I will attend (typically 9-12nn during the week). I understand that absences from summer practices could impact my participation in summer/fall events.

Candidate Initial here: _____

- **Uniform Fitting**

If we are able to have an in-person uniform fitting, I will attend or do it virtually if that is an option. I understand this is a mandatory requirement. If I do not participate, that will impact the ordering of uniforms for the entire team.

Candidate Initial here: _____

- **NCA Cheer-Leadership Camp, in July at Central Washington University:** I will attend camp with my team. It is unlikely that this camp will take place. In its place, we may do a home camp.

Camp attendance is mandatory.

Candidate Initial here: _____



Cheerleader Candidate Commitment:

I, _____ am aware of and understand the commitment, responsibilities and privileges associated with being a WHS cheerleader. I attest that I have read the information in this application packet and I promise to abide by the rules and regulations set forth by my coaches and the WHS administration. I understand that I will need to be flexible and prepared for change and we enter a season with many unknowns.

I understand that once I become a squad member, I will be asked to sign an official WHS Cheerleader Contract which I must abide by while I am a member of the cheer squad.

Candidate signature: _____ **Date:** _____

Parent/Guardian signature: _____ **Date:** _____

Clothing sizes

We ask for your clothing sizes upfront to ensure a quick order for all clothing, warm-ups and uniforms. Sizes vary depending on the item- Most items run as women's XS-XL

Tee shirt/ tank top size:_____

Athletic Shorts:_____

Sweatshirt/ fleece:_____

Warm-up pants (leggings):_____

Warm-up jacket (fitted):_____

Shoe size:_____



2020/2021 WHS Cheer Commitment Outline

Time Commitment

Being a cheerleader is a large time commitment for both the cheerleader and parent(s). It is a full year commitment with many activities to support and attend. Squad members can participate in **one** other activity if it can be balanced with the cheer commitment without causing continuous conflict. Parent participation and support is essential to the success of the team. Parents are required to attend meetings, provide transportation to events, participate in fundraising and community events and support in a positive way.

Tentative Calendar of Events:

***Due to the current Stay at Home order and unknown schedule for tryouts, details in this outline are subject to change. This document and outline is based on previous year's schedule and we will try our best to stick to it.**

**These events require parent involvement*

June *Below shows what would typically happen in the Spring. However, June will hopefully be a time for tryouts and possibly a few practices TBD

- Weekly practices, (typically Mondays & some Thursdays)
- Uniform fitting
- Spring **mandatory** parent meeting, (following practice) at 6pm date TBD
- Possible attendance at some spring sports events
- Team bonding events (outside of practice TBD)

July

- Individual and group pictures (if uniforms are done)
- Car Wash* – Date TBD
- Week prior to camp, **Mandatory** Practices (tentatively M-F 9-12nn)
- Cheer Camp (**mandatory**) – we are not sure which week we are attending:
July 15-19 or July 22-26

****There will very likely be no Cheer Camp. However, we are hopeful that we may be able to do a “home camp” at a local spot, again details TBD.**

August

- 2 weeks of **Mandatory** practices (tentatively M-F 9-12nn)
- Two-day Cheer Clinic* – followed by practice (typically until 2:30) Dates TBD
- Falcon Days – usually Wed/Thur, two or three weeks before school starts
- Last week in August – practices move to late afternoon (3:30-5:30pm)
- Football Scrimmage –End of August, Friday at 5pm

September

- Open House (cheerleaders help) – date TBD; usually Thursday evening, 5:30-9:30
- Community Volunteering opportunity* (Likely Susan G Komen 3 Day, on a Saturday)

Fall Sports (Sept/Nov)

- Typically Monday practices and some Thursday practices (3:30-5:30pm)
 - Team dinners once a month on same evening
- All varsity football games – typically Fridays (7:00)– both home and away
- Team members will be split into groups to cheer at other sporting events- soccer, volleyball, wrestling etc. Most of these games will be weekday afternoons or evenings
- All football playoff games – schedules TBD, typically Friday or Saturdays through November
- Other sports playoff games/meets – sign-ups
- Football banquet (usually Monday night after season ends)

December

- Community Volunteering* – Holiday Carousel, possible option

Winter Sports (Dec-Feb)

- Monday practices + some Thursday practices for assemblies
- All Friday night Quad basketball games
- Sign up for all other sports – usually (8-10) events for winter.
- All basketball playoff games
- Other sports playoff games/meets – sign-ups
- Basketball & Wrestling Banquets (usually Monday night after season ends)

January/February

- Cheer Clinic* – a Saturday, or two week nights in January, TBD
- Winter sports playoff games – dates TBD
- Basketball & Wrestling banquets – dates TBD, after any playoffs, usually week-night

March

- 9th Grade Open House – date TBD, usually a Wednesday night
- Cheer Banquet* – date TBD, usually a Monday night

April/May

- Tryouts for 2021-2022 Cheer Squad

Financial Commitment

****At this time we are unsure of the exact financial commitment. Timing of try-outs will impact uniform orders, camp involvement, fundraising and so on. All of these factors will impact the financial responsibility of team members. We do know that our cost will not exceed what is noted below and will likely be less. Once decisions are made and details are figured out, we will know more about the financial commitment for the 2020-2021 season and will update families as soon as possible, and most likely prior to you committing to tryout out.**

Please understand that being a part of the WHS cheer team will include a substantial **financial commitment**. You will be required to make four payments, during the first four months of our season (May-August). Late payments will result in restrictions in regards to cheerleader participation.

Cost Includes:

*Uniform (shell, long sleeve, skirt, briefs, fleece, shoes, bows, sweatshirt, t-shirt, warm-ups)

*Camp gear *Pompoms *Cheer Bag *Camp attendance

*All items purchased are yours to keep. *Spirit Fund (banquet, camp spirit items)

*New Squad Members will pay \$1650 and Returning Members \$1500 (lower cost for returning members who already have items), with the expectation that all will participate in fundraising to cover the additional costs. All students will receive the benefit of fundraising.

****Fundraising helps keep your cost low! (Every cheerleader must participate in fundraising events).**

Parent Letter

Dear Parent(s)/Guardian(s),

Your son/daughter has applied to try out for the WHS cheer team. Your permission is required. Please read all of the information included in this packet. Parent participation and support is essential to the success of the WHS cheer team. Parents are required to attend meetings, provide transportation, participate in fundraising and community events and support the coaches and team in a positive way. **As a parent, if you are not willing to participate in the program, we strongly encourage your son/daughter not try out for cheer.**

My son/daughter _____ has my permission to be a cheerleader at Woodinville High School. I understand that he/she must **abide by the rules and regulations** set forth by the administration and the cheer coaches at WHS. I understand that my child will have **attendance, personal and financial obligations** if chosen as a member of the team.

I understand that being a part of the WHS cheer team will include a substantial **financial commitment** (previous years: \$1500 returners, \$1650 new members). I understand that if my child is selected to be a part of this team, I will be required to make timely payments. I understand that a late payment will result in restrictions for my son/daughter in regards to participation. If I am a parent of a returning cheerleader, my cost will be slightly lower if my child can reuse items. ****The extent of the financial commitment is uncertain at this time, as we do not know about uniforms, camp, fundraising, etc.**

I understand that being a part of the WHS cheer team will include a **parent commitment** and I am willing and able to make this commitment if my child is selected to be a part of the team. I will attend meetings, provide transportation to events, participate in fundraising and community events and support the coach and team in a positive way.

I understand that all forms must be completed and turned in prior to my child trying out. I understand that my son/daughter must attend tryout practices and the tryouts themselves to be considered for a cheerleading position.

I understand that my student will be evaluated by qualified judges, and that the final selection will be determined by the cheer coaches. I attest that my child and I agree to **abide by this decision** and will respect the decision that is made.

I understand that by the very nature of the activity, cheerleading carries a risk of physical injury.

By signing below, I am stating that I understand the expectations held of parent(s)/guardian(s) of Woodinville High School Cheerleaders. I agree to follow through on all family obligations if my son/daughter is selected for the team and will support the team and coaches throughout the season.

Parent/guardian signature: _____ Date: _____