

ADELANTO HIGH SCHOOL

CHEERLEADING

TRYOUT PACKET 2021-2022

Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Adelanto High School cheerleading program! Please read over this packet carefully, as it contains important information regarding tryouts as well as information if you make the team. Our April tryouts are for current Adelanto High School students only. We will hold tryouts in June for incoming freshman and transfer students.

We want you to take pride in the cheer program at Adelanto High School and all athletes are expected to follow rules and agree to them before trying out. Timeliness is important for turning in all paperwork and for tryout practices. Paperwork must be submitted no later than 12:00 pm on Monday, April 5th (this includes athletic clearance, physical, confirmation page, and cheer packet). Tryout practices will be held Wednesday, April 7th and Thursday, April 8th from 2:30 pm – 4:30 pm. Tryouts will be held Friday, April 9th beginning at 3:00 pm. Judges will be handpicked by the Head Coach; they will be made up of coaches and experienced cheerleaders. Score sheets will not be given out at any point in time to anyone and ALL decisions are final.

It is an honor and privilege to become a Saints Cheerleader, and your role in the squad should not be taken lightly. As a squad, we do much more than cheer at games. We take part in community service, pep rallies, fundraising and we are also considered role models and representatives of our school. I look forward to meeting you all and cannot wait for the cheer season to start!

Sincerely,

Ashleigh Thorup

Head Cheer Coach

adelantohscheer@gmail.com

!!2021-2022 CHEER SEASON!!

Grades

I want everyone to understand this section very clearly! You are a student first and being a student athlete is important to your coaches. Grades reflect your effort in the course, and you are to give your best inside all your classes. Without a 'C' above average you will not be permitted to cheer at games.

Grades will be checked weekly. If you have a 'C' or below in a course, you will get a grade report signed by a teacher every day until your grade is to come up. This report is due at the last practice of every week. Also, behavioral problems will be addressed as soon as they are reported to me. Having good behavior inside and outside the classroom is what is expected of you since you are a student athlete. If necessary, you will also have a separate behavioral sheet that is to be signed every day. If behavior problems are reported, the student will sit out the next game. Cheerleaders are ALWAYS to be respectful to everyone who surrounds them!

Games:

- ALL cheerleaders will be expected to cheer ALL games. If games start to become overwhelming and we have enough cheerleaders, it will be considered to split games. This is decided by the Head Coach and Athletic Director.
- Being late or a no show is unacceptable. I understand that things come up, but you are to tell the coach ASAP of your circumstances.
- Cheerleaders will know ahead of time what they are supposed to wear to the games. If you are not wearing what you are supposed to, you will have to sit out until someone brings you what you are supposed to have (Keep everything in your bag, always).
- If a cheerleader is to be late to a game, they will sit out the first half and if they miss the first half then they will sit out the rest of that game (in full uniform, next to coach)
- You are expected to wear your uniform with pride. This means to always act like your mom is watching. NO PDA will be allowed in uniform at ANY TIME. We are cheerleaders and role models of the community and you will have the highest expectation to represent Adelanto. Our reputation is important!
- Also, negative language about other teams, team members, coaches, students, or foul language will not be accepted at any time and there will be consequences.
- If you miss or leave school early on a Friday due to skipping, you are not permitted to cheer that night. Doctor's notes are accepted.
- If you miss a day of school and there is practice or a game that night, you will not be allowed to attend practice of the game (doctor's note will be excused and you will be expected to cheer, unless doctors' orders say otherwise).

Practices:

- ALL practices will be closed!
- A cheerleader is never to miss a practice. Again, I understand if you are sick or something is to come up, but you are to inform the coach. Adelanto cheerleading is to be your priority.

- Practices should be where you give 110%
- If you miss 4 practices that are unexcused by the coach, then you will be asked to leave the team.
- If you do NOT go to school the same day as a practice, you will NOT be at practice. If you get a doctor's note for the school day, you should have a copy for practice also.
- Cheerleaders are to be on time to everything, which means being in proper practice attire and ready to begin at the starting practice time.
- If being late becomes a habit, you will sit out the next game, in full uniform, next to the coach. If it is still a problem, we will have a meeting: including the coach, cheerleader, parent, and athletic director. After that, you will be asked to leave the team.
- Bad attitudes are not going to be tolerated by the AHS cheerleading program.
- When you step on the mat, leave everything in the outside world, there.
- BULLYING is never okay and will not be taken lightly!! It will be taken straight to the athletic director and parents will be contacted.
- You all are a cheer family and family does not treat one another in a negative way.

Competitions:

- I want all cheerleaders to be involved in competition, but this does not have to be the case. A cheerleader's grades, performance, dedication, and attitude will be considered of who is and who is not on the competition team. Skills do not outweigh these factors.
- This team will consist of people who give 110%
- IF YOU TRYOUT YOU WILL BE EXPECTED TO COMPETE!!!
- We will have alternates
- You cannot be failing classes and expect to compete
- If you miss practices or misbehave, you will not compete
- At the end of competition season, cheerleading is mentally and physically hard on everyone, I expect for everyone to give 110% until the end of the season. October-May
- Schedules will change depending on where we will be competing

Social Media:

- Your social media is a part of you! If you are to be a part of this team, then your social media is important in how you portray yourself!
- Remember, the community and the student body look at cheerleaders as role models of their school and expectations will be held.

Quitting Policy:

- If you make the team and then quit, you will not be able to come back on the squad the following year. This will be strictly enforced!!!!
- If for some reason you are kicked off, you will not be permitted to try out the following year!
- If you quit or get kicked off at any point in the season, you will NOT be refunded ANYTHING by boosters or the school. This includes: camp cost, clothes, paid for your time, cheer gear, or donations made to the team, etc.
- If you have 4 unexcused absents you will be asked to leave the team.

- If you quit the team, you will not be asked back to take pictures.

Fundraising:

- All cheerleaders will be asked to participate in fundraising
- This will only better your squad and the opportunities it may in the future!
- This will be a BIG part of our team. Especially if we plan to go to camp and competitions.
- Fundraising will be an ALL year effort!!!!

Missing School:

- If you miss school, you do not cheer that night. This means practice, a game, and/or competition. The only reason to miss school is if you are sick or have a family emergency, then you should go to the doctor. If you get a doctor's note, you will be excused and permitted to cheer.
- School is very important; this is how you earn your grades. Remember, if you do not have above a C average you will not be permitted to cheer.

Parents:

- The coaches want you all to know and understand that I want your child to be a student first then an athlete. I believe good grades, attendance, attitude, and motivation is a part of their school life.
- The cheerleader is to come to the coaches FIRST if they need to contact the coach. I want to prepare them for college and real life and having your parents contacting the coach is not helping them. If a family emergency comes up or you feel like you need to talk to me about a problem that is occurring, I want that to happen. Please feel free to contact any time if an issue is occurring. I just want them to be able to talk with me about missing, being late, sick, etc.
- Cheerleaders are not to text or call the coaches! They may use Band, Instagram, or email! Parents can text and call the coaches on their personal number.

Handling Grades, Attendance and Behavior:

- We want you to take pride in being an Adelanto Cheerleader and there will be consequences if expectations are not met:
 1. First offense: Coach and Student meeting, parent notified, and sitting out for next performance (in full uniform, next to coach).
 2. Second offense: Coach, Student and Parent meeting and sitting out (in full uniform, next to coach) for up to 25% of remaining performances.
 3. Third offense: Coach, Student, Parent, Athletic Director, and possible Administrator meeting. Making it to third offense will likely result in removal from the team.
- If the coach determines that actions are serious enough, they may result in third offense consequences.

ESTIMATED COST

Camp (Sheraton Complex in Pomona July 27th – July 30th)	\$500.00
Camp Wear	\$207.00
<ul style="list-style-type: none">• 4 Camp T-Shirts: \$88.00• 4 Pairs of Shorts: \$40.00• 2 Bows (Personalized): \$25.00• Gold Pom Poms: \$22.00• Cheer Shoes: \$32.00	
Cheerleading Uniform	\$260.00
<ul style="list-style-type: none">• This includes Shell, Body Liner, and Skirt	
Warmups	\$180.00
<ul style="list-style-type: none">• This includes a Personalized Jacket and Warmup Pants	
Accessories	\$64.00
<ul style="list-style-type: none">• Ear Warmers: \$17.00• Briefs (Maroon): \$10.00• 2 Bows (1 Pink and 1 Gold): \$15.00• Pink Pom Poms (for October): \$22.00	
Competition Fees	
Competition Fees	\$120.00
Optional Gold Glitter Backpack (with name)	\$45.00

Please note, these costs may change! I am trying to give you all an idea so you can prepare upfront. I do try to overestimate to prepare you for the highest possible amount it could be.

ADELANTO HIGH SCHOOL CHEERLEADING INTERVIEW QUESTIONS

(These are possible questions that could be asked inside the interview. The interview will last 10 mins.)

1. Why do you want to be an AHS cheerleader?
2. What are 3 qualities a high school cheerleader should have?
3. What is your definition of a cheerleader?
4. Do you feel cheerleading should be an important part of an athletic program? Why?
5. How should a cheerleader represent her/his school and the student body?
6. What do you think are the most important things that make a team successful?
7. Do you feel a cheerleader should be expected to have good grades? Why?
8. What are you going to bring to the table to better the AHS cheer program?
9. What do you think you need to work on?
10. What are your goals in cheer? In life?
11. How would you promote positive relationships in the squad?
12. What position in a stunt group do you consider yourself?
13. Fast forward to a year from now. What do you hope your teammates will say about you?
14. What do you like most about High School Cheerleading?
15. What do you hope your new coach will do this year that has not happened in the past?

The judges may ask you something extra, if they wish!

INTERVIEW SCORE SHEET

Name: _____

Grade: _____

Readiness for the questions: 0 1 2 3 4 5 6 7 8 9 10

Understanding of the question: 0 1 2 3 4 5 6 7 8 9 10

Response to questions: 0 1 2 3 4 5 6 7 8 9 10

Happy to be there: 0 1 2 3 4 5 6 7 8 9 10

Motivation: 0 1 2 3 4 5 6 7 8 9 10

Confidence in answers: 0 1 2 3 4 5 6 7 8 9 10

Overall appearance: 0 1 2 3 4 5 6 7 8 9 10

Teacher Recommendations (this will be looked over by the coaches): 0 1 2 3 4 5 6 7 8 9 10

TOTAL:

Notes:

TRYOUT SCORE SHEETS

(10= excellent)

General appearance 0 1 2 3 4 5 6 7 8 9 10

CHANT

Projection 0 1 2 3 4 5 6 7 8 9 10

Smile 0 1 2 3 4 5 6 7 8 9 10

Motions 0 1 2 3 4 5 6 7 8 9 10

Showmanship 0 1 2 3 4 5 6 7 8 9 10

CHEER

Projection 0 1 2 3 4 5 6 7 8 9 10

Smile 0 1 2 3 4 5 6 7 8 9 10

Motions 0 1 2 3 4 5 6 7 8 9 10

Knowledge 0 1 2 3 4 5 6 7 8 9 10

Showmanship 0 1 2 3 4 5 6 7 8 9 10

DANCE

Smile 0 1 2 3 4 5 6 7 8 9 10

Motions 0 1 2 3 4 5 6 7 8 9 10

Knowledge 0 1 2 3 4 5 6 7 8 9 10

Showmanship 0 1 2 3 4 5 6 7 8 9 10

JUMPS

Toe touch 0 1 2 3 4 5 6 7 8 9 10

Pike 0 1 2 3 4 5 6 7 8 9 10

TUMBLING(EXTRAS)

Round off 0 1 2 3 4 5 6 7 8 9 10

Standing Back Handspring 0 1 2 3 4 5 6 7 8 9 10

Hardest Running Tumbling: _____ 0 1 2 3 4 5 6 7 8 9 10

TOTAL:

TRYOUTS

Name:

Current Grade (2020/2021 School year):

STUNTING

What positions do you have experience in? (Please select all that apply.)

Flyer _____ Side base _____ Main base _____ Back spot _____

Do you want to do other positions? Yes _____ No _____

If yes, then what position? _____

Favorite stunt to complete: _____

TUMBLING

Round off: Y or N

Back Handspring: Y or N

Hardest running pass:

JUMPS

Toe touch: Y or No

Pike: Y or N

Hurdler (right and left): Y or N

Others: _____

PAPERWORK

Please fill out all blanks in this packet and turn in as soon as possible! Please also have your athletic clearance completed. You will not be able to try out without the paperwork completed! I need all this information.

Name: _____

Grade: _____

Cheerleaders Phone: _____

Cheerleaders email: _____

Parents phone: _____

Parents email: _____

Any social media names (I ask for this because you are expected to represent your school as a cheerleader. Your social media is a part of you, and you will be part of the team).

In case of Emergency

Name: _____

Phone number: _____

Please have TWO teacher recommendations submitted by Monday, April 5th
(<https://forms.gle/DwRqiB5EKSSbLw8P9>)

THE 2021-2022 ADELANTO HIGH SCHOOL CHEER AGREEMENT

I _____, have read this packet and understand and agree to the rules and what will be expected of me. My parent/ guardian _____ also has read, understands, and agrees to this packet.

As a 2021-2022 cheerleader, I will give my 110% to the team and coaches. I understand that the coaches can change rules when it is needed for the best interest of the team. I also understand that if I do not follow the rules, I can be asked to leave the team at any point in time.

I also understand that judges scores will be reviewed by the coach and her decision is final!

Print: _____

Signature: _____

Date: _____

Print: _____

Parent/ Guardian Signature: _____

Date: _____