



Competitive Cheer  
2022-2023  
**Tryout Packet**

**12 x NCA  
NATIONAL CHAMPIONS**

**FILL OUT TRYOUT REGISTRATION FORM ONLINE  
UNDER COMP CHEER TONIGHT 2/17**

- TO GET CREDIT FOR BEING AT MEETING AND SO YOU ARE REGISTERED TO TRYOUT

AND

- WE HAVE ALL OF YOU INFORMATION ON FILE!

**Forms and packet can be found on PCA Website**

<https://plano.prestonwoodchristian.org/athletics/spirittryouts>

**UNDER PCA COMP TRYOUTS**

## **Comp Cheerleader Tryout Check List**

\_\_\_ PCA GOOGLE TRYOUT REGISTRATION FORM ONLINE TONIGHT 2/17

\_\_\_ COMP CHEER Discipline Policy due 3/21 (online) This form is attached to the downloadable tryout packet found online. Please read the packet with your cheerleader, sign, and upload to the tryout form online.

\_\_\_ COMP CHEER Agreement due 3/21 (online) This form is attached to the downloadable tryout packet found online. Please read the packet with your cheerleader, sign, and upload to the tryout form online.

\_\_\_ A new physical must be uploaded to magnus/ or RankOne by August 1<sup>st</sup>, 2022.

**\*\*\* If you still owe on comp tuition for the 2021-2022 year you will need to pay the balance or talk to Krista for a payment plan before clinic on 3/21. Final invoices will go out this week if you still owe, thanks! \*\*\***

**A tryout fee of \$35 made out to Krista Godbee is due by the last day of tryouts 3/25  
Check, cash or Venmo @Krista-Godbee**

## **What do I wear to the Clinic??**

Shorts - Appropriate length shorts, not rolled at all and no writing on the rear. No Nike Pros or spandex shorts. Dri-fit running shorts are allowed.

T-shirt - No tank tops or half tops... not too short, tight, or inappropriate sayings.

No jewelry, No gum, Hair up, No phones

Tryout clinics are closed practices - so no parents please.

**Tryouts - are conducted in a practice type setting, all week is the tryout, the team will be picked on Friday, and Krista will meet with the girls one on one on Friday to discuss their placement and role.**

### **Schedule for Tryout Week**

Monday, March 21	3:30-5:30 FH
Tuesday, March 22	3:30-5:30 FH
Wednesday, March 23	3:00-5:00 FH
Thursday, March 24	3:30-5:30 FH
Friday, March 25	3:30-5:30 FH

## PCA Competition Squad

I am so proud of how last year's teams handled all the changes, virtual comps, live comps, and quarantines! I know it wasn't easy, it was harder for me as well, but they never gave up and pushed thru every obstacle thrown at them! Every person on the team played such an important role and were so flexible in schedules, positions and had great attitudes! I am so grateful that we had great alternates this year each one played an important role and were flexible in different roles all year! The senior class of 22-23 will be one of our largest ones yet, the last large group (10) that we had was two years ago. Younger team members are so important on this year's team so that we can train them to fit into their shoes! So, this year is the perfect opportunity for you to do comp if you are wanting to do it on the future!

**It isn't easy and not always fun, it is HARD work, with a lot of dedication, but  
#TheWorkIsWorthIt**

My coaching philosophy centers around my strong belief that our success originates from the dedication and commitment of our athletes and their parents. My goal is to develop the best squad possible, as well as instill qualities and values that will last a lifetime. Cheerleading is a great way for them to learn how to work with others for a common goal, perseverance, commitment, and that hard work pays off!

I will always give my best to this team, and I expect the same in return. This will be my 22nd year coaching this PCA Competitive Cheer, and this team will always have a special place in my heart. PCA Comp Cheer made me love cheerleading again, at a time many years ago when I contemplated leaving the sport, I had loved my whole life. After coaching at PCA, my love for the sport was renewed.

The girls I have had the honor of coaching all these years keep in touch with me and come back to practices when on the breaks from college. They love Comp Cheer as much as I do! Comp Cheer is truly a family, and unless you have been a part of it, it's hard to describe and to understand!

As I say every year, **team practices** are for working on **team skills not individual skills**. Each year the one thing in common that the people who are getting new skills have been that they are either competing on all-star teams, attending extra classes, or taking privates outside of their PCA practice time. I do recommend doing extra tumbling, privates, or open gym. I am happy to provide you with information on classes, open gyms and recommend coaches for privates if you would like. I do privates at PCA over the summer as well. If you are picked as a new flyer, you may be required to take extra stunt classes/privates.

I will have a tumbling coach to help me spot on Wednesdays through Sept. I pay him out of what you pay me. He will work with us until we have a routine and then again closer to nationals if we need him. This is mainly to keep current skills and not to get new skills, since it is hard to do with the little equipment, we have at PCA.

**As far as summer goes, tuition will not be prorated if you are gone, so you need to be at practice. Practices are mandatory until school is out, and if you are in town during the summer.** The reason for this is the sooner the stunt groups are set up, the sooner we can start our competition routine, everyone must be at practice to set up stunt groups.  
**PLEASE NOTE: EVERYONE MUST ATTEND BOTH AUGUST CAMPS, NO EXCEPTIONS!**

Missing Practice - If you are going to be absent due to illness, I need you to text me before practice starts. This is the girl's job, not the parents! Commitment is a big part of a successful team and I want girls that want to be here!

I look forward to working with your daughter during tryouts. I pray that she will enjoy her time, learn new skills, and begin her journey of loving this team and this sport like I do!

**Krista**

Cell: (972) 880-0172

NEW Email: [PCACOMPHEER@gmail.com](mailto:PCACOMPHEER@gmail.com)

\*\*\* Please only use this email from now on and not my old one\*\*\*

**PCA COMP CHEER DISCIPLINE POLICY  
EXPECTATIONS, POLICIES & PROCEDURES**

**As a PCA Competitive Cheerleader, you must commit to continue the tradition of excellence that has been established before you by adhering to the following principles and guidelines.**

**The PCA squad will be a team of spiritually growing young women who endeavor to promote school spirit and unity. The character that these young women display must be above reproach because they are role models and representatives of PCA.**

**Every cheerleader must have exemplary morals, a positive attitude, high esteem for school faculty and staff, leadership ability, and loyalty to other students. Most importantly, she must be a worthy representative of Jesus Christ.**

**Team Membership**

- 1. Membership in this organization is restricted to seventh grade through twelfth grade girls.**
- 2. All members must be re-enrolled at PCA for the following school year or must have been accepted by the admissions office to attend in the fall. Members must be in good financial standing with PCA or have received confirmation to tryout from the Business Office prior to clinic.**
- 3. Each cheerleader must maintain a 70 average in each individual class, per quarter does not jut semester!! Grades are priority; therefore, participating in cheerleading and maintaining grades is required. Adequate preparation for test and projects should not interfere with cheerleading activities. Academic ineligible cheerleaders will not participate in competitions for the period of their ineligibility. And may become an alternate due to grades.**
- 4. All members must be able to attend both comp cheer camps between the dates 8/7-8/15 for NCA Camp Tanglewood Comp Camp exact dates and times TBA. And must be back from all vacations and camps by August 1<sup>st</sup>, 2022.**
- 5. If a cheerleader has been asked to leave the squad or resigns, she may not try out again for BOTH comp and spirit squads without first meeting with the Cheerleading Director. If she is also on Spirit Cheer, she is quitting BOTH teams, you cannot choose one team or the other mid-year. In addition, she must be released by the Cheer Director to play any other sport and must be approved to try out for comp or spirit the following year.**

6. All members must be in good physical shape and be able to participate in the warm-up and conditioning exercises. Cheerleaders may be required to work out for conditioning outside of practice. Each girl must submit a NEW and updated physical to Magnus and/or RankOne prior to August 1<sup>st</sup>, 2022.
7. Dress Code will be set by the coach but will always fall within the PCA guidelines for proper attire whether we practice at school or off-site. Modest shorts and shirts, no jewelry, hair pulled back and out of face are expected at all practices. No Nike Pro Spandex or half tops at any time.
8. Dual Sports - No Comp cheerleader is allowed to play volleyball or basketball. Soccer (winter), tennis, and track (spring) are an option but there MUST be an agreement between the coaches BEFORE you try out for the other sport. Cheerleaders and parents must understand and commit that comp cheer comes first. Same rules apply with other school activities, PBC FALL FOLLIES and GOC.
9. Losing skills after tryouts can result in the athlete becoming an alternate.
10. Filling spots with alternates: If there are two alternates with the same skills and the same stunting abilities being considered to compete with the team, the spot will go to the upperclassmen that has been on the team the longest. If no alternate can fill the stunting or tumbling spot, the coach can choose from other cheerleaders at the school.
11. All MS Comp Cheerleaders are required to do MS spirit cheer. It is a privilege to be on a Varsity team in MS and we need to be supporting our school teams as well. Practices for MS spirit cheer are Mon/Wed before comp where the focus is on motions, yelling and jumps, which are some of our weakest categories for comp especially in the MS girls. My hope is that this will help with the basics that we don't get to work a lot on during comp practices.
  - a. MS Spirit Cheer is now just a one season sport (football) and so it will not conflict with our busy season. Costs will be kept to a minimum and the uniforms are the same as last year and as the JV/varsity uniform so they will be able to wear it year after year.
12. All cheerleaders are expected to follow all PCA's rules and be a great example to all. If a cheerleader gets in trouble at school and is disciplined, she might lose her spot on the team.

### Communication

As a Varsity team, the girls are expected to communicate with their coach directly. In turn, when the coach gives the girls information, and they are expected to communicate any information necessary to their parents.



The team will have a Group Me account where information can get out quickly to the girls. Calendars are handed out at practice to the girls, and they should bring them home to the parents. Taking a picture of the calendar on your phone is a great way to keep up with it.

**Team Mom(s)** – after tryouts, the coach announces the team mom(s). The team mom serves as a liaison for the coach to help with communication and any other team needs. The parents will receive information from both the coach and the team mom.

Most parent communication is done through email. Please make sure you have provided an email address that you regularly check.

### Absences/Attendance

Excused absences are as follows and reasonable advance notification must be provided:

- a) Personal illness.
- b) Death of relative or close friend.
- c) Approved school function.
- d) During the summer, all camps and family vacations listed on the out of town forms are EXCUSED; but must be back by 8/2

### The following dates are available for holidays and vacations for the 2021-2020 year.

- 
- May 30<sup>th</sup> OFF for Memorial Day
- July 4<sup>th</sup> and 6<sup>th</sup> OFF for 4<sup>th</sup> of July
- ALL SUMMER VACATIONS between May 27<sup>th</sup>-Aug 1<sup>st</sup> approved but must be emailed into Krista.
- MUST BE BACK 8/1 through when school starts for camp and other activities
- Sept 5<sup>th</sup> – OFF Labor Day
- Thanksgiving break-November 19<sup>th</sup>-27<sup>th</sup> (must be back Monday 11/28)
- Christmas break- December 17<sup>th</sup>- must be back 12/27 for practice if we get to go to a travel comp, FCC or within driving distance.

**PLEASE plan your vacations during these times off since it puts me in a bad spot to plan practices around 40 schedules. If you plan any other vacations, please let me know beforehand so I can tell you if they will be missing any performances.**

**PLEASE NOTE: Blackout Choreography days are mandatory. Those dates will be confirmed in September usually Tuesdays and early release days.**

Example Competition dates (this was this year's schedule; the dates don't usually come out till August:

- North Texas comp 11/7

- NTGU Irving 11/14
- Redline 12/5
- NCA State live or virtual 12/12-12/15
- FCC Orlando Nationals 12/28-1/2
- FCC Local 1/15
- Redline 1/16
- NCA Nationals 1/22-1/23

### Practices

1. **All practices are mandatory. There will be an out-of-town request form emailed out in May, and you must list vacations, camps, etc. You can add to it, but please give 2 weeks' notice.**
2. **If a cheerleader is at school for 4 hours, she must come to practice, even if sick.**
3. **If absent from school, it is the cheerleader's responsibility to text or email the coach before practice starts.**
4. **If a cheerleader is going to be late or unable to attend, the coach must be notified at least 5 days in advance.**
5. **The coach will conduct the practice. The coach will make all decisions regarding stunting groups, formations, and which competitions we will attend.**
6. **Dress Code - Proper practice attire is to be always worn during practice. This includes having on modest shorts and shirts, no jewelry, hair pulled back and out of face. No Nike Pro Spandex or half tops at any time including off-site practices.**
7. **All cheerleaders are to be on time to practice. A cheerleader is not "on time" if she is not properly dressed, or if she has on jewelry. The wrapping of ankles or other preparatory activities shall be completed prior to the start of practice.**
8. **All summer practices are mandatory unless out of town- this is when we work on all the skills to be put in the routine!**
9. **If out of town a lot during the summer, and you lose skills, get behind on basing or flying. You MAY become an alternate. This happens every year, so if you travel most of the summer I recommend getting in a class.**
10. **Tutoring and make up tests must be done before school or at a time other than cheer time. Missing practice for the will results in an unexcused absence, which will lead to disciplinary action.**

11. Cheerleaders will not perform or practice any stunts without a coach present and supervising. Stunts or skills not been practiced, or that the coach feels are not ready, will not be performed at competitions.
12. School Year Practices are Monday 3:30-5:30, Wednesday 2:45-5:15.
13. During April and May Practices are Mon 3:30-5:30 and Wed 3:30-5:30.
14. Summer practices are Monday and Wednesdays 2:30-5:00, privates are available before and after practices during the summer at PCA.
15. Extra Practices as we get closer to competitions are usually on Tues, Thurs or Fri depending on game schedules. Oct - Jan we usually have 1-2 extra practices a week. That is our "in season" time & most varsity teams practice every day during their season. We don't, so we need everyone at practice!

### Competitions & Performances

1. Cheerleaders will always conduct themselves appropriately as they are representatives of their teammates, coaches, school, and Jesus Christ.
2. With the honor of being on the PCA Competitive Cheer team comes the responsibility of maintaining integrity in your attitude, actions, and appearance. All these things must remain above reproach (i.e., no drinking, drug use, PDA, inappropriate social media content or other such behaviors). This in accordance with the PCA Handbook.
3. All cheerleaders will attend all activities the group is involved in, even if the coach has benched them. Cheerleader(s) not taking the mat will sit with the coach in uniform.
4. Cheerleaders are not to break formation or talk socially during the pep rallies.
5. Cheerleaders are not to adjust their hair, uniform, or make-up while in front of a crowd.
6. Cheerleaders will not challenge a coach's decision during a practice or competition but will comply immediately.
7. No unsportsmanlike conduct of any kind will be tolerated.

## Appearance

1. Cheerleaders will always follow the school dress code.
2. Cleanliness in appearance (clean uniform and hair in neat ponytail with bow) is expected of all cheerleaders. Uniforms must be always pressed. This includes comp stage makeup and tanning in lotion for legs at competitions.
3. Cheerleaders will not change into or out of any of their uniform in view of the public.
4. Cheerleaders will dress alike at all performances. This includes, but is not limited to shell, shirt/pants, hair, bow etc.
5. Cheerleaders of PCA are to be appropriately dressed in and out of school.
6. Cheerleaders are to not wear pieces of their cheerleading uniform with other articles of clothing, or let people borrow their cheer uniform or practice clothes.

## Participation in Other Sports & Activities

- 1) Girls are allowed to do all-star teams! They are encouraged to! The all-star girls are some of our strongest athletes. I will always do my best to work with other gyms on schedules. It has never been a problem, please let me know their practice and competition schedules ASAP
- 2) Comp girls cannot participate in any Fall sports other than Spirit Cheer and are encouraged to do spirit cheer and comp cheer to support our school and program, only MS is REQUIRED to do both.
- 3) All MS Comp Cheerleaders are required to do MS spirit cheer. It is a privilege to be on a Varsity team in MS and we need to be supporting our school teams as well. The practices are Mon/wed before comp where the focus is on motions, yelling and jumps, which are some of our weakest categories for comp especially in the MS girls so hopefully this will help with the basics that we don't get to work a lot on during comp practices. We are making MS Spirit Cheer just football this year, so it won't conflict with our busy season. Costs will be kept to a minimum and I can work with you if I need to, please let me know.
- 4) Comp girls can play soccer but must have an agreement with both sets of coaches BEFORE they try out for soccer.

5) Comp girls can do Fall Follies and participate in theatre, but the schedules must be approved BEFORE accepting a part and will not be excused absences without the written approval of the coach prior to you making the commitment.

6) If they are in multiple things, with a lot of conflicts, they may become an alternate.

7) Comp girls can do track, softball, tennis, and golf. These don't usually conflict.

### Alternates

Every year girls make the team with one skill, and by the end of the summer, either gain new skills, or lose skills, due to attending all summer practices, or missing a lot of summer practices, and whether they do all-stars or take classes and privates. At camp I will have one on one meetings with the girls on where they stand at that point, and the possibility of becoming an alternate for NCA. It is based on many things: basing, flying, tumbling, jumps, motions and performance. I promise I am very fair and love all the girls. It is not my rule that only 12 for small varsity, 20 for medium varsity or 30 for large varsity can take the floor. I will pick the division based on the tryout of the team. We are usually large with 30, and I'd love to stay that way. It is kind of like any sport, the top athletes start, and you don't know who that is until before the game, due to changes in skills, injuries, and grades.

Every year we have had up to eleven alternates. They will perform at all pep rallies and local competitions. They cannot perform at any nationals or any competitions that will only allow 30 on the floor, unless there is an injury, and they are filling in. If we go to FCC Nationals in Orlando they do perform there.

We have always used all our alternates at some point, especially this last year! They are a very important part of the team, and we couldn't do it without them! Most of the time they are an alternate for a year and learn so much and get caught up to everyone else and make mat the following year. This is very common, especially with the MS girls. Being an alternate is the best way to be able to make mat in the future, better than taking privates or classes, because you can't work on stunts without being on a team... Some of the best girls on the team started out as alternates or have been alternates at some point; it is NOT a bad thing!

Alternates must be at all practices, just like everyone else. They still pay all comp fees and tuition. Any team member can become an alternate due to loss of skills, injuries or missed practices. It is up to the coach to pick the 12, 20 or 30 members that will be on the floor for nationals. New alternates will be picked for every competition, just because you make it as an alternate doesn't mean you will stay one, and just because you aren't an alternate at tryouts doesn't mean you won't become one.

The division we decide to go, will be based on skills and number of girls that tryout, since there is no longer a Private School Division at NCA.

**Camps 8/7-8/14 exact dates TBA**

We will still do both NCA Speed Private Camp and our Comp Camp at Tanglewood Resort at Lake Texoma. It is 3 days and 2 nights, and we work on our Homecoming routine, our nationals pyramid and lots of bonding! I have the team moms come help with cooking and activities. It is always a great time! **BOTH CAMPS ARE MANDATORY! NO EXCEPTIONS**

**Travel**

We usually travel every other year, so since we went to Orlando last year, we will be looking at something within bus driving distance depending on dates and place. Something that will still be fun for the girls with a sleep away trip but better budget wise to save for the following year.

**Fundraisers:**

We had a great online fundraiser last year where some of the girls covered their whole Orlando trip. If approved, we will be doing his again earlier in the year to help pay yearly fees if needed.

**Monthly Costs**

**NEW THIS YEAR! Everything will be paid thru MyPCA**

**Tuition- \$100 per month for 10 months April-January. (Additional \$100 in February if they continue to practice for tryouts). When you make the team, in your contract you will pick whether you want to pay monthly, 2 payments or 1 payment for tuition.**

**PAYMENTS**

**Thru MyPCA at the beginning of every month for option 1, or the following dates for option 2 or 3**

Monthly: \$100 per month - due the first practice of each month

**OR**

2 Payments: \$500 due April 1st & September 1st

**OR**

1 Payment: \$1,000 due April 1st

**\*\* If you still owe on tuition for the 2021-2022 year you will need to pay the balance or talk to Krista for a payment plan before clinic on 3/29. Final invoices will go out this week if you still owe, thanks! The yearly cost from 2021-2022 must be paid thru MyPCA before clinic as well.**

**NCA Speed Camp \$200** (Due by TBA)

**Camp- \$200-** 3 days & 2-night stay meals, ballroom rental and extras (CASH to pay for food and stuff out of, due 8/1

**PCA yearly competition fee- \$650**, which includes 3 local competitions, NCA nationals, choreography, and custom music. This is done thru MyPCA on date TBA This does not include: monthly fees, uniform, warmups, practice clothes, or travel. (This is based off last year's team size so might change a little up or down)

### **Uniform & Practice Wear**

Uniform top- New \$125 Used \$70 (Have some to borrow too)

Uniform skirt- New \$75 Used \$35 (Have some to borrow too)

Practice Clothes and pep rally bow- approx. \$75

Comp bow- \$25

Warm-up- approx. \$65

The uniforms and warm-ups stay the same each year so it's usually a one-time cost, unless they grow a lot.

**Approximate Cost to be a brand-NEW Comp Cheerleader - \$2,450 without travel**

To put the cost into perspective, being on the PCA Competitive Cheer team is like being on a "select" team sport or very much like being on an all-star cheer team. These team costs are below, and you can see that we try to make Comp Cheer a great value for each athlete.

### **Comparative Team Costs:**

PCA Spirit Cheer- \$1,500 plus gifts, athlete goodies, spirit items, travel to games, etc.

Local Middle School Cheer: \$1,700

Local High School -\$2,400

All-Star team- \$4,500 without travel

**2022-2021 COMPETITIVE CHEER TRYOUT AGREEMENT**

**Due: Monday March 21<sup>st</sup> SUBMIT VIA TRYOUT REGISTRATION GOOGLE FORM ONLINE**

Parent Name: \_\_\_\_\_ Cheerleader Name: \_\_\_\_\_

Parent and cheerleader initial by each line:

\_\_\_/\_\_\_ I have read and understand the tryout packet.

\_\_\_/\_\_\_ I have read and understand the Discipline Policy.

\_\_\_/\_\_\_ I have read and understand the Code of Conduct.

\_\_\_/\_\_\_ I have read and agree to adhere to the Dress Code.

\_\_\_/\_\_\_ I have read and understand what an Alternate is.

\_\_\_/\_\_\_ I have read and understand the costs.

\_\_\_/\_\_\_ I have paid my 2021-2022 Comp cheer balance. (If a returner)

\_\_\_/\_\_\_ I understand that I will not be able to tryout or attend the tryout clinic unless I am enrolled at PCA for the 2022-2023 school year. I understand that it is the parents' responsibility to contact the Business Office and obtain eligibility clearance if there is any form of financial hold.

I also understand that:

-PCA Comp Cheer is an organized program. Athletes are expected to attend all competitions as a team, whether they are an alternate or performing. Although I (or your daughter) might choose to be involved in a variety of activities, the coach cannot make exceptions for my schedule conflicts.

-The team practices 4 1/2 hours a week during the regular year and we will have added practices during competition season set by the coach based on the team's need. Comp cheer will be the 1st priority in my schedule over other extra-curricular activities I choose to do because I understand that my absence affects my other teammate's ability to practice our full routine.

-I must keep up with my schoolwork and that practice schedules are given out ahead of time and I need to plan accordingly. A lack of school planning on my part does not make for an excused absence from practice.

-I have been given the Absence Policy and understand I must be back from any summer vacation by August 1st, and I need to be back from Christmas break by 12/27.

-100% commitment and attendance are expected.

Tuition is due by the first practice of each month OR whichever plan I choose, via MyPCA Godbee, Late tuition might result in becoming an alternate or removed from performances.

Choose one payment plan for 2022-2023

I will pay tuition: \_\_\_ Monthly (\$100/mo) \_\_\_ 2 Pmts (4/1 & 9/1) \_\_\_ 1 Pmts (4/1)

I understand that the other camp and yearly fees will be thru MyPCA and will pay accordingly. And practice wear, spirit wear and uniforms are separate and billed thru Krista.

Signed By:

\_\_\_\_\_  
PARENT

\_\_\_\_\_  
CHEERLEADER

\_\_\_\_\_  
Date



# **COMP CHEERLEADING DISCIPLINE POLICY**

Due March 21<sup>st</sup> Submit Via Tryout Registration Form

Parents and daughters need to read the Cheerleading Code of Conduct and tryout packets together. Expectations regarding the cheerleading program at PCA are very important and all must be aware that failure to uphold the stated rules can possibly lead to removal from the squad. Our goals for the cheer program are for PCA cheerleaders to honor Christ always and lead the students of PCA in a positive, godly manner.

I have read and commit to adhere to the conditions stated in the PCA Comp Cheer Discipline Policy.

Cheerleader Name (Printed):

\_\_\_\_\_

Cheerleader Name (Signature):

\_\_\_\_\_

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

Date: \_\_\_\_\_