

Christopher High School



2022-2023

Tryout Packet

Welcome to the Christopher High School Cheer and Dance Team. Participation in our program will be one of the most exciting and fun experiences you will have while attending Christopher High School. As a member, you are offered the opportunity for great personal growth, leadership development, and involvement in many different exciting activities.

The Christopher High School Cheer and Dance Team (“CDT”) will consist of JV Cheer, Varsity Cheer, Varsity Dance, and Mascot for the 2022 - 2023 school year.

CDT members perform at rallies, football games, basketball games, as well as support other sports events when called upon such as wrestling and soccer. CDT members are also responsible for other school events, in addition to occasional community events. CDT members are part of both Athletics and A.S.B

TEAM MISSION

- Promote and uphold school spirit, unity, and pride.
- Represent the school to the highest degree.
- Always set an example of good behavior and sportsmanship (*whether in or out of uniform*).
- Promote friendship with each other and with schools with whom we compete or perform with.

COMMITMENT

To be an effective member of this team you must commit a great deal of time throughout the **entire** year. We expect all team members to be 100% committed for the Fall and Winter seasons, as well as any Playoff/CCS Season. Social plans and/or vacations, job schedules, and other commitments cannot interfere with practices and games. Per school policy: You may not quit one sport to join another. There will be **no** exceptions to this rule.

Before Applying/Trying Out, Please Consider the Following:

1. Class and work schedules
2. Personal time and other commitments

3. Ability to commit to this program for all **11 months** and two consecutive seasons of the school year
4. Other sports that may conflict with practice/game schedule (Ex: basketball, swim, gymnastics, softball, etc.)

RETURNING MEMBERS:

For returning CDT members, your attitude, behavior, and attendance from the previous year(s) may affect your tryout for the new year. Prior placement on the team does not guarantee you a spot for the new year.

APPLICATION DOCUMENTS

- Forms can be downloaded on the Christopher High School Website
<http://chs.gilroyunified.org/athletics/cheer-and-dance>
- There are 3 tabs (Tryout Application, GUSD Documents, and CDT Handbook)
 - You must print all documents

CHEER AND DANCE TEAM TRYOUT CLINIC REQUIREMENTS:

- Mandatory Parent Meeting on April 13, 2022, at 7:00pm
- Completed Tryout Application turned in April 22, 2022, by 3:30 pm which includes:
 - Signed GUSD required documents
 - Grade Check with current grades (Can be printed using Aries Portal)
 - CDT Handbook Agreement signed by applicant and 1 parent/guardian
 - 2 teacher evaluations
- All clinic workshops are required.
 - Family emergencies, illness (must provide a medical note and email from parent) or approved school reason will be the **ONLY** excused absences accepted.
- One (1) unexcused absence will result in the applicant being dropped from tryouts.
- Applicants must be on time each day.
 - Over five (5) minutes late will be recorded as a tardy and five (5) points will be deducted from your score.
- Male and female applicants are to wear plain black shorts, a plain black t-shirt (NO tank tops) and athletic, cheer, or jazz shoes.
 - No vans, air force ones, or sandals will be allowed
- Applicants will be given a number the first day that must be worn each day of tryouts. Lost numbers are considered improper dress attire and points will be deducted.
- Hair must be pulled back neatly in a ponytail
- Absolutely **NO** jewelry is allowed (this includes nose rings and belly rings)
- No gum

TRYOUT PERFORMANCE REQUIREMENTS:

Applicants must display sharp, precise moves, show energy, spirit, smile, have enthusiastic showmanship, and demonstrate crowd involvement. Special skills and original choreography should be practiced individually.

Cheer Applicants will learn and Perform:

1. 3 cheers
2. Dance routine that includes section of original choreography created by applicant
3. 1 special skill (example: splits, toe touch, cheer jump or gymnastics skill)

Dance Applicants will learn and perform:

1. 3 cheers
2. Dance routine that includes section of original choreography created by applicant
3. 1 special skill (example: splits, turns, leaps or other dance skill)

Mascot Applicants will learn and perform:

1. 3 cheers
2. 45-second creative character dance
3. 1 special skill (splits, toe touch, cheer jump, tumbling or dance skill)

*All applicants will perform the above in groups of 4 – 5 and will be judged by a team of qualified judges.

POINT SYSTEM

Please be aware that the points listed below are the maximum amount an applicant can receive in each section. Deductions can and will be made for various reasons

| | Points |
|---|--------|
| Tryout Packet - turned in on time (10 points) and completed correctly (20 points) | 30 |
| Clinic Attendance - (5) points per day | 15 |
| Proper Attire and Name Tag – (5) points per day | 15 |
| Overall Clinic Evaluation (effort, team spirit, & attitude) – (10) points per day | 30 |
| Teacher Evaluation Forms – (average of the 2 scores will be taken) | 25 |
| CDT Handbook Test | 10 |
| Tryout Performances Score (average of judges' scores) | 100 |

TOTAL POSSIBLE POINTS 225

TRYOUTS AND ALL WORKSHOPS WILL BE CLOSED TO EVERYONE WITH THE EXCEPTION OF COACHES, INSTRUCTORS, AND JUDGES. TRYOUT SCORES ARE CONFIDENTIAL BETWEEN COACHES, JUDGES, AND CHS ADMINISTRATION. SCORES WILL NOT BE SHARED WITH STUDENTS, PARENTS, OR THE PUBLIC.



2022-2023 Important Dates/Schedule

(All Dates and Times are Subject to Change)

| Date | Time | Location | Event |
|--|---|--|--|
| Thursday, March 31, 2022 | --- | CHS website chs.gilroyunified.org/athletics/cheer-and-dance | Tryout Packet Available |
| Weds, April 13, 2022 | 7:00 pm | CHS Library | Mandatory Parent Meeting |
| Fri., April 22, 2022 | 3:30 pm | CHS Front Office Attn: Cheer & Dance | Deadline to Submit Tryout Packet/Documents |
| Tues, April 26, 2022 | 5:00-7:30 pm <i>(Arrive 15 min early for registration)</i> | CHS Gym and Dance Room | Tryout Workshop #1 |
| Weds, April 27, 2022 | 5:00 -7:00 pm | CHS Gym and Dance Room | Tryout Workshop #2 |
| Thurs, April 28, 2022 | 5:00 -7:00 pm | Auxiliary Gym and Dance Room | Tryout Workshop #3 |
| Fri, April 29, 2022 | 4:30 until completed | Auxiliary Gym | Tryouts-Evaluations |
| Sat, April 30, 2022 | 10:00 am | Main Gym Doors | Tryout Results Posted |
| May 2022 (Mondays & Weds) | TBD | Auxiliary Gym & Dance Room | Conditioning |
| Friday, May 6, 2022 | 4:00 pm | Auxiliary Gym | Uniform Fitting |
| Monday, May 9, 2022 | | | Fundraiser |
| July 2022 (Mondays & Weds) | TBD | Auxiliary Gym & Dance Room | Summer Practices |
| Saturday, July 2022 | Exact Date & Time TBD | CHS Gym and Dance Room | Boot Camp |
| July 28-July 31, 2022 (Tentative) | | UC Santa Barbara | USA Cheer/Dance Camp |
| August 5, 2022 (Tentative) | 12:01 am | CHS | Midnight Madness |
| August 2022 (Mondays & Weds) | TBD | Auxiliary Gym & Dance Room | Fall Practices |

Please review the schedule. The dates above are MANDATORY.
You will be responsible for being at all events if you are placed on the team.

All Pre-Existing Schedule Conflicts Must Be Addressed with the Head Coach ASAP

DETAILED SUMMARY OF SCHEDULE, IMPORTANT DATES, AND EVENTS

Spring Practice

Upon selection we will immediately begin conditioning for the upcoming season starting on Monday, May 2, 2022, and ending on May 25, 2022. Practices will be Mondays & Wednesdays in the CHS gym and dance room. Time TBD.

Uniform Fitting

We are scheduled for our uniform fitting on Friday, May 6, 2022, at 4:00pm. Location TBD. Our fitting will last approximately two (2) hours.

Summer Schedule and Boot Camp.

- There will be NO PRACTICES IN JUNE
- We will hold summer practices on Mondays & Wednesdays in the CHS gym, on the field, and/or in the dance room beginning Wednesday, July 7, 2022.
- Boot Camp will be held on a Saturday and is a time to bond as a team, learn cheers, learn camp performance routine, discuss expectations for camp and review cheer and dance technique. Date and Time TBD.
- We will also participate in an occasional community event.

Cheer and Dance Summer Camp:

As a team, we will attend a summer cheerleading/dance camp to form a strong team unity. Camp is four (4) days with professional cheerleading and dance instructors. The cheerleading/dance material learned at camp will be used throughout the year.

Camp dates: Tentatively July 28, 2022 – July 31, 2022

Midnight Madness

We will perform the tryout routine or a routine we learned at camp. Tentatively set for the evening of Thursday, August 4, 2022

Fall & Winter Practice Schedule:

- Fall practices will be held Mondays and Wednesdays – Time TBD
- Winter practices will be held Mondays and Wednesdays – Time TBD
- All dates and times are tentative and are subject to change due to gym availability

Homecoming and Severance Bowl:

There will be 2-4 Saturday practices scheduled in the fall to learn and prepare for our all-team routines. Dates and Times TBD

CHRISTOPHER HIGH SCHOOL CHEER & DANCE TEAM APPLICATION
(Due: Friday, April 22, 2023, at 3:30pm)

CIRCLE ONE:

JV CHEER VARSITY DANCE VARSITY CHEER MASCOT

Please provide a recent 2 x 5 photo of the only applicant and attach it to the top right corner of this application. (no hats/sunglasses).

Applicant's Name:

Parent(s)/Legal Guardian(s) Name(s):

Address:

Home Phone:

Work Phone:

Applicant Cell:

Parent (s)Cell:

Date of Birth:

Age:

Student E-mail address:

Parent E-mail address:

Grade 2022-2023: _____ **GPA 3rd Quarter:** _____

Experience or Skills (Cheer, Dance, Gymnastics, Performing):

Medical Information:

Medical Problems/Allergies/Medications:

Emergency Contact _____ Phone: _____

Health Insurance Co. _____

Policy/Medical Record # _____

(Please Attach a Copy of Your Health Insurance Card to this Application)

DIRECTIONS FOR TEACHER EVALUATION FORMS:

- Give one form to two (2) different teachers from your school that you had during the 2021 – 2022 school year.
- These forms are to remain **confidential** between coaches and the teacher.
- Forms reviewed or turned in by the applicant will NOT be accepted.
- CHS students may ask teachers to return the forms to the CHS main office – CHS Cheer and Dance Box
- Applicants who are **not** currently Christopher High School students should ask their teachers to send the form over to CHS via the inter-district mail system – Attn: CHS Cheer and Dance
- *Students attending any school not within our district may turn in a sealed envelope with the teacher’s signature over the seal.
- **Remind your teachers forms are due by Friday, April 22, 2022 @3:30 pm.**

PLEASE TURN IN APPLICATION IN THE FOLLOWING ORDER:

1. Application and Photo – paper clipped (not stapled)
2. Copy of Medical Insurance Card
3. Handbook Agreement – Last page only signed by applicant and parent/guardian
4. Grade Check – with current grades (printed from Aries Portal)
5. Printed and Signed Gilroy Unified School District Forms
 - Residency Verification Contract
 - Voluntary Activities Participation Form
 - Extracurricular/Athletic Activity Medical Treatment Authorization
6. Captain Application (if applicable)

Deadline to Submit Application & Teacher Evaluations:
Friday, April 22, 2022, at 3:30pm

Please submit to CHS Main School Office – Attention: CHS Cheer & Dance

**** PLEASE ARRIVE 15 MINUTES EARLY ON
TUESDAY, APRIL 26, 2022,
TO COMPLETE THE REGISTRATION PROCESS****



CHEER AND DANCE TEAM CAPTAIN, CO-CAPTAIN, & MANAGER APPLICATION

Applicant's Name: _____

Position: _____

Why do you want this position? _____

What three qualities make you a good and effective Captain/Manager? Why?

How could this position be challenging or stressful? _____

Why are you the best candidate for the position of Captain? _____

Identify a time when you led a team/program? How were you effective in that position?

CAPTAIN/MANAGER RESPONSIBILITIES

RESPONSIBILITY AS A CAPTAIN: Captains will set the example for the entire team. You are required to work together, not against each other. Do not interrupt one another when speaking to the team. Captains will coordinate all team functions together to make sure everything runs smoothly and professionally. No captain has the right to discipline a member. If there is any issue, please inform the coaches. All captains are responsible to attend all team events, games, & practices.

- **Head Captain:** Head captain will oversee the entire team. They will have the final say on all decisions made (all decisions must be run by Coach Masumi and the specific team coaches). Head Captain is responsible for coordinating practice stretches, choreographing routines, calling cheers, and coordinating quarter cheers/routines with varsity dance captain. “Right hand” to all coaches.
- **Co-Captain:** Co-Captain will be the “right hand” to head captain. Work together with the head captain on coordinating practices stretches, performances, and quarter cheers. Anytime the head captain is unable to attend practice or a game/event, you will fill in
- **Tumbling Manager:** Communicate with coaches and deliver tumbling information to the team when necessary. Manage the safety of all team members when facilitating tumbling skills. Assist teammates with basic tumbling skills, this includes stretching techniques before engaging in any tumbling. Such tumbling skills include, handstand, round off, splits, back handspring, stepout, back walkover, etc. Assist Coaches with tumbling routines.
- **Stunt Manager:** Communicate with coaches and deliver stunting information and counts to the team when necessary. Assist teammates with stunting techniques and skills including proper stretching techniques before engaging in stunting. Assist the Coaches with stunting routines.
- **Team Manager:** Team Manager is responsible for the teams’ paperwork (printing attendance etc.) Responsible for keeping the team informed on school spirit dates, coordinating team bonding, and team members’ birthdays. Ensure that the communication between all teams is running smoothly. Team Manager will post announcements and pictures on the team social media accounts. Coordinate with ASB representatives to ensure we are up to date with school events.
- **JV Assistant:** JV Assistant will be responsible to assist and oversee the JV Cheer team. You will work with the team to ensure their success. You will support them during their practices and provide insight when they need to develop a routine, cheer lines and/or correct their skill if needed. You will be available for them as you will be their contact person if and when coaches are not available.

YOUR COACHES: Our job as your coaches is to make sure that we can support you and your team in any way. Please refer to the information below for all communication.

GROUP CHAT MESSAGES: Group chat messages are not meant for an entire team to communicate back and forth. It is meant for captains to send out reminders/schedules/information. Make sure to keep these chats clean and respectful to all members.

GAMES + PRACTICES: Captains should always arrive 15-20 minutes earlier than the rest of the team. Please make sure that your teammates arrive to practice with their hair in a ponytail, no jewelry, & on time. All captains will be required to attend JV home games.

CAPTAINS BINDER: Each captain and manager will be required to have their own binder at camp and at every single practice and game. The binder should include the following information.

- **Stretches – Conditioning Schedule**
- **2022/2023 Cheer and Dance Team Handbook:** Refer to this for all team rules.
- **CHS Calendar/Schedule**
- **Team Roster:** This has confidential information; please do not give this information out
- **Cheer List**
- **Half-Time Schedule:** Create schedule for half-time routines at practice and at games.



CHRISTOPHER HIGH SCHOOL
CHEER AND DANCE TEAM
TEACHER EVALUATION FORM:

(CONFIDENTIAL – Do not return to student)

Cheer and Dance Team Candidate: _____

Teacher Evaluating Candidate: _____

Teacher's School: _____

Teacher's Subject: _____

Would this candidate make a good Captain, please explain? _____

Please rate candidate from 1 – 5 (5 being the highest) in these areas:

| | | | | | |
|-----------------------------|---|---|---|---|---|
| 1. Attendance | 1 | 2 | 3 | 4 | 5 |
| 2. Respect for authority | 1 | 2 | 3 | 4 | 5 |
| 3. Respect for peers | 1 | 2 | 3 | 4 | 5 |
| 4. Effort / quality of work | 1 | 2 | 3 | 4 | 5 |
| 5. Honesty and integrity | 1 | 2 | 3 | 4 | 5 |

Total Points: ____/25

Is there any reason why you would not recommend this student for the Christopher High School Cheer and Dance Team? If so, please explain. _____

Additional Comments:

Teacher's Signature: _____

Date: ____/____/____

Please return this form to **Christopher High School's main office (Attention: CHS Cheer & Dance)** or send via inter-district mail system. Must be received **NO later than Friday, April 22, 2022 by 3:30pm**. If this evaluation is not turned in, it will negatively impact candidate's score significantly. Thank you so much for your honest input in regard to the candidate.



CHRISTOPHER HIGH SCHOOL
CHEER AND DANCE TEAM
TEACHER EVALUATION FORM:

(CONFIDENTIAL – Do not return to student)

Cheer and Dance Team Candidate: _____

Teacher Evaluating Candidate: _____

Teacher's School: _____

Teacher's Subject: _____

Would this candidate make a good Captain, please explain? _____

Please rate candidate from 1 – 5 (5 being the highest) in these areas:

| | | | | | |
|-----------------------------|---|---|---|---|---|
| 1. Attendance | 1 | 2 | 3 | 4 | 5 |
| 2. Respect for authority | 1 | 2 | 3 | 4 | 5 |
| 3. Respect for peers | 1 | 2 | 3 | 4 | 5 |
| 4. Effort / quality of work | 1 | 2 | 3 | 4 | 5 |
| 5. Honesty and integrity | 1 | 2 | 3 | 4 | 5 |

Total Points: ____/25

Is there any reason why you would not recommend this student for the Christopher High School Cheer and Dance Team? If so, please explain. _____

Additional Comments:

Teacher's Signature: _____

Date: ____/____/____

Please return this form to **Christopher High School's main office (Attention: CHS Cheer & Dance)** or send via inter-district mail system. Must be received **NO later than Friday, April 22, 2022 by 3:30pm**. If this evaluation is not turned in, it will negatively impact candidate's score significantly. Thank you so much for your honest input in regard to the candidate.