

Eastlake Wolves Cheerleading

Tryout Packet and Program Guide 2022-2023



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Dear Students and Parents,

Thank you for considering the EHS Cheerleading Program. High school athletics and activities can enhance the academic experience and allow individuals to further enhance their skills, challenge themselves mentally and physically, develop leadership abilities, and foster life-long friendships.

The EHS Cheer Program exists to support school athletics and to accomplish the programs own athletic and competitive goals. This can make a cheerleader's life very busy as the student will have mandatory commitments for camp, practice, games, and competitions. Individuals trying out should seriously consider their academic load other sports or activities, jobs or volunteer work, and family and religious commitments. Even one person missing from a cheer activity can jeopardizes the team's success for the day. However, while the commitment level is demanding at times, cheerleaders feel a sense of pride and unity cheering for their school and are always amazed to see their skill level improvement by the end of their competition season.

This will be my eighth year coaching high school cheerleading, and fifth year coaching here at Eastlake, and I am excited and ready to continue the journey. In addition to my coaching experience, growing up I participated in all- star cheerleading for 10 years, competing at the World Cheerleading Championships, cheered for my high school on the sidelines and at in- state and national competitions, and finished my cheerleading career as a member of the Boise State University Broncos All- Girl Cheer team. Our Eastlake program also has an outstanding assistant coach who has been with us for the past two seasons and is looking forward to a third. Coach Fleet greatly contributes to the program pulling from many years of her own competitive high school cheerleading experience. We will also continue to utilize the outstanding talents of the industry leaders for all our camp and choreography needs.

Every year leads to stronger performances, better sideline incorporations, and greater work in the community. Additionally, I want all athletes to feel recognized and supported by the program. Finally, competitions will be a place where we can exhibit our skills and work towards a 2023 Washington Interscholastic Athletic Association (WIAA) State Cheerleading Championship Title.

Being a part of the cheerleading team can be some of the best memories and times of your life. I wish all of you the best at tryouts; enjoy the experience and GOOD LUCK TO YOU!

Go Wolves!

Casey Sullivan (Sully)

Eastlake Cheerleading Head Coach

2022-2023 Tryout Information

Thank you for your interest in the Eastlake Cheer Team. We accept students of all levels of cheer ability. We know tryouts are a stressful process, and we really appreciate students who choose to participate.

Documents required for the first day of tryouts (Due: Friday, April 22nd at 11:59 pm):

1. Student Questionnaire and Signature Page ([LINKED HERE](#))
2. Parent/ Guardian Signature Page ([LINKED HERE](#))
3. Completed physical and paperwork through [FinalForms](#) by **Friday, April 22nd at 11:59pm**

To Register for Eastlake Cheer tryouts:

- If your student is a **current 8th grader** a parent will register them in [FinalForms](#) (select EHS Coed Cheerleading '22 – '23 Tryouts “Hosted at Eastlake HS”) and parent will complete all required forms. The student will also need to electronically sign, they will login to their LWSD email, open the email from FinalForms and follow the directions to electronically sign. A current physical must be on file to participate in tryouts. The physical must be uploaded in FinalForms or be currently on file with the student’s middle school. Current 8th graders do **not** pay the Eastlake ASB fee when they are trying out. If they make the team, they will then pay for ASB in August during Back to Business time.
- If your student is a **current 9th – 11th grader** a parent will register them in [FinalForms](#) (select EHS Coed Cheerleading '22 – '23 Tryouts) and parent will complete all required forms. The student will also need to electronically sign, they will login to their LWSD email, open the email from FinalForms and follow the directions to electronically sign. A current physical must be on file in the Eastlake Athletics office to participate in tryouts.
- LWSD physical and medical eligibility form can be found [here](#). This form must be completed by a physician, signed, dated and stamped with clinic office information.

Tryout Guidelines 2022-2023

- Tryout Eligibility

- You may be an eighth grader, freshmen, sophomore, or junior in order to try out for the Eastlake Cheerleading Team.
- You must be in good physical health. A current physical must be on file to try-out.
- You must have satisfactory school attendance.

- Attendance

- You must be fully dressed, inside of the gym and ready to go at 4:20 p.m. Monday- Thursday for practices and at your assigned session's start time on Saturday for the official tryout.
- It is extremely important to be on time. There are only four pre-tryout practices so you will be learning a lot in a short amount of time. Your punctuality will reflect your desire to commit to this activity.
- If you must be late or miss a tryout practice, pre-arrange it with the head coach (CaSullivan@lwsd.org). You will still be responsible for learning the material on your own.

- Clothes and Attitude

- Wear athletic clothes and athletic shoes for tryout week. **No previous Eastlake Cheer clothing will be permitted.**
- Hair needs to be pulled up and off your shoulders for practices and tryouts (WIAA rules).
- Only water will be allowed at the practices and tryouts. **No food or gum.**
- Absolutely **no jewelry** (WIAA rules).
- Please be respectful to others and have a positive attitude.
- Failure to follow these rules can make you ineligible to tryout.

- Tryout Process

- Practices and the evaluated tryout will be in a closed gym. You will tryout only in front of the judges. It will not be in front of the student body. No parents or friends will be allowed to watch pre-tryout practices or tryouts.
- Pre- Tryout Practice Schedule (Monday- Thursday)
 - Monday, Tuesday, Wednesday:
 - Participants will learn cheer motions, kicks, jumps, cheers, a short dance, and the Eastlake fight song.
 - Participants who want to add tumbling to their score will have the opportunity to tumble on the football field one of the days (weather dependent). Tumbling is **not** required but an additional score.
 - Thursday:

- Participants will have the opportunity to review material and ask questions about the evaluated tryout.
- During the week of pre-tryout practices, cheerleaders will be interviewed one at a time by the coaching staff. This will allow the cheerleader to express their interest in joining the Eastlake Cheer team and to ensure they understand the team's commitment level.
 - Interview times slots will be assigned in advance and may be scheduled before and after practice times.
 - Senior interviews will be held on Friday starting at 2:30.
- Components of the Evaluated Tryout (Saturday):
 - On Saturday, April 30th, you will tryout with one partner and will wear a number. Your tryout partner will be assigned by the coaching staff.
 - Rally on and off!
 - Perform Jumps
 - Jump #1: Toe Touch
 - Jump #2: Jump of Choice (Right Hurdler, Left Hurdler, or Pike)
 - Perform the material you learn at the tryout practices. This includes the cheers, the dance, and the Eastlake Fight Song.
 - You will be evaluated during tryouts on the following cheerleading skills: Cheer, Dance, Jumps, and Tumbling.
- Each candidate's score will be calculated and averaged. The coaching staff has the final say on which candidates are chosen. The number of students chosen for each squad will be determined by the coaching staff.
- You will find out if you were selected for the Eastlake Cheer team on Sunday following the try-out by 10:00am via email.

Eastlake Cheerleading Program Guide 2022-2023

Eastlake Cheer exists to:

- Promote school spirit and recognize high school athletics
- Serve athletics, the school, and the community
- Instill commitment, time management, and teamwork
- Develop cheerleading skill and technique
- Challenge the body and mind in competitive venues
- Foster lifelong relationships

Time Commitment Expectations

- Attendance and participation at all practices, games, camps, choreography, community service activities, and fundraising activities is **mandatory**.
- As with other teams and organizations, cheer is a commitment! All athletes will be held accountable to this commitment as outlined in the professionalism section below.
- Missing practice near a performance may result in limited participation in that routine.
- **All 2022-2023 cheerleaders are required to be on, and commit to, the competition and sideline teams.**

Sideline Cheerleading

- Eastlake cheerleaders are expected to cheer on the sidelines at every home and away football game and home basketball game. They will also cheer at selected away basketball games.
- The team will perform a routine at halftime during select football and basketball games.

Competition Cheerleading

- Competition not only allows for our team another chance to show off the amazing skills they work so hard on, but to also be recognized as the athletes they are, usually culminating with the opportunity to participate in a State Championship competition.
 - We have included tentative competition dates on the calendar below. These days are subject to change once competition directors finalize their schedules. This will be communicated to the team and their families as soon as possible (usually early September).
 - We have intentionally added more competitions than we are planning on participating in. However, we will not know our final schedule until early- Fall. Please do not plan any commitments for your cheerleader on the marked Saturdays below until you have been notified you can do so.

Community Service & Volunteering

- Part of representing the Eastlake Cheer Team is the chance to get involved in other community events where we have the opportunity to represent our school and give back. Throughout the year there will be events that the cheer team is asked to participate in.
- The schedule of these events is to be determined and will be communicated at least 2 weeks prior.

Team Leadership

All leadership positions are based on the coaches' discretion. Coaches may choose not to have leadership positions or suspend leadership positions at any time.

- There will be designated leaders for the season who will be responsible for:
 - Being the example team members (never late, always prepared, willing to take risks, fostering positive attitudes and relationships, etc.)
 - Attending all leadership meetings
 - Leading stretching and warm-ups at practice
 - Calling chants, cheers, and dances at games
- *Designated leaders are not intended to and will not replace the coach during practice.*

Professionalism and Accountability

As Eastlake cheer team members, student-athletes are representatives of Eastlake High School, our community, and of the cheerleading program. It is of utmost importance that team members hold themselves to the highly professional standards outlined below.

- **Being Timely: Tardiness and Absences**

Cheerleading is a team sport and with even one member absent, the entire team is impacted. It is the expectation that all team members are on time and present at all mandatory events.

- Absences
 - Absences are **only** acceptable due to illness, family emergency, or prearranged absence with the coach.
 - All excused absences still need to be communicated to the coaches via email 24 hours in advance.
 - We recognize that for illness, or family emergencies, 24 hours is not possible. Please notify the coaches as soon as you can.
 - Absences are **not** acceptable for jobs, other school activities, and social occasions.
 - Regularly scheduled doctor's appointments and dental appointments are also **not** excusable.
 - Please schedule these on days and times where we do not have cheerleading commitments.

- **Missing practice near a performance, whether excused or unexcused, may result in limited participation in that routine.**
- To hold the team accountable, the following guidelines will be implemented for Unexcused Tardiness (1 or more minutes late) or Unexcused Absences:
 - 1st and 2nd Incidents: Conversations with the Coaches
 - 3rd Incident: Limited participation at nearest game or performance
 - Duration of limited participation will be based on whether the athlete had been consistently tardy or absent.
 - Additional incidents: Further action may be taken.
- **Coachability and Attitude**
 - Coaches' Directions
 - The coach has a specific plan for each practice and often has a vision for the methods used that the cheerleader may not understand but should always follow. It is acceptable to ask questions in a respectful way. Swearing, complaining, and not cooperating are examples of inappropriate behavior.
 - If this is a repeated behavior, it will result in a phone call home.
- **Preparedness: Practice and Game Attire**
 - At practices cheerleaders should arrive dressed in practice attire and ready to go. Hair should be up, off the shoulders, and absolutely **no jewelry** should be worn (WIAA rules).
 - At games, competitions, and events the cheerleaders should arrive dressed in the appropriate uniform, all make-up done, hair NEATLY up with their bow in. Absolutely **no jewelry** should be worn.
 - It is the athlete's responsibility to come to each practice, game, competition, and event, prepared with the correct uniform pieces. **If an athlete is unprepared, it may limit their participation at that event.**
- **Academic Progress**
 - Grade checks will be done every month and members of the cheer team will be held to the academic eligibility criteria set by LWSD athletics. Click here for more information: [Athletics \(lwsd.org\)](https://www.lwsd.org/Athletics)
- **Drug and Alcohol Use**
 - Any reported and documented drug or alcohol incident will result in immediate action from the Eastlake administration and further disciplinary protocol as stated in the LWSD student athletic/ activities code of conduct ([Athletic/Activities Conduct Code \(lwsd.org\)](https://www.lwsd.org/Athletic/Activities-Conduct-Code)).

Parent Leadership and Participation

Volunteering

- A huge reason for the success of the Eastlake Cheer Program comes from the support of our amazing parents. The Eastlake Cheer Team is also a parent community that pitches in for the sake of the team's success and for the benefit of our athletes' and coaches' experience.
- At our first official parent meeting you will be asked to sign up for a volunteer position and there are many chances to volunteer throughout the year. We will do our best to email the positions available and their descriptions prior to this first meeting. Booster club board members will be on-hand to answer questions.

Cost

We understand that cheer is an expensive sport, the fees associated with participation cover the following:

- Full Uniform and Performance Shoe
- Camp, Practice, Football, and Basketball Season Attire:
 - This typically includes the following: custom team wear, raincoat, leggings, shorts, sports bras, and hair bows
- Team bag
- Additional Training in the form of: Camp, Stunt Clinics, and Weekly Conditioning
- Choreography & Music
- Travel Costs when necessary

Cost Per Cheerleader:

- Our typical cost per athlete per year ranges from approx. \$1700-\$3500.
- A more accurate cost will be presented at the tryout informational meeting April 13th or before.

Payment Schedule:

- Payments are typically due once a month for a set number of months.
- A more accurate payment schedule will be presented at the tryout informational meeting April 13th or before.

Signature Pages and Questionnaire – both signature pages are due the Friday *before* tryouts (Due: April 22nd)

Tryout Participant Questionnaire and Signature Page:

- This page will collect information about you, your prior cheer experience, and your motivation to join the Eastlake Cheerleading program.
- It will also act as recognition that you (the tryout participant) have read the tryout guidelines, the program guide, and **agree to all terms and responsibilities of Eastlake High School cheer members.**
- Click on this link: <https://forms.office.com/r/6T2AQm3MxB>

Parent/ Guardian Signature Page:

- This form will act as recognition that you (the parent/ guardian) have read the tryout guidelines, the program guide, and **agree to all terms and responsibilities of Eastlake High School cheer members.**
- Click on this link: <https://forms.office.com/r/xHYJ2a6Y7N>

2022- 2023 Eastlake Cheer Key Dates

- Tryouts
 - Pre- Tryout Practices and Interviews: April 24-28th
 - Evaluated Tryout: Saturday, April 30th
- Junior Cheer Camp: June 20th- June 24th
- UCA Master’s Cheer Camp: June 27th – June 30th
- Competitions: The WA state cheerleading competition schedule will be finalized in early September. Until then, please do not plan any events for your cheerleader on the Competition (Tentative) dates marked below.
- State Cheerleading Championship Competition: This event usually takes place in early- February. It is tentatively on our calendar below as February 3-4 or February 10-11

2022-2023 Tentative Eastlake Cheer Calendar

Note that this is a tentative calendar of our upcoming season. Please use this as an example of our program’s time commitment for the entirety of our season. All 2022-2023 cheerleaders are required to be on, and commit to, the competition and sideline teams.

- Our practice schedule will be finalized depending on the availability of the EHS Facilities and our personal trainer. **We will do our best to have our Fall schedule finalized before the start of August practices.**
 - Much of our sideline schedule relies on the schedules of other sports and schools.
 - Football: Sometimes our games move from Friday to Thursday or Saturday depending on our opponent and facilities.
 - Basketball: We will add scheduled required basketball games from November- March. For now, see the schedule below with estimated basketball nights.
 - The WA state cheerleading competition schedule will be finalized in early September. Until then, please do not plan any events for your cheerleader on the tentative competition dates marked below.
 - The EHS cheer coaching staff will notify the team and families of any schedule updates as soon as possible.
-

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
April 4-8 No School- Spring Break						
10	11	12	13 7:00 pm Mandatory Tryout Meeting on Teams	14	15	16
17	18	19	20	21	22 FinalForms Tryout Registration Closes at 11:59pm	23
24	25 4:30-6:30 Tryout Practice	26 3:00-5:15 Interviews 5:30-7:00 Tryout Practice	27 3:00-4:15 Interviews 4:30-6:30 Tryout Practice	28 3:00-4:15 Interviews 4:30-6:30 Tryout Practice	29 2:30-5:00 Interviews	30 Evaluated Tryout – Time slot will be assigned

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Time TBD Practice	3	4 Time TBD Practice	5	6 Time TBD Practice	7
8	9 Time TBD Practice	10	11 Time TBD Practice	12	13 Time TBD Practice	14
15	16 Time TBD Practice	17	18 Time TBD Practice	19	20 Time TBD Practice	21
22	23 Time TBD Practice	24	25 Time TBD Practice	26	27 NO SCHOOL- LEAP Day	28
29	30 NO SCHOOL- Memorial Day	31				

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Time TBD Practice	2	3 Time TBD Practice	4
5	6 Time TBD Practice	7	8 Time TBD Practice	9	10 Time TBD Practice	11
12	13 No Practice- Eastlake Graduation	14	15 Time TBD Practice	16	17 No Practice- Last day of school!	18
19	20 Time TBD EHS Junior Cheer Camp	21 Time TBD EHS Junior Cheer Camp	22 Time TBD EHS Junior Cheer Camp	23 Time TBD EHS Junior Cheer Camp	24 Time TBD EHS Junior Cheer Camp	25
26	27 UCA Master's Camp at Great Wolf Lodge	28 UCA Master's Camp at Great Wolf Lodge	29 UCA Master's Camp at Great Wolf Lodge	30 UCA Master's Camp at Great Wolf Lodge		

July 2022

<p>Athletes will not have any cheerleading commitments during the month of July. Please use this time to plan your vacations and other events.</p>

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8-12 Practice	2 8-12 Practice	3 8-12 Practice	4 8-12 Practice	5 8-12 Practice	6
7	8 8-12 Practice	9 8-12 Practice	10 8-12 Practice	11 8-12 Practice	12 8-12 Practice	13
14	15 8-12 Practice	16 8-12 Practice	17 8-12 Practice	18 8-12 Practice	19 8-12 Practice	20
21	22 8-12 Practice	23 8-12 Practice	24 8-12 Practice	25 8-12 Practice	26 8-12 Practice	27
28 <i>*Sully and Fleet go back to work this week</i>	29* 3:15-6:00 Practice	30* 3:15-6:00 Practice	31* 3:15-6:00 Practice			

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1* 3:15-6:00 Practice	2* 3:15-6:00 Practice or Football Game at 7pm	3
4	5 NO SCHOOL- Labor Day	6 First Day of School 😊	7 Time TBD Practice	8	9 Football Game at 7pm	10
11	12 Time TBD Practice	13	14 Time TBD Practice	15	16 Football Game at 7pm	17
18	19 Time TBD Practice	20	21 Time TBD Practice	22	23 Football Game at 7pm	24
25	26 Time TBD Practice	27	28 Time TBD Practice	29	30 Football Game at 7pm	

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Time TBD Practice	4	5 Time TBD Practice	6	7 Football Game at 7pm	8
9	10 Time TBD Practice	11	12 Time TBD Practice	13	14 Football Game at 7pm	15
16	17 Time TBD Practice	18	19 Time TBD Practice	20	21 NO SCHOOL- LEAP Day Football Game at 7pm	22
23	24 Time TBD Practice	25	26 Time TBD Practice	27	28	29
30	31 Time TBD Practice					

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Time TBD Practice	3	4 Football Game at 7pm	5
6	7 Time TBD Practice	8	9 Time TBD Practice	10	11 NO SCHOOL- Veteran's Day Football Game at 7pm	12 Competition (Tentative)
13	14 Time TBD Practice	15	16 Time TBD Practice	17	18 Football Game at 7pm	19 Competition (Tentative)
20	21 Time TBD Practice	22	23 No Practice- Half Day of School	24 NO SCHOOL- Thanksgiving Day	25 NO SCHOOL	26 Football Game at 7pm
27	28 Time TBD Practice	29	30 Time TBD Practice			

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Competition (Tentative) Football Game at 7pm
4	5 Time TBD Practice	6 Basketball Game	7 Time TBD Practice Basketball Game	8	9 Time TBD Practice Basketball Game	10 Competition (Tentative)
11	12 Time TBD Practice	13 Basketball Game	14 Time TBD Practice Basketball Game	15	16 Time TBD Practice Basketball Game	17 Competition (Tentative)
No School December 19th - January 2nd – WINTER BREAK! Enjoy your time with family and friends.						

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School- Winter Break Continued	3 Time TBD Practice Basketball Game	4 Time TBD Practice Basketball Game	5	6 Time TBD Practice Basketball Game	7 Competition (Tentative)
8	9 Time TBD Practice	10 Basketball Game	11 Time TBD Practice Basketball Game	12	13 Time TBD Practice Basketball Game	14 Competition (Tentative)
15	16 NO SCHOOL- Martin Luther King Jr. Day	17 Time TBD Practice Basketball Game	18 Time TBD Practice Basketball Game	19	20 Time TBD Practice Basketball Game	21 Competition (Tentative)
22	23 Time TBD Practice	24 Basketball Game	25 Basketball Game	26	27 Basketball Game	28 Competition (Tentative)
29	30 Time TBD Practice	31 Time TBD Practice Basketball Game				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Time TBD Practice Basketball Game	2 Time TBD Practice	3 WIAA State Competition (Tentative)	4 WIAA State Competition (Tentative)
5	6 Time TBD Practice	7 Time TBD Practice Basketball Game	8 Time TBD Practice Basketball Game	9 Time TBD Practice	10 WIAA State Competition (Tentative)	11 WIAA State Competition (Tentative)
12	13	14 Basketball Game	15 Basketball Game	16 NO SCHOOL- Mid- Winter Break	17 NO SCHOOL- Mid- Winter Break Basketball Game	18
19	20 NO SCHOOL- President's Day	21 Basketball Game	22 Basketball Game	23	24 Basketball Game	25
26	27	28				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WIAA Hardwood Classic- Basketball State Championship	2 WIAA Hardwood Classic- Basketball State Championship	3 WIAA Hardwood Classic- Basketball State Championship	4 WIAA Hardwood Classic- Basketball State Championship
5	6	7	8	9	10 NO SCHOOL- LEAP DAY	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	