



March 7, 2024

Dear Parents and Candidates of potential GOHS Cheerleaders:

We welcome you and are excited for your child's commitment to audition for the cheer squad at Great Oak! It is our mission to create a respectable SPIRIT program where cheerleading, leadership, pride, commitment, responsibility, and academics are the main attributes when representing GOHS.

The try-out clinic will take place the week of April 22nd and end with actual try-outs on April 26th & 27th, but the process begins now. The candidate will be responsible for getting their teacher recommendation requests to their teachers. Students will be emailing a teacher recommendation request to EACH teacher, which the teacher will get back to Coach Kostecki by **April 8th**. For your comfort, only the coaching staff will see any of these documents, no other candidate will see the paperwork.

Please read through the constitution in its entirety (found on the cheer website starting March 7, 2024) and **return the signed constitution/permission form of the constitution and the Financial Contributions pages to Coach Kostecki by April 8th.**

Each candidate must complete a GOHS Athletic Packet AND have their physical completed before they try-out. You must be athletically cleared in order to participate in tryouts. Please visit the Athletics website for instructions. You will not be allowed to enter the tryout clinic without this clearance.

Thank you so much for your interest in the program!

Coach Terri Kostecki



Cheer Constitution ~ 2024-2025

Commitment and Dedication

In uniform and out, the members of the GOHS Cheer Squad will behave in a way that exemplifies respect, ethical behaviors and attitude, and remain in good standing at Great Oak High School. The organization's goal is to work in harmony with the administration, faculty, ASB, dance, step, athletic teams, and all other organizations. Our primary function is to support interscholastic athletics and to promote school pride, spirit, and unity. This refers to boys and girls sports during fall and winter seasons. Due to the amount of time spent at practice and cheering at games, squad members will not be allowed to participate in any sports with the exception to the spring season **once their commitment to cheer has been fulfilled**. Being chosen as a GOHS cheer member involves a comprehensive commitment. Participation on the squad requires extensive dedication. This commitment involves attendance to **all** scheduled games, CIF events, practices, clinics, competitions (if on competition squad), fund-raisers, community service events, such as: Race for the Cure, Campus Clean Up, and others, as well as any other event the Advisor/Coach deem necessary. The dedication level of each squad member is a vital part in the successful operation of the GOHS Cheer program therefore, the participation in an outside cheer gym is deemed a conflict for the duration of the GOHS cheer program.

CIF Competitive Cheer (STUNT):

CIF Competitive Cheer (STUNT) will follow this constitution. Please make sure you understand all that the STUNT team entails as you will be dropped from the "regular" squad if you drop the STUNT team.

Requirements:

1. Eligibility:

- a. Cheer is an extracurricular sport and is subject to the same academic eligibility requirements.
- b. A member must have a 2.0 GPA, no more than one F, and no more than one U in citizenship or work habits during the preceding grading period.
- c. An ineligible member will only be allowed to participate during practice time, but not at any events. However, the team member must be present at all events in full uniform to support the team.
- d. A member who becomes ineligible more than one time within the school year will be dismissed from the squad.

2. Tryouts:

- a. The GOHS cheer squad is divided into five categories
 - i. Freshman – Members must be in the 9th grade.
 - ii. Junior Varsity – Members must be in the 10th or 11th grade.
 - iii. Varsity – Members must be in the 11th or 12th grade.
 - iv. STUNT – Members in the 9th, 10th, 11th, or 12th grade. (**Tryouts will be in September/October 2024**)
- b. Clinic is mandatory. For those involved in spring sports or other academic conflicts, please see Coach Kostecki to work out exceptions.
- c. Potential members must try out on the tryout date. Only exception that will be made is for those who will be out of town due to an overnight school event.
- d. Potential members will be judged in the following areas:
 - i. Showmanship
 - ii. Learned Cheer
 - iii. Learned Dance - level 1 (freshmen)
 - iv. Learned Dance - level 2 (JV, Varsity)
 - v. Jumps (3 – one toe touch and two of your choice)
 - vi. Interview Question
 - vii. Tumbling (**up to 10 bonus points**)
- e. The **ATHLETIC/ACTIVITIES** packet forms and physical must be uploaded on athleticclearance.com by **June 7, 2024** in order to participate in Summer practice/Camp. The information is available on the Athletics Website. You **MUST** have a completed Athletic Clearance to be allowed to participate in cheer/STUNT. If you are a current

member of the GOHS Cheer program, you are cleared for tryouts ONLY. You must submit a new clearance by June 7th for the 2024-2025 school year **All others must complete the Tryout Waiver in order to try out and submit an Athletic Clearance by June 7th for the 2024-2025 school year.**

- f. The judges will be all coaches and advisors who are part of the GOHS cheer program or other qualified cheer coaches. The total tryout scores will be averaged between all judges scores.
- g. Final outcome of tryouts is decided by the coaching staff.
- h. Comments only, not scores, will be viewed by coaches and school administrators in the presence of the parent/applicant for improvement purposes and inquiries only.

Policies and Conduct:

1. To show a positive attitude and show respect toward yourself, your coach, the team, the school, its rules, teachers, and to maintain quality standards. Respect includes opposing teams, coaches, fans, etc. regardless of their attitude. Exhibit maturity on and off campus. Be a role model! Members will always work in conjunction with the RED WAVE!
2. A cheer member's responsibility at a game is "Crowd Control." Be Spirited! Most importantly, Be Positive! Praise the team; don't insult the competition. Good sportsmanship is a must at all times. It is your responsibility to represent and support the surrounding community and ALL GOHS athletics, co-curricular activities, and inter-scholastic activities, and other events deemed important by administration, advisors, and/or coaches.
3. Promote school spirit and demonstrate good sportsmanship. Know the rules of the game to ensure you are cheering at the proper time.
4. Always keep in mind that your school, coach, and administrator have very high expectations of your leadership abilities. Always lead through example. Cheerleaders are recognized as being leaders in the school community. When you react to a situation, the crowd will tend to react the same way. It is important to react in a positive, supportive manner, which is representative of your school. These expectations are the same when you are in and out of uniform. Any unbecoming behavior is a direct reflection of the team, the coach, and the school. Therefore, any notification the coach or administration receives, of any unbecoming behavior, will be immediately addressed and could result in dismissal from the squad.
5. Members are required to attend ALL events listed on the calendar. If you are ill, the proper notification must be made to the coach. Being excused from school does not automatically excuse you from the practice or event. If a member is out due to illness of two or more days, the member will need a medical note to excuse them from missed events AND to return to the program. Students are required to attend ALL events, please note that if absent, cheerleaders will be pulled from cheering at games and various performances, but will still be required to attend. Attendance is imperative for the success of the program.
6. If a member becomes injured, they are still required to attend ALL practices and events in the proper attire and support the team.
7. Abide willingly and respect the decisions made by the Coach.
8. Squad members must be ready to perform at the designated time of arrival. You must be in uniform with makeup finished! There will be designated eating times for long events, do not leave your cheer line to eat. No gum chewing at any time during practices and events.
9. Coach must approve of cheers, dances, stunts and music before material is performed.
10. Squad members may not have guests, friends, dates, etc. sit with them during games or performances in which they are in uniform, cheering or performing and will NOT participate in any public display of affection in or out of uniform while at school functions.
11. When setting up for games, all bags and other items will be placed neatly in a row. It is your job to collect all items taken to practices, games, and performances. This includes trash!
12. All members and their parents/guardians acknowledge that all dates and times are subject to change. The calendar will be posted on the website and/or e-mailed out as soon as possible, but dates and times are always subject to change.

Attendance/Tardies/Policies:

1. A member will be considered tardy if she/he is not dressed in uniform/practice clothes for practices/performances at the designated times. Members will receive a warning, if tardiness continues, parents will be contacted, if the problem persists, the member will be released from the squad. Being benched during games and performances will also be implemented.
2. Members are required to attend all practices, games, performances, etc. If a member is unable to attend a practice or game because they are ill, the coach must be notified as soon as possible. The member will be pulled from performing as it is imperative that members are present for formations and stunt groups. If a member is out more than two days, a medical note is required to clear the absence and allow the student back to practice. If a member misses or leaves early from 3 or more practices and/or games, notification will be sent out and/or a parent conference will take place. If the problem continues, the member may be dismissed from the squad, as attendance is crucial to the success of the squad.
3. If a member is injured, they are required to dress out and be present at ALL events to support the team. If the injury is too severe to allow this to happen, a medical note must be given to the coach with dates as to when the member will be able to attend games without full participation and when they will be ready to participate.
4. **All appointments** must be scheduled around cheer as it is imperative that ALL members are present at practice and games. Appointments will **not** be deemed an excused absence.

5. Remember that it is imperative for the success of the team that all members are present and active participants. If attendance becomes an issue the member will be dismissed from the squad.
6. Competition STUNT will follow above attendance/tardy policies. Understand that missing a practice affects the squad. Coaching staff reserves the right to use an alternate due to illness, injury, disciplinary actions, absences etc.

A. Practices

1. **All** practices are mandatory.
2. Hair will be pulled back, up and away from face at all practices.
3. Members are expected to wear appropriate workout clothes (within school dress code) and athletic shoes to all practices.
4. There will be after school practices for all levels.
5. If on competition STUNT, these practices may occur in the evening and weekends.
6. Cell phone use is not permitted at practice unless prior approval is given.
7. Holding a job and having to work is **not** an excuse for missing practices.
8. Excused absences from school must be cleared through the attendance office, but this does not automatically excuse the member from practice. The coach must be notified by the parent. All appointments must be made outside of cheer, these will not be excused.
9. If a member misses practice for any reason they will be pulled from performances, but will still be required to attend the event that the team is preparing for. It is vital that members are present at ALL practices as this affects the entire squad's formations and stunt group practice.
10. Missing more than 3 STUNT practices can result in removal from the team.

B. Summer Camp and Practices

1. Summer Practices are mandatory. No exceptions, everyone must attend!
2. Practices will be held June 17th through camp. Summer camp is scheduled for June 28-July 1, in Garden Grove, CA, details will follow.
3. Calendar for summer practice will be posted on the cheer BAND app, or e-mailed out. Please make sure that all coaches, team parents, and the board secretary have your correct email at all times.

C. Games

1. **All** athletic games are mandatory.
2. Cheer Squad members will cheer for their division of the regular season games, as well as any other games deemed necessary by the coach (CIF events, etc...).
3. Any boys/girls game throughout the fall, winter, and spring season either home/away is subject to being mandatory based on the decision of the Coach/Athletic Administrator.
4. **All** CIF games or Play Off games are mandatory.
5. All squad members must travel to an event by transportation if provided by the school. In the event that no transportation is provided, members must find a means to the destination by the required time.
6. Cell phone use is not permitted at games unless prior approval is given.
7. To be eligible to perform at any event a member of the GOHS Cheer Squad must:
 - i. Be present at school for at least 2 class periods that day.
 - ii. Come prepared in the correct uniform.
 - iii. Be on time.
 - iv. Maintain a 2.0 GPA.

D. Competitive Sport Cheer (STUNT) – TRYOUTS IN SEPTEMBER/OCTOBER 2024

1. The Competitive Cheer Sport (STUNT) team will follow this cheer constitution.
2. Competitive Cheer Sport (STUNT) team members do not have to be a member of the regular school squads.
3. The squad members will be chosen based on tryout score and position (flyer, base, tumbler).
4. This squad will require extra time and expense.
5. Attendance is mandatory at all practices, performances and competitions.
6. All disciplinary action will be at the discretion of the coach.
7. Injuries require a doctor's note to fully release athletes.
8. You are required to attend all practices and competitions while injured or sick.
9. Transportation to and from events, lodging, spectator tickets, etc. are the parent's responsibility.

Insubordination:

1. Insubordination will not be tolerated at any time under any circumstances.
2. Depending on the severity of the first offense, a member will receive a verbal warning and will be benched from games/performances/competitions. The second offense will result in a parent conference, including administration, and being removed from the squad.

3. The key to avoid this is to communicate effectively and be respectful to coaches and team members.

Illegal Substances/Conduct Unbecoming:

1. The presence of tobacco, Vapor or E-cigarettes, alcohol, or any other drug/controlled substances will not be permitted at GOHS.
2. Usage of any of the substances or your presence where this activity is taking place may result in dismissal from the squad.
3. All infractions will be carefully reviewed and disciplinary action will be enforced based upon the discretion of the Coach and/or Administration depending on the severity of the violation.
4. Although the coaching staff does not monitor social media, ie., Facebook, Instagram, TikTok, anything inappropriate brought to the advisor/coach's attention may result in removal from the team. (See Code of Conduct Section).
5. Any fighting, profanity, etc. in or out of uniform will be cause for dismissal at coach's discretion.

Quitting/Dismissal:

1. Members who quit or are dismissed from the team will become ineligible for tryouts for the following school year.
2. Any member of Varsity who quits or is dismissed before the year is complete cannot receive a Varsity Letter.
3. While the staff fully supports students pursuing their future endeavors, if a student cannot fully participate in the remainder of the season for ANY reason, that member will be honorably dismissed and will not attend the banquet (Admin has final decision).
4. **The advisor/coaches reserve the right to dismiss any member for ANY violation of the constitution.**
5. **If on two squads and you quit or are dismissed from one squad you will also be dropped from the other squad.**

Varsity Letter:

1. In order for a Varsity member to receive a Varsity Letter, they must be in good standing on the squad.
2. Seniors must complete the year and participate in cheer clinics and tryouts.
3. Members on the competition squad will receive a Varsity competition letter if in good standing on the squad.

Financial Contribution:

1. All parents/guardians must sign an acknowledgement of the financial costs necessary to run the GOHS Cheer Squad. Cheer is run solely on donations and fundraising, without this, there IS NO program. No uniforms will be issued until the uniform company receives full payment; therefore, fundraising and donations are necessary.
2. Contribution Dates (exact amount determined by actual order, these amounts are estimates only!)
 3. April 30th Camp Deposit \$300.00
 4. May 1st Uniform Donation \$600.00
 5. May 2nd Spirit PACK \$500.00
 6. May 29th Camp Balance \$400.00

See financial page for more information.

Uniforms:

1. All members of the GOHS Cheer Squad are engaged in a team sport; therefore, it is imperative that all squad members look uniformed as a team.
2. Purchase of all items, including camp, are optional. Exact sizes of borrowed items (including uniforms) are not available and borrowed items may not be altered or embroidered or you must pay to replace the items.
3. It is mandatory for all team members to be in uniform on game days, performances, and any other day/event the coach deems necessary.
4. Being in uniform entails identical coordinated outfits, hairstyles, and accessories for all squad members.
 - a. Jewelry anywhere on the body is not allowed during practices, games, or performances. Members will not chew gum while in uniform.
 - b. Cell phone use is not permitted at ANY event while in view, unless prior approval is given.
 - c. Sunglasses are not allowed at games or practices.
 - d. Members will have designated times to eat at games and practices.
 - e. Fingernails must be kept short at all times.
 - f. Nail color: clear or neutral at any performances. Polish may NOT be chipped.
 - g. Hair color must be a natural color that grows from a human head. Hair must be also worn in a style that is in good taste and in a manner that is representative of the GOHS Cheer Squad.
 - h. Hair must be pulled back at all games.
5. Any item purchased by the school will be school property. This currently includes cheer boxes and borrowed uniforms. Any lost or damaged item will be up to the individual to replace at current cost.

6. If a cheer squad member loses or damages any cheer equipment it will be their responsibility to replace the item. Please take care of your uniform. Losing one piece can impact a whole team.
7. The cheer squad members are not to decide to purchase any additional items without first getting approval from the coach and all members impacted.
8. The coach and PSG are to make all financial spending decisions.
9. The cheerleader that earned the uniform is the only one allowed to wear the uniform. Associations are made between the behavior of the person wearing the uniform and the image of the squad. Please refrain from loaning any part of the uniform to a friend for any reason, including poms.

Care of Uniform:

1. Wash uniform inside-out alone in the cold cycle. Do not tumble dry.
2. Game shoes must be kept clean.
3. Competition uniform will follow label instructions.

Captains:

1. Coaching staff will decide how captains are chosen. The Coach also retains the right to remove and replace any captain not performing duties.
2. Responsibilities of Captains:
 - a. Must lead through example.
 - b. Be able to work well with others.
 - c. Must handle themselves professionally and maturely.
 - d. Communicate effectively.
 - e. Not be swayed by other members on the team.
 - f. Serve as an ambassador between the Coach and their squad.
 - g. Conduct stretches and practices.
 - h. Lead chants and cheers at games.
 - i. Make sure all squad members are always notified of events through the phone tree.
 - j. Help choreograph small performances for the squad(s).

Parent Information and Requests:

The cheer program at GOHS can only be successful with the support and dedication of the cheerleading parents. The support is needed in the following ways:

1. Help with the kid clinics, fundraisers throughout the year, with transportation, provide food for the cheerleaders at home and away games, with planning events, such as the banquet.
2. Parents need to follow the chain of command and take any concerns they have to the coach. If a decision is made by the coach, it will not be overturned by going to an administrator. If you need to discuss issues further, you may go to the GOHS Activities Director, Don Skaggs.

continued on next page

GOHS Cheer Clinic and Tryouts
**** Clinic and Try-outs are Closed ****
Times are subject to change

Monday, April 22, 2024, 4:00-7:30 pm
4:00 Registration (GYM)
4:30 Warm-up/stretch Learn basics (Motions and Jumps) (GYM)
5:15 Training Session I (Cheer)
5:45 Break
5:50 Training Session II (Dance)
6:20 Water
6:25 Continue Session II
7:00 Cool Down, Stretch, Water
7:15 Wrap-Up/Q&A

Tuesday, April 23, 2024 4:00-7:30 pm
4:00 Registration (GYM)
4:30 Warm-up/stretch Learn basics (Motions and Jumps) (GYM)
5:15 Training Session I (Cheer)
5:45 Break
5:50 Training Session II (Dance)
6:20 Water
6:25 Continue Session II
7:00 Cool Down, Stretch, Water
7:15 Wrap-Up/Q&A

Wednesday, April 24, 2024 4:00-7:30 pm
4:00 Registration (GYM)
4:30 Warm-up/stretch Learn basics (Motions and Jumps) (GYM)
5:15 Training Session I (Cheer)
5:45 Break
5:50 Training Session II (Dance)
6:20 Water
6:25 Continue Session II
7:00 Cool Down, Stretch, Water
7:15 Wrap-Up/Q&A

Friday, April 26, 2024 Varsity/JV Try-outs 4:30pm
Candidates will try-out in numerical order.
4:30 PM Check-in begins for all Varsity/JV Applicants
5:00 PM Try-outs begin with V/JV Applicants

Saturday, April 27, 2024 Frosh Try-outs 9:00am
Candidates will try-out in numerical order.
9:00am Check in begins for Frosh try-outs applicants
9:30am Try-outs begin for Frosh applicants

**Results will be posted in numerical order by tryout number on the GOHS website, on Saturday, April 27, 2024 after the try-outs are completed AND everything is cleaned up and the building is secured.

Cheer Tryout Clinic Information

In preparation for the clinic please review this page so that you are ready for each session. Please bring plenty of water.

Please wear the following:

Wear school colors and pay attention to dress code
Members of cheer groups should not wear any part of the uniform.
T-shirt
Comfortable shorts (cotton, twill, no jeans) that are not too short!
Soft soled athletic shoes
Hooded sweatshirts and sweatpants may only be worn during warm up and learning sessions for dance and cheer, **not** during evaluations, jumps, or tumbling.
Hair must be pulled up and out of face.

***Any student inappropriately attired will be asked to change or leave.**

Please do not wear:

Jewelry of any kind
Belts
Watches
Cloth bracelets or ankle bracelets
No chewing gum
Belly-button, face ring, or studs

If you are selected for the GOHS Cheer Squad you will be expected to:

***Attend a mandatory parent meeting at GOHS in the Performing Arts Center (PAC) on Monday, April 30th at 6:00 p.m. Camp deposit of \$300 will be due at this meeting. The 2024-2025 PSG Board selections will be made at this meeting as well.**

***Attend MANDATORY Uniform Fittings which take place on Wednesday, May 1st. Varsity @ 4:00pm, JV @ 5:00pm, Frosh @ 6:00pm.**

Signed Constitution/Tryout Permission Form

I, the undersigned, have read, fully understand and agree to abide by the rules, regulations, and guidelines which will govern my child if they are chosen to represent Great Oak High School as a cheerleader. I further understand that Cheerleading is an extracurricular activity and that attendance at all practices, games, performances and special functions are a requirement of the elected cheerleader.

X _____

I also understand that the results of tryouts are final and that score sheets will be available to hear the judge's comments by only the potential members themselves and their parents/guardians. I understand that it is in my child's best interest not to challenge the outcome of this tryout and that all challenges to the tryout outcome will result in no change in the squads.

X _____

I hereby give my consent to my child, _____ to try out for the GOHS Cheer Squad and recognize their responsibility and requirements as a leader of their school. I understand if chosen, that donations are needed by the timeline provided in the Constitution. I also understand that uniform fittings will be on Wednesday, May 1st. Everyone **MUST** be present at this fitting. The Uniforms **must be purchased on this day**. Purchase of the SPIRIT PACK will also be due on this day.

Date: _____ Relationship to student _____

Parent/Guardian Name (Please Print) _____

Parent/Guardian Signature _____

Home Phone _____ Cell Phone _____

Work Phone _____ Email _____

If I am chosen as a cheerleader for the GOHS Cheer Squad, I will fulfill all of the requirements as set forth in the GOHS Cheer Constitution. I have read, fully understand, and agree to abide by the guidelines of the Cheer Constitution.

Date: _____

Student's Name (Please Print) _____

Student's Signature _____

Student's Phone _____ Email _____

Grade Level for the upcoming 2024-2025 school year: _____

Please circle the squad that you are trying out for:

- Freshman
(9th Grade)
- Junior Varsity
(10th & 11th Grade)
- Varsity
(11th & 12th Grade)

*If you are in the 11th grade and your scores are not high enough for Varsity, but you make the JV squad, you will be placed on the JV squad. **If this is unacceptable to you, please make a note on the application verification sheet.***

Due April 8, 2024

Financial Contributions and Time Commitments

Dear Parents,

Your child has expressed a desire to try out for the Great Oak High School Cheer Squad for the 2024-2025 school year.

Cheer is both time-consuming and expensive. Our program runs solely on the donations and fundraising of the families involved, so it's important that you understand the importance of your role. The Varsity squad members travel to sporting events at other schools, and we need to cover our own transportation costs. The competition squad is responsible for: transportation to and from competitions, entry fees, uniforms, supplies, etc., in addition to the other team fees and expenses. Donations/Contributions and fund raising is essential to continue the program.

Cheerleaders must be dedicated, well-rounded students with good time management skills, good study skills and habits, high academic standards, excellent conduct, and be in good physical condition. Below you will find listed some of the expenses related to Great Oak High School Cheerleaders. Squad members must be willing to participate fully.

Approximate costs:

Varsity: **\$1,800.00 (cost may vary)**

\$600 – Uniform

(Includes Tax, Shipping Charges and Embroidery)

Shell -
Bodyliner -
Skirt -
Jacket -
Pants -
Briefs -
Poms -

\$500.00 – Spirit Pack:

Camp Clothes - Includes: 3 outfits, team sweatshirt, etc

\$700 – UCA Cheer Camp

Includes room and board for 3 nights/4 days and transportation and snacks

Freshman and JV: **\$1,700.00 (cost may vary)**

\$500 – Uniform

(Includes Tax, Shipping Charges and Embroidery)

Shell-
Skirt -
Bodyliner -
Jacket -
Pants -
Briefs -
Poms -

\$500 – Spirit Pack:

Camp Clothes - Includes: 3 outfits, team sweatshirt etc

\$700 – UCA Cheer Camp

Includes room and board for 3 night/4 days and transportation and snacks

Student Name

Parent Signature

Date