



**BOERNE HIGH SCHOOL**

**CHAMPION HIGH SCHOOL**

## **CHEER CAPTAIN/CO-CAPTAIN TRYOUT PACKET**

Holding a captain title is a huge responsibility. It takes lots of hard work and dedication because you are a leader of the team. Being a captain requires commitment, extra practices and extra expenses. You will be expected to be the first one to arrive at all meetings and all practices (15 minutes earlier than the team) and the last one to leave. As a leader, you must always be dressed out properly and have a positive attitude because you set the standards for the rest of the team.

It will not always be easy to lead a group of your peers. You will often be required to make the tough decisions when it comes to holding team members accountable and following a request made by your coach, even if you do not agree with it. Officer camp will be mandatory for captains.

### **OFFICER RANKS**

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- CAPTAIN - Senior or Junior with 1 year experience as a varsity cheerleader
- CO-CAPTAIN - Senior or Junior with 1 year experience as a varsity cheerleader

### **ELIGIBILITY REQUIREMENTS**

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- Candidates for captain must have been on the varsity squad a full year and must be entering their junior or senior year.
- Candidates must be in good academic standing.
- Candidates must attend the mandatory summer bootcamp, team camp, all competition practices and be a competing member of the competition squad. If unable to attend, the candidate may not try out for captain / co-captain.

### **EXPECTATIONS FOR CAPTAIN**

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Captains should possess leadership skills, maintain good academic standing, attend school on a regular basis and demonstrate a strong moral responsibility at ALL times.

A captain's responsibilities shall include (but are not limited to):

- work closely and cooperatively with the coaches
- liaison between squad members and coaches
- call cheers/chants
- choreograph and teach pep rally routines
- decide which uniforms will be worn for each event
- create practice wear schedule
- create boot camp theme days
- coordinate poster making "party"
- plan community service events (1 in the fall and 1 in the spring)
- regularly monitor weekly calendar for upcoming practices and changes



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- regularly communicate with the team via TeamApp
- run the team Instagram page (posts must be approved by the head coach before posting)
- coordinate big/little pairs, reveal and gift exchange schedule
- always set a good example and follow the code of conduct in all situations
- report to practice at least 15 minutes early and be the last to leave
- ensure mats are out and practice begins on time
- lead conditioning and stretching
- participate in ALL extra activities including community service, volunteer opportunities, etc.
- lead the team by example
  - properly dress: correct practice/game attire, hair up, no jewelry
  - no unexcused absences from practice or school
  - positive attitude
  - jumps/tumbling/ spiriting after every cheer/chat

**Captains will be held to a much higher standard than the rest of the squad members.**

## TRYOUT REQUIREMENTS

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**The captain candidates must complete the following in order to be considered for the positions. Each step will be evaluated based on a structured rubric by 3 judges and the Cheer Coach.**

### Interview: (40 points)

- You will schedule a time to be interviewed (interview date TBA). Before you perform, you will step up to the judges table for your interview.
- You will give each judge a copy of your resume.
- The judges will ask you a few questions.
- This interview will last 5-10 minutes.

### Cheer/Instruction: (30 points)

- Your cheer **MUST** be choreographed by you only. We want to see your creativity and not someone else's; you will be scored on originality.
- Your cheer should include at least one jump AND standing tumbling skill. The jump and tumbling skill must be executed by you when performing your cheer for the judges.
- Your cheer should be something that could be easily incorporated at a football game.

As a captain, you are expected to know how to properly teach material to your teammates. You will be required to teach your cheer to 2 current cheerleaders. You will be scored on your ability to teach others, how you handle the frustration of teaching, and your confidence and leadership skills while teaching the cheer. You will teach the cheer you created and performed for the judges.

Tryout Score: (20 points) Each candidate's total score from team tryouts will provide information regarding technique, abilities, and conduct.



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Notebook/Application: (10 points) The notebook will address areas of leadership. This process will provide insight into the candidate's leadership style and priorities.

- Resume (no more than 1 page front and back.)
- Name, brief summary stating the qualities you possess that would make you a good captain/co-captain,
- List of cheer and school related activities, awards or honors, cheer related skills (stunting/tumbling)
- Create a motto for the upcoming school year.
- List of strengths and weaknesses
- Why you think you would make a good captain



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## CHEER CAPTAIN/CO-CAPTAIN EXAMPLE SCORECARD

<b>Interviews (40 points)</b>	
<u>Cheer Coach</u> Clear well thought out responses, confidence and pose (20)	
<u>Judges</u> Clear well thought out responses, confidence and pose (20)	
<b>Cheer Performance/Instruction (30 points)</b>	
<u>Judges</u> Creativity of cheer, jump and/or tumbling included (5)	
Overall performance (5)	
Instruction: Instructions are clear and easy to follow, handles frustration well (20)	
<b>Candidate Results from Their Cheer Team Tryout Score (20 points)</b>	
Scores:      100-95 (20)                      94-90 (15)	
89-80 (10)                      80 and below (5)	
<b>Resume (10 points)</b>	
<u>Judges</u> All sections are included (10)	
Answer originality	
Overall creativity	
<b>Comments</b>	
<b>SCORE TOTAL</b>	/100



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## **CHEER CAPTAIN LEADERSHIP QUESTIONS**

1. What is your primary reason for wanting to become a cheer captain?
2. What do you feel like you have learned from the high school cheer program?
3. In terms of the cheer program, in what way do you think we can improve next year?
4. What other responsibilities outside of cheer do you anticipate next year (work, missing practices, responsibilities at home)? Will this interfere with you devoting all of the extra time that is required to be an effective captain for your squad?
5. What would you do if the coach made a decision that some of the other squad members did not agree with, and they continued to complain about the decision? Would your reaction be the same if you did not agree with the decision either?
6. What do you see as the leadership expectations for the team captain outside of cheer practices, games, events, etc?
7. On a scale of 1-10 rank yourself on being a leader/role model both inside and outside of cheerleading this past year and explain your ranking.
8. What would your role on the squad be if you did not make captain?
9. Discuss the importance of modeling expectations and setting an example for the team when it comes to work ethic, including attending and actively participating in all practices, making cheerleading a priority second to academics and attaining skills required for cheerleading (stunting, jumps and tumbling).
10. Give an example of how you have been a leader in school/cheer/work?
11. What are your goals for the team this upcoming year?
12. Describe a situation where there was a disagreement (family, cheer, school, work). How did you resolve it?
13. How will you motivate your team and encourage?
14. What responsibilities would you like to have as a captain?
15. What is your favorite part of being a cheerleader?



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## **STUDENT/PARENT CONTRACT FOR HIGH SCHOOL CHEER CAPTAIN CANDIDATES**

Please read and initial each statement, sign the bottom, and return to the cheer coach by the assigned deadline.

	I understand I will have additional obligations and responsibilities. I will be expected to be self-disciplined, give orders and set an example for other cheerleaders.
	I understand more will be expected of me than a regular squad member and I am willing to give what it takes to be an exceptional captain.
	I understand other school activities or an outside job may not interfere with my obligations as a cheerleader.
	I understand I am expected to attend all campus cheer activities, both mandatory and optional.
	I understand it is my duty to uphold and abide by the campus cheer handbook.
	I will always support the coaches and accept their decisions and not expect an explanation.
	I understand that, as a captain, I will be a goodwill ambassador for the cheerleaders and high school and will accept this responsibility with pride and dedication.
	I will set an excellent example in and out of school and cheerleading activities.
	I agree to serve a complete one-year term (current season tryouts to new team tryouts)

Being a captain is a rewarding and fulfilling responsibility. Great things will be expected from you. In signing this form, I make a commitment to my team, my coaches, and to myself to accept the office offered graciously and fulfill all obligations assigned.

\_\_\_\_\_  
Candidate's Name

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Name

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date



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## **CHEER CAPTAIN PERMISSION FORM**

I am interested in a leadership role with the high school cheerleading team. If elected, I promise to abide by the rules and regulations set forth by the coach, the athletic department, and the principal of the high school. I promise to cooperate and follow the instructions of the cheerleading coaches.

My parents and I are aware of the time involved in preparing for cheerleading tryouts and with holding a captain position. I am willing and able to spend many extra hours after school and practice for choreography, organizing, fundraising, etc. I promise to be at each training practice, event, or required function unless I am absent from school because of illness and will present proof of such absence(s).

My parents and I agree to comply with ALL the high school's rules and regulations for the cheerleading / mascot program and will abide by all of the student codes of conduct regulating participation in the program.

I understand my responsibilities to uphold the reputation of my squad, school, and community.

As a role model, I will consistently adhere to the Student Code of Conduct and the Cheerleading Handbook IN THEIR ENTIRETY.

I understand that making captain does not guarantee a leadership position for the entire year. I must maintain the standards set forth in the constitution, by the coaches and the campus administrators.

My athlete, \_\_\_\_\_, has my permission to try out for cheerleading captain. I have read and understand all additional obligations and responsibilities that will be expected of my athlete. I will encourage and support my athlete in this journey. I will partner with the coaches in holding my athlete accountable to the obligations and responsibilities my athlete is choosing to take on.

\_\_\_\_\_  
Candidate's Name

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Name

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date