

Christopher High School

2026-2027

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 2026-2027 school year.

CDT members perform at rallies, football games, basketball games, as well as support other sports and 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

CDT membership requires more time and responsibility than most people realize. 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.

PLEASE CONSIDER THE FOLLOWING, BEFORE APPLYING/TRYING OUT:

1. Class and work schedules
2. Personal/family time and other commitments
3. Ability to commit to this program for all **9 months** (two consecutive seasons of the school year).
4. Other sports or activities that may conflict with practice/game schedule (Ex: choir, band, field hockey, volleyball, gymnastics, basketball, club sports, dance, 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.



2026-2027

Important Dates/Schedule

(All Dates and Times are Subject to Change)

Date	Time	Event	Location
Tues, March 10th	---	Tryout Packet Available	CHS website chs.gilroyunified.org/athletics/cheer-and-dance
Wed, March 18th	7:00 pm	Mandatory Parent and Applicant Meeting	CHS Dining Commons
Fri, March 27th	3:45 pm	Deadline to Submit Tryout Packet/Documents	CHS Front Office Attn: Cheer & Dance
Mon, March 30th	5:30-8:00 pm (Arrive 15 min early for registration)	Tryout Clinic#1	CHS Gym and Dance Room
Tue, March 31st	5:30-8:30 pm	Tryout Clinic #2	CHS Gym and Dance Room
Wed, April 1st	5:30-8:00 pm	Tryout Clinic #3	Auxiliary Gym and Dance Room
Fri, April 3rd	4:30 until completed	Tryouts-Evaluations	Auxiliary Gym/Dance Room
Sat, April 4th	5:00 pm	Tryout Results Posted	Main Gym Doors
Wed, April 15th	7:00pm	Parent Meeting	CHS Library
Tues, April 21st	4:00 pm	Uniform Fitting	Dance Room
May 2026 (Mon & Wed)	TBD	Conditioning	Auxiliary Gym & Dance Room
Mon, May 4th		Fundraiser	
July - Mid Aug (TBD) (Tentative)	TBD	Summer Practices	Auxiliary Gym & Dance Room
Saturday, July 11th (Tentative)	Likely 9am -5pm	Boot Camp	CHS Gym and Dance Room
July 25th - July 28th		Cheer and Dance Camp	Jessup University, Rocklin, CA
Mid Aug - Mid Dec 2026 (Mon & Wed)	TBD	Fall Practices	Auxiliary Gym & Dance Room
Jan 2027 – Feb 2027 (TBD - likely Mon & Wed)	TBD	Winter Practices	Auxiliary Gym & Dance Room

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 Immediately

SUMMARY OF IMPORTANT DATES, AND EVENTS

Mandatory Parent and Applicant Meeting: Meeting to provide information regarding tryouts and expectations and requirements for the year on Wednesday, March 18th.

Spring Practice: After team selection we will begin conditioning for the upcoming season starting on Monday, May 4th and ending on May 28th. Practices will be Mondays & Wednesdays. Time TBD. During this time, we will also have our first fundraiser to help with expenses.

Summer Schedule and Boot Camp:

- There will be NO PRACTICES IN JUNE
- Summer practices will be held beginning Tuesday, July 7th, 2026. (Time TBD)
- Boot Camp will be held on Saturday, July 11, 2026, and is a time to bond as a team, practice camp performance routine, discuss expectations for camp and review cheer and dance technique.
- We will also participate in an occasional community event and/or fundraiser.

Cheer and Dance Summer Camp: We will attend a summer cheer/dance camp to form a strong team unity and learn material to be used throughout the year. Camp is four (4) days with professional instructors. Camp Location and Dates: Jessup University, Rocklin, CA - July 25th - July 28th

Fall & Winter Practice Schedule:

- All dates and times are tentative and subject to change due to gym availability.
- Fall Practices will be held Mondays and Wednesdays – (Time TBD)
- Winter practice schedule will mostly be held Mondays and Wednesdays – (Time TBD)

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

CHEER AND DANCE TEAM TRYOUT CLINIC REQUIREMENTS

- **Mandatory** Meeting for Parents and Applicants on **Wednesday, March 18th, at 7:00pm** in the dining commons. If you are unsure about participating, we recommend you attend this meeting!
- Completed Tryout Application (Details about packet follow)
- All clinic workshops are **required**.
 - Family emergencies, illness (must provide a medical note or email from parent), school event, or any event approved by the Coach will be considered excused absences. Please communicate with Coaches if you have a conflict.
- 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 or leggings, a plain black t-shirt (no tank tops or crop tops) and athletic, cheer, or jazz shoes (no vans, air force ones, or sandals).
- 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, lip, or belly rings)
- No gum

TRYOUT PERFORMANCE REQUIREMENTS

Applicants must have a positive attitude, 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:

1. 3 cheers will be taught but 1 cheer will be selected at random to perform at tryouts.
2. Perform dance routine taught at tryout clinic.
3. 1 special skill (example: toe touch/cheer jump, kicks, or tumbling skill)

Dance Applicants:

1. 3 cheers will be taught but 1 cheer will be selected at random to perform at tryouts.
2. Perform dance routine taught at tryout clinic.
3. 1 special skill (example: turns, leaps, jumps, or other dance skill)

Mascot Applicants will learn and perform:

1. 3 cheers
2. 30-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 3-4 and will be judged by a team of qualified judges.

POINT SYSTEM

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

Tryout Packet - • Turned in on time - 10 points • Completed correctly - 5 points • Information meeting attendance - 5 points • Teacher Evaluation Forms - (average of the 2 scores will be taken) 20 points • Essay completed correctly and on time - 5 points • CDT Handbook Test - 10 points	55
Tryout Clinic (3 days) • Attendance & Punctuality - 10 points total • Proper Attire, name tag, & bow - 10 points total • Overall Clinic Evaluation (effort, team spirit, & attitude) – 10 points (per day) possible	50
Tryout Performances Score (average of judges' scores) • Showmanship • Special Skills • Cheer • Dance	55
Final Coaches Assessment (input from all coaches to collect score) • Coachable & Attitude • Effort & Work Ethic • Leadership & Team Presence • Overall Impression	20

TOTAL POSSIBLE POINTS 180

Tryouts and ALL Clinics will be **Closed** to Everyone except for 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.

TRYOUT APPLICATION INSTRUCTIONS

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 three (3) documents.

ESSAY INSTRUCTIONS:

- Page setup should be 1 page, 12pt Arial font, 1.5 spacing, 1 inch margins.
- In your own words answer the following questions:
 - Why do you want to be a cheerleader?
 - What responsibilities do you believe are important for a successful and responsible cheerleader?
 - What makes you a good fit for the team?

DIRECTIONS FOR TEACHER EVALUATION FORMS:

- Give one form to two (2) different teachers from your school that you had during the 2025 – 2026 school year.
- These completed forms will 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 or email the forms to chscheeranddance@gmail.com.
- 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** or email the form to chscheeranddance@gmail.com
- *Students attending any school not within our district may turn in a sealed envelope with the teacher's signature over the seal with their packet.
- **Remind your teachers the forms are due by Friday, March 27th @3:45 pm.**

PLEASE TURN IN APPLICATION IN THE FOLLOWING ORDER:

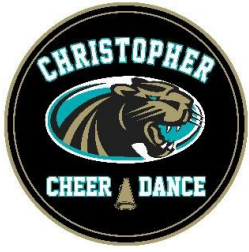
1. Application and Photo – stapled to the corner of the sheet.
2. Handbook Agreement – Last page only signed by applicant and parent/guardian.
3. Printed and Signed Gilroy Unified School District Forms
 - Residency Verification Contract
 - Voluntary Activities Participation Form
 - Extracurricular/Athletic Activity Medical Treatment Authorization
4. Essay
5. Grade Check – copy of current/3rd quarter grades.
6. Captain/Manager Application (if applicable)

Deadline to Submit Application & Teacher Evaluations:

Friday, March 27, 2026, at 3:45pm

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

**** PLEASE ARRIVE 15 MINUTES EARLY ON 1st DAY OF CLINICS
ON MONDAY, March 30, 2026, TO COMPLETE THE REGISTRATION PROCESS****



CHRISTOPHER HIGH SCHOOL
CHEER & DANCE TEAM APPLICATION
(Due: Friday, March 27, 2026, at 3:45pm)

CIRCLE ONE: JV CHEER - VARSITY DANCE - VARSITY CHEER - MASCOT

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

Applicant's Name:	Date of Birth:	Age:
School Grade 2024-2025:	3rd Quarter GPA:	
Applicant Email:	Applicant Cell:	
Parent(s)/Legal Guardian(s) Name(s):		
Parent(s) Email:	Parent(s) Cell:	
Address:		
Medical Information: (Medical Problems/Allergies/Medications)		
Emergency Contact:	Phone:	
Experience or Skills (Cheer, Dance, Gymnastics, Performing):		



TEACHER EVALUATION

Cheer and Dance Team Candidate: _____

Teacher Evaluating Candidate: _____

Teacher's School: _____

Teacher's Subject: _____

Christopher Cheer and Dance team members are committed to the team for 9 months and will represent the school at various events. The candidate will be required to regularly attend practices, games, school activities as well as community events. As their teacher, we ask that you please rate the candidate and answer the questions below. ***ALL INFORMATION WILL REMAIN CONFIDENTIAL:***

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

- | | | | | | |
|---------------------------------|---|---|---|---|---|
| 1. Attendance/Punctuality: | 1 | 2 | 3 | 4 | 5 |
| 2. Respect for Authority/Peers: | 1 | 2 | 3 | 4 | 5 |
| 3. Work Ethic: | 1 | 2 | 3 | 4 | 5 |
| 4. Responsibility/Reliability: | 1 | 2 | 3 | 4 | 5 |

Total Points: _____/20

Would you recommend this student for the CHS Cheer and Dance Team? Please explain your response:

Would this candidate make a good Captain, please explain?

Additional comments or information you would like to share:

Teacher's Signature: _____ **Date:** _____

Thank you very much for your honest input regarding the candidate!

Please return this form to Christopher HS's main office (Attn: CHS Cheer & Dance) or email to chscheeranddance@gmail.com. This evaluation must be received by

Friday, March 27, 2026 at 3:45pm.

****The completion of this form is required and contributes to the candidate's score.***



TEACHER EVALUATION

Cheer and Dance Team Candidate: _____

Teacher Evaluating Candidate: _____

Teacher's School: _____

Teacher's Subject: _____

Christopher Cheer and Dance team members are committed to the team for 9 months and will represent the school at various events. The candidate will be required to regularly attend practices, games, school activities as well as community events. As their teacher, we ask that you please rate the candidate and answer the questions below. ***ALL INFORMATION WILL REMAIN CONFIDENTIAL:***

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

- | | | | | | |
|---------------------------------|---|---|---|---|---|
| 1. Attendance/Punctuality: | 1 | 2 | 3 | 4 | 5 |
| 2. Respect for Authority/Peers: | 1 | 2 | 3 | 4 | 5 |
| 3. Work Ethic: | 1 | 2 | 3 | 4 | 5 |
| 4. Responsibility/Reliability: | 1 | 2 | 3 | 4 | 5 |

Total Points: _____/20

Would you recommend this student for the CHS Cheer and Dance Team? Please explain your response:

Would this candidate make a good Captain, please explain?

Additional comments or information you would like to share:

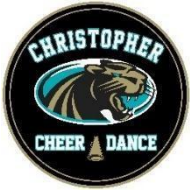
Teacher's Signature: _____ **Date:** _____

Thank you very much for your honest input regarding the candidate!

Please return this form to Christopher HS's main office (Attn: CHS Cheer & Dance) or email to chscheeranddance@gmail.com. This evaluation must be received by

Friday, March 27, 2026 at 3:45pm.

****The completion of this form is required and contributes to the candidate's score.***



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

Applicant's Name:	Position(s):
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 you are seeking?	
How do you plan to handle the time commitments of this position?	
What special skills do you have that will help you in the position you are seeking?	
Will you be in ASB, Leadership, or Link Crew during the season? If yes, what activity are you in and what is/are your position(s)?	
Please list any activities, and/or commitments you expect to have in addition to being a team member during the 2026-2027 season?	

CAPTAIN, MANAGER, & ASSISTANT RESPONSIBILITIES

RESPONSIBILITY AS CAPTAIN: Captains/Managers 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 and ASB Liaisons will coordinate 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, you must inform the coaches. All captains are responsible for attending all team events, games, & practices.

- **Head Captain:** Head captain will oversee the entire team and are the “Right hand” to all coaches. They will be responsible for coordinating practices and stretches, communicating and relaying messages to and from the team, selecting music, preparing choreography for performances, and coordinating quarter cheers and sideline routines with other varsity captains. In addition, the Head captain is responsible for calling cheers/chants and responsible for the team stereo.
- **Varsity Captain(s) (Cheer/Dance): Varsity captains** will be the “right hand” to the head captain. They will be responsible for coordinating practices, stretches, selecting music, preparing choreography for performances, coordinating cheers, quarter cheers, and sideline routines with other varsity captains, and communicating and relaying messages to and from the team. Captains are also responsible for the team stereo.
- **Co-Captain(s):** Co-Captain will be the “right hand” to the captains. They are responsible for working with captains on coordinating practices, stretches, selecting music, preparing choreography for performance and quarter cheers/sideline routines, and communicating and relaying messages to and from the team. Anytime the captain is unable to attend practice, you will fill in. Cheer Co-Captain(s) are also responsible for choreographing the stunts and coordinating taking out and putting away the mats.
- **JV Captain(s):** Will be required to attend Varsity games through halftime (rotating turns) to help with music. They will be responsible for coordinating practices, working with JV Assistant to select music and prepare choreography for performances and quarter cheers, and communicating with the team. Head JV captain will be responsible for calling cheers and for the team stereo.
- **JV Assistant(s):** JV Assistant will be responsible to assist and oversee the JV Cheer team and work with the team to ensure their success. JV Assistant(s) will support the team during their practices and provide insight when needed to develop a routine, cheer lines and/or correct their skills. V Assistants will attend JV games on a rotating schedule to support the team. When necessary, the JV assistant(s) will also choreograph JV routines. JV Assistant(s) will be the contact person when coaches are not available.
- **Choreography Assistant:** The Choreography Assistant will support the Head Captain, Varsity Captain(s), JV Captain(s), and JV Assistant(s) in preparing and refining routines for performances. They will help select and edit music, ensure uniformity in choreography execution, and provide feedback to improve synchronization. The Choreography Assistant will also assist in teaching new routines and formations to the team and help coordinate performance rehearsals.
- **ASB Liaison:** ASB Liaison is responsible for keeping the team informed of school spirit days and team members’ birthdays, and coordinating team bonding/activities with coaches and captains. ASB Liaison will also ensure that the communication between all teams is running smoothly and will be responsible to coordinate with ASB representatives to ensure all members are up to date with school events.
- **Social Media Manager:** Social Media Manager is responsible to consistently take photos, create flyers, and post announcements/pictures on the team social media accounts. Also responsible for communicating with ASB Liaison and Captains regarding games, events and school activities to promote on Instagram stories.

GAMES & PRACTICES: All Captains will arrive 15-20 minutes earlier than the rest of the team. Please make sure that your teammates arrive to practice and games with their hair in a ponytail or as agreed, no jewelry, & on time. The JV Assistant will be required to attend all JV games. If there are more than one JV Assistant then they will rotate turns. JV Captain and Co-Captain will be required to attend Varsity games through halftime (rotating turns) to help with music.

Upon Selection Captain/Co-Captain/Manager and their Parent/Guardian are Required to Sign an Agreement Accepting Responsibilities