



Arabia Mountain High School
CHEERLEADER TRYOUT PACKET
 Spring 2017
 Checklist - Cover Page

Name: _____ Grade now: _____ Graduation Year: _____

Turn in all of the following to Coach Richard (Athletic Director)

APPLICATION & SIGNATURES DUE: Before 4:00 pm on Friday, May 12, 2017
**** CURRENT PHYSICALS ARE DUE WITH TRYOUT PACKET****

***Turn it in early, if your packet is incomplete,
 Your participation will be delayed.***

Candidate and Parent: please attach each of the following in this order:

For Coach Use ONLY:

- ✓ This Cover page (you keep interest letter and responsibilities page) _____
- ✓ Tryout Application with Emergency Contact Form _____
- ✓ Physical dated April 1, 2017 or later _____

I understand the tryout information packet and commit to the financial obligations.

Print Parent Name

Print Cheer Candidate Name

Parent Signature

Cheer Candidate Signature

Interest Letter for Cheerleaders

Dear Parents,

Your child has expressed an interest in trying out for the JV Football and/or Basketball Cheerleading Squads at Arabia Mountain for the 2017-2018 seasons. If selected, there are serious personal and financial commitments to the responsibilities that he or she must assume in order to participate and remain in good standing. Clinic week and tryouts are “closed”, so only members who have completed packets will be allowed to enter. In addition, everyone must have a current physical, to enter the gym.

If you are chosen for a squad, you are making a year-long commitment to Arabia Mountain High School, your coaches, your teammates, and yourself. As a representative of AMHS, you will be held to a strict code of conduct outlined in our Cheer Handbook. Additionally, cheerleaders who make the squad will be required to pass a test on the material included in the Cheer Handbook before you receive a uniform. Participants who break the rules will be disciplined according to the AMHS code of conduct and our defined cheerleader demerit system.

A clinic will be held in the gym of Arabia Mountain High School, May 15 -17 from 5:00-6:30 pm for you to learn all the material needed to tryout. If you currently attend School or another high school, we expect you to arrive by 4:45 pm.

Everyone is expected to have all forms completed and approved before you will be admitted to the gym. Tryouts will be on Thursday, May 18, 2017. They will begin promptly at 5:00 pm and end when the judges have seen your group.

If you do not adhere to the attire listed below, you will have points deducted from your score, or you may not even be considered.

No AMHS cheer logos or paraphernalia will be admitted in the gym by cheer candidates during clinic or tryouts. Hair must be up off shoulders and no jewelry is allowed.

Black Shorts

White shirt

Cheer Shoes preferred/ athletic shoes required

*** Shirts must be close fitting and appropriate, free of any writing or pictures ***
*** Any violations of tryout requirements will earn deductions on your tryout score. ***

Summary of Responsibilities

Responsibilities of the Cheer Coach

- Establish clear written guidelines and rules

- Arrive prepared and on time to all cheer related activities
- Provide members with written expectations and consequences for violation of the organization's/District's rules and/or regulations
- Ensure fair and consistent enforcement of rules and regulations
- Prepare and distribute a schedule of practices and events to students and their parents in a timely manner (such as monthly, at the beginning of each athletic season, or the beginning of each semester)
- Give advanced notice of schedule changes to allow students and parents sufficient time to make necessary arrangements
- Adhere to published practice schedules, beginning and ending on time
- Serve as an appropriate role model for students, in accordance with the standards of the teaching profession
- Establish a cooperative relationship between parents, students, and school personnel by writing and implementing cheerleader contracts, guidelines, etc.

Responsibilities of Cheerleaders: 100% Commitment to Excellence and Fun!

- Sign and adhere to appropriate cheerleader/mascot contracts, rules, regulations, and established higher standards of behavior
- Exhibit an attitude of respect toward individuals and property by conducting oneself in a responsible manner
- Serve as an appropriate role model for other students
- Maintain required standards of academic performance
- Refrain from socializing during practice and events; show 100% attention to the Coach, captains, and the tasks at hand
- Arrive prepared and on time for all practices and performances
- Arrange on time transportation to and from practices and events

Responsibilities of Parents

- Have a physical evaluation of your student by a Doctor after April 1, 2017
- Have current medical insurance for your student
- Stay informed of the rules, regulations, and procedures that are applicable to the cheerleading program
- Provide transportation, as needed, to ensure that the student arrives and is picked up on time for all practices and events
- Attend parent orientation meetings, as appropriate
- Cooperate with Cheer Coach in establishing and maintaining a quality program
- Support decisions made by Cheer Coach and school administration
- Submit any concerns, ideas for improvement, and/or guidelines/procedural changes, as appropriate, to the Cheer Coach
- Encourage student adherence to established rules, regulations, procedures, etc.
- Join the Senior Night Committee or the Banquet Committee

Following tryouts, cheerleaders and parents will be invited to attend a meeting for review of the Official AMHS Cheerleading Handbook and defined Demerit System.

Cheerleader Tryout Application and Emergency Contact Form

Name _____ Grade 2017-2018 _____

Check all that apply:

SQUAD: ___ JV Football ___ JV Basketball ___ BOTH

POSITION: ___ Flyer ___ Main (toe and heel) Base ___ Side (arch of foot) Base
 ___ Back Spot ___ I don't know

Birth Date _____ Age _____

Parent Name(s) _____

Mom's phone _____ Dad's phone _____

Any other numbers? _____

Notify in case of emergency (if parent cannot be reached):

Parent email _____

Address _____

Student Cell Phone _____

Student email _____

Please answer the following questions as completely and honestly as possible. Attach a separate sheet of paper or type your answers if you need more space.

- 1) Why do you want to be a part of the AMHS cheerleading program?
- 2) What strengths do you bring to our current program?

- 3) What are your weaknesses?

- 6) List any other activities are you involved with in and out of school?
- 7) Do you have a job? If so, where and how many hours a week?
- 8) Do you have previous experience cheering, stunting, or gymnastics? If yes, please elaborate.
- 9) What team building activity/idea would you bring to the squad?
- 10) How do you show leadership at school or in your personal life?
- 11) Describe your personality in 5 words.
- 12) Respond to ONE of the following situations:
 - What would you do if one of your teammates tells you that another squad member is talking about you behind your back?
 - How do you handle it if practice is not productive and your captains are not managing squad time wisely?
- 13) Respond to ONE of the following situations as if **YOU** are the **CAPTAIN**:
 - Often the game turns around and we start losing in the final minutes when we had been winning. The referees make questionable calls and the opposing fans are super hype. List and explain 5 behaviors or actions to avoid at this time, and tell how you would handle it.
 - What do you do if your own best friends are showing disrespect to you as a captain by talking while you are teaching and taking over your leadership responsibilities in front of the squad?

I, _____, submit this application for the 2017 – 2018 Arabia Mountain High School Cheer tryouts. I will be a _____ (freshman, sophomore, junior, senior) during the fall semester of 2017 and my cumulative GPA is currently a _____. In submitting this application, I consent that all information provided is true and accurate. I accept and understand that the decision of the judges will be final. I also understand that the final authority will rest with the cheerleading coaches and the judges for the tryouts, and I will accept and abide by these decisions.

Applicant's Initials _____

Date _____

CORE Class Teacher Recommendation Form

Thank you for your assistance in evaluating potential cheerleaders for the 2017 – 2018 school year. These points apply directly to their tryout score. Please rate the student as indicated. Upon completion, only return SIGNED and SEALED responses to the potential candidate. All responses should remain confidential. Thank you in advance for your assistance!

To be completed by the potential squad member:

Name: _____

School: _____

Grade Now: (circle one) 8 9 10 11

Teacher Name: _____ **Subject Taught:** _____

Please rank the candidate from 1 – 5, 5 being the highest.

| | | | | | | Comments: |
|-------------------------------|---|---|---|---|---|------------------|
| Attendance | 1 | 2 | 3 | 4 | 5 | _____ |
| Leadership | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Peers | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Teachers | 1 | 2 | 3 | 4 | 5 | _____ |
| Courtesy | 1 | 2 | 3 | 4 | 5 | _____ |
| Character | 1 | 2 | 3 | 4 | 5 | _____ |
| Total Score | | | | | | _____ |

Additional comments are welcome and encouraged:

Please write in an academic grade _____

Teacher Signature _____

ANY Teacher Recommendation Form

Thank you for your assistance in evaluating potential cheerleaders for the 2017 – 2018 school year. These points apply directly to their tryout score. Please rate the student as indicated. Upon completion, only return SIGNED and SEALED responses to the potential candidate. Forms are available in First Class > Memos, and will be gladly accepted if emailed directly to Ms. Sheena Ford, or place in mailbox in the main office. All responses should be confidential. Thank you in advance for your assistance!

To be completed by the potential squad member:

Name: _____

School: _____

Grade Now: (circle one) 8 9 10 11

Teacher Name: _____ **Subject Taught:** _____

Please rank the candidate from 1 – 5, 5 being the highest.

| | | | | | | Comments: |
|-------------------------------|----------|----------|----------|----------|----------|------------------|
| Attendance | 1 | 2 | 3 | 4 | 5 | _____ |
| Leadership | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Peers | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Teachers | 1 | 2 | 3 | 4 | 5 | _____ |
| Courtesy | 1 | 2 | 3 | 4 | 5 | _____ |
| Character | 1 | 2 | 3 | 4 | 5 | _____ |
| Total Score | | | | | | _____ |

Additional comments are welcome and encouraged:

Please write in an academic grade _____

Teacher Signature _____

Previous Coach Recommendation Form
ONLY IF YOU HAVE CHEERED BEFORE

Thank you for your assistance in evaluating potential cheerleaders for the 2017 – 2018 school year. These points apply directly to their tryout score. Please rate the student as indicated. Upon completion, only return SIGNED and SEALED responses to the potential candidate. Forms are available in First Class > Memos, and will be gladly accepted if emailed directly to Ms. Sheena Ford, or place in my mailbox in the main office. All responses should be confidential. Thank you in advance for your assistance!

To be completed by the potential squad member:

Name: _____

School: _____

Grade Now: (circle one) 8 9 10 11

Coach's Name: _____ Last Year Cheered: _____

Please rank the candidate from 1 – 5, 5 being the highest.

| | | | | | | Comments: |
|---------------------------------|---|---|---|---|---|------------------|
| Attendance | 1 | 2 | 3 | 4 | 5 | _____ |
| Leadership | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Teammates | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Coach | 1 | 2 | 3 | 4 | 5 | _____ |
| Attitude with Captain(s) | 1 | 2 | 3 | 4 | 5 | _____ |
| Courtesy | 1 | 2 | 3 | 4 | 5 | _____ |
| Character | 1 | 2 | 3 | 4 | 5 | _____ |
| Academics | 1 | 2 | 3 | 4 | 5 | _____ |
| Total Score | | | | | | _____ |

Additional comments are welcome and encouraged:

Coach's Signature _____