

# 2010-2011 Sandhills Community College Cheer Club Tryout Packet

Thank you for your interest in trying out for cheerleading. Please read and understand all the enclosed information before tryouts.

## Cheerleading Tryout Dates

- Try-outs will be in June. Exact date & time TBA.

## Eligibility Requirements

- 2.0 Grade Point Average
- Statement of conduct signed by principal or VP of Student Services
- Current Physical Form
- Valid Medical Insurance

## The following must be turned in when you arrive for tryouts (in this order):

- The signed physical form. It must be signed by the athlete and parent/guardian (*Note: These physical forms are good for one year.*)
- Information Sheet (*Included in this packet*)
- Statement of Permission and Agreement (*Included in this packet*)
- A copy of your insurance card & report card or unofficial transcript; please do not send the original.
- Statement of conduct signed by principal or VP of Student Services

## Cheerleader selection will be based on the following:

- A cheer, chant, and dance that will be taught to you during the first two days of tryouts
- Jumps (A toe touch is required, but a double toe touch, a herkie, and a pike are also suggested)
- School spirit and pride
- Athleticism and physical fitness (see below)
- Scholastic achievement and eligibility
- Conduct
- Overall Spirit
- Tumbling (optional)

## What do you wear to tryouts?

- Please wear comfortable shorts and a t-shirt or tank top. Dress as if you would dress for cheerleading practice.
- No denim shorts or jewelry please.
- Your hair should also be off your shoulders.

## Athleticism/Summer Conditioning: (see score sheet for details)

On Day 2 of try-outs, you will be required to run one mile. In order to prepare for this, please follow these guidelines. These guidelines are the **minimum** requirements.

Physical conditioning requirements:

- Run 1 mile at least three times per week.
- 10 consecutive push-ups at least twice per week.
- 20 consecutive sit-ups at least twice per week.

**Please read all of the information below in order to understand what is expected of a SCC cheerleader starting the day you make the team.**

### **What happens if I make the team?**

- A list will be posted on the doors leading to the gym.
- If you make the team, you will be expected to attend all practices. Times to be announced.
- All cheerleaders will attend a cheer camp (TBA). **This may be an out of pocket expense.**

### **Practices and Games**

- All cheerleaders are required to complete the entire basketball season. Basketball begins in November and ends in March. Please be aware of these dates; if you cannot commit, **please do not try-out.**

### **Attendance Requirements**

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!** If one or more
- squad members are absent from a practice or game, the other members are forced to make last minute
- changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's
- appointments, etc. should not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend all games, practices, fundraisers, & other events. Unexcused absences are those caused by anything other than illness or family emergencies. In order for a cheerleader to be granted the situation must be communicated directly to the advisor who will then make a decision. In addition, just because a cheerleader asks to be excused does not mean that the excused absence will be granted.
- If you are ill or have a family emergency, the advisor needs to be notified. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call Sandhills Community College at (910) 695-3741 to notify the advisor of any absence. If the advisor is unavailable, please leave a message.
- As stated in the Guidelines for SCC Athletes, students must be present for the entire school day in order to be eligible for practices and games scheduled for that day.
- If a student is assigned academic or disciplinary probation he/she may not participate and the athlete will be benched and possibly dismissed from the squad.

### **Grades**

Academic Requirements:

- A minimum of 2.0 GPA **each semester** must be maintained throughout the cheering season.
- Because cheerleaders are students first and athletes second, weekly progress reports will be turned in so the coach can monitor academic progress.
- If at any time you are failing a class, you will be required to attend tutoring. Failure to attend tutoring will result in benching.
- From the time the F is written on the progress report, you have two weeks to pull the F up to a passing grade before a more severe consequence is given.

### **Tutoring**

- Cheerleaders are encouraged to attend the tutoring center.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the advisor & captain. The cheerleader is required to make up practice time.

### **Fund Raising**

- Every cheerleader will be expected to support all fundraising events which support the team.
- Failure to participate and meet your quota of fundraising can result in dismissal from the squad.
- Turning in fundraising money after the due date will result in being benched.

## Uniforms

Uniforms are issued by the school and are property of the Sandhills Community College. If for any reason a cheerleader quits or is dismissed, he/she is expected to return all uniforms/equipment within five days of the termination.

- Washing instructions will be provided when uniforms are distributed. At the end of basketball season, uniforms are to be turned in.
- Uniforms can be altered at your expense. In addition, you must have prior approval from the advisor before uniforms can be altered.
- All altered uniforms must be restored to their original size before being turned in at the end of the cheering season.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform, unless the advisor has approved this.
- Uniforms may only be worn by the cheer club member to whom they are assigned. Uniforms remain the property of SCC and may not be loaned out under any circumstances.

## Transportation

- Cheerleaders will ride to and from away games on the van. If parents are picking a cheerleader up from away games, advisor must have a signed note stating such or parent is expected to inform advisor in person.

## Expected Behavior

- While representing SCC, cheerleaders must:
  - Follow all SCC guidelines as outlined in the College Catalog at all times
  - Wear the designated uniform to school on the day of a game
  - Attend all practices and games
  - Maintain a good attitude and strong ability to work with others
  - Promote a positive image for the school community—peers, parents, teachers, and community members
- While representing SCC, cheerleaders must **not**:
  - Drink alcoholic beverages
  - Use controlled substances
  - Use tobacco products
  - Show unsportsmanlike conduct
  - Use profanity
  - Show displays of affection
  - Be academically dishonest
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.

## Role of the Advisor

- All official cheer club decisions, including permission to plan activities and events, will be made by the advisor.
- The advisor treats all cheer club members and parents with respect at all times. As such, the advisor is to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.
- Part of an advisor's job is to know where you are at all times during practices, games, and special events.

## **Demerits**

There will be a demerit system for all violations, which is outlined for you. The demerit list is NOT LIMITED TO the demerits that are listed, and they may be given for special incidents that arise.

- 1 Demerit = Physical Conditioning, Benched ½ game
- 2 Demerits = Physical Conditioning 1 Hour , and benched 1 game
- 3 Demerits = Physical Conditioning, Benched from Game, and 1 hour of community service
- 4 Demerits = Physical Conditioning, 2 Hours of Community Service, and benched 2 games
- 5 Demerits = Removal from Squad

## **Behavior that will result in Demerits:**

### ½ Demerit:

- Late for practice < 5 minutes
- Chewing gum or eating at practice
- Visible bra straps in uniform
- Not at attention during the game
- Socializing during the game
- Late turning in fundraising money (for each day)

### 1 Demerit:

- Late returning from halftime or second game
- Public displays of affection
- Late for game > 5 minutes
- Forgetting uniform (any part of uniform)\*
- Profanity

### 2 Demerits:

- Not in correct uniform
- Unexcused absence from practice

### 3 Demerits:

Unexcused absence from game

### Demerits assigned at the discretion of Advisor, Director of Student Life and/or VP of Student Services:

- Rudeness and/or disrespect toward any member of the faculty, staff, coaches or squad members
- Failure to follow school rules and/or direction from the Advisor
- Unsportsmanlike conduct, smoking, drinking, and/or drug use

***Please note that an Out of School Suspension will result in immediate removal from the Cheer Club***

\*Being in correct uniform means wearing the appropriate uniform--bloomers, socks, shoes,& having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or colorful fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.

**The advisor reserves the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Captains, Squad Advisor, Director of Student Life, and then Vice President of Student Services.**

# **Student Information Sheet** (please print)

**Full Name:** \_\_\_\_\_

**Student ID #:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Parents' Email address:** \_\_\_\_\_

**Parent/Guardian Name(s):** \_\_\_\_\_

**Parent/Guardian Home Phone (If different from above):** \_\_\_\_\_

**Mother's Work Phone:** \_\_\_\_\_ **Mother's Cell Phone:** \_\_\_\_\_

**Father's Work Phone:** \_\_\_\_\_ **Father's Cell Phone:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Relationship to You:** \_\_\_\_\_

**Emergency Contact Phone:** \_\_\_\_\_

**Emergency Cell Phone:** \_\_\_\_\_

**Family Doctor:** \_\_\_\_\_

**Doctor's Phone:** \_\_\_\_\_

**Hospital Preference:** \_\_\_\_\_

**Insurance Policy and Number:** \_\_\_\_\_

**Allergies/Health Problems/ Medications** (Describe in detail & use back if more space is needed):

---

---

---

**Previous Injuries** (Describe in detail & use back if more space is needed):

---

---

---

## Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Sandhills Community College, your advisor, your teammates, and yourself for the complete season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of SCC, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Rules for Cheerleading. Students who break the rules will be disciplined. By making this commitment to the SCC Cheer Club, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from Sandhills Community College. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that is earning a reputation as one of the finest clubs in the Moore County area.

---

### Student Agreement

I, \_\_\_\_\_, have read and understand the 2010-2011 RULES FOR CHEER SQUAD. I agree to abide by the policies described if I am chosen as a member of the Cheer squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date Signed

---

### Parent/Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the 2010-2011 RULES FOR CHEER SQUAD and the 2010-2011 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I will help my child obey all rules and guidelines and face any consequences. I also agree to the financial obligations as they are described in the information provided. I understand that when school transportation is provided, it is mandatory for my child to ride to and from games on the van. I will provide transportation for my child for scheduled events if necessary. I also agree to pick my child up from practice and games as soon as the games are over. I understand that failure by myself or my child to adhere to these policies could result in dismissal from the squad.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date Signed

## Score Sheet for Tryout # \_\_\_\_\_

### **Spirit** \_\_\_\_/15

- Entrance/Exit
- Crowd appeal
- Tumbling/Jumps
- Voice projection

### **Cheer** \_\_\_\_/15

- Knowledge
- Motion technique
- Facial expressions
- Crowd appeal
- Voice projection

### **Jump** \_\_\_\_/10

- Form
- Height

### **Chant** \_\_\_\_/15

- Knowledge
- Motion technique
- Facial expressions
- Crowd appeal
- Voice projection

### **Dance** \_\_\_\_/15

- Knowledge
- Rhythm
- Motion technique
- Facial expressions

### **Overall Appeal** \_\_\_\_/15

- Motion technique
- Facial expressions
- Crowd appeal
- Overall talent

### **Individual Chant/Dance** \_\_\_\_/10

- Unique
- Creativity
- Crowd Appeal

### **Athleticism** \_\_\_\_/15

#### **(judged Tuesday)**

- 1 mile run (timed, may speed walk) = 5 laps around gym
- 10 push-ups (either style)
- 20 sit-ups

## Estimated Costs

We realize that Cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. There are, however, certain items that can not be passed down from squad to squad and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through Varsity, the leading cheer apparel company, and the cheerleader will be responsible for paying for them by September. While I can't give you an exact amount I can give you an estimate that should be fairly close.

Cheerleaders will be expected to purchase & maintain:

Shoes	\$55
Undergarments	\$15
Warm-ups (optional)	\$80.00
<b>Total =</b>	<b>\$ 150</b>

This is an approximation. Please be prepared to have this amount of money in the event that you make the team. Cheerleaders will keep all of the items purchased above.

### **Other expected expenses:**

- Socks (white)
- Camp (summer)
- Sports bra (black)