2017-2018 Cheer Tryout Packet

Thank you for your interest in our cheerleading program at Palmer Ridge!

Cheerleading practices begin in May with the official season from August - March.

In order to try out, carefully read and complete all documents thoroughly. This packet includes the following:

- A list of important dates
- A 2017-2018 Checklist
- Tentative Expense Sheet
- Palmer Ridge Cheerleader Handbook- signed by parent and athlete
- Cheerleader Demerit System Agreement- signed by parent and athlete

Please provide a picture of yourself in a folder that is paper (not plastic) that holds this tryout packet the first day of tryouts!

Please feel free to contact us with any questions you may have about the tryout process or the Palmer Ridge Cheerleading Program.

Respectfully,
PRHS Coaching Staff

Jess Farr - Head Varsity Coach jmaynard@lewispalmer.org
PRHS Cheerleading Important Dates:

- March 11th - Steele Tryout Clinic @PRHS Large Gym 10:30am-12:30pm $30 per athlete (2016-2017 PRHS cheerleaders attend for free) Not mandatory but beneficial!
- April 17th -20th Tryout Clinic (all days are mandatory to tryout) 6-8:30pm Small Gym (Team placement is announced the night of April 20th)
- April 27th - Welcome and Uniform fitting (wear spanks and sports bra please!) 3pm PRHS Commons
- May 1st Welcome Meeting (MANDATORY parent and cheerleader) PRHS Sunset room 6:30pm
- May 2nd - 1st Practice PRHS Small Gym 3-5pm
- May 16, 17, 18- NO PRACTICE **Finals Week
- May 23rd - 1st Summer Practice @PRHS Small Gym 6:50am-9am
- June 1st - Camp/Choreo/Music tuition due $375 (Made out to Steele Athletics)
- June 12-15 STEELE Camp @PRHS (Time TBD)
- June 29th Uniform $ in Full Due (late fee will be added)
- June 30th-July 31st NO PRACTICE (Enjoy your summer!!!)
- August 1st - Practice at GBES 3:15pm-5:15pm
- August 15th Mandatory Practices Start
- Oct 21st (STC) League @PRHS!
- Nov (Date TBD) Steele High School Competition
- Nov 11th Rumble in the Rockies @Air Academy HS
- Nov 20-24 NO PRACTICE**Happy Thanksgiving
- December 4, 5, 6 Mandatory State Practices
- December 8,9 STATE COMPETITION
2016-2017 Checklist

By Monday, April 17, 2017, you must have the Cheer Packet

**PRHS Cheer Tryout Packet**:  

- _____ Signed Expenses Sheet by Parent  
- _____ Signed Cheerleader Handbook by both Candidate and Parent/Guardian  
- _____ Signed Cheerleader Demerit Agreement  
- _____ All paperwork in paper folder with self picture

Be sure to wear all white shirt with no writing all 4 days of clinic and tryouts! Please wear shorts or pants, athletic shoes and hair in a pony with some sort of bow not related to PRHS cheer.

**All Paperwork DUE: Monday, April 17, 2017 (bring to clinic)**

**ALL REQUIREMENTS ON THIS LIST MUST BE MET IN ORDER TO TRY OUT. YOU MUST ALSO BE ABLE TO ATTEND ALL CLINIC/TRYOUT DAYS TO TRYOUT!**
TENTATIVE EXPENSE LIST

Cheerleading is an expensive sport. This is a tentative expense list to prepare you for the upcoming expenses associated with cheerleading. These are all approximations and may change as necessary.

**VARiSITY (two uniforms) Approximates**

<table>
<thead>
<tr>
<th>Payment or Item</th>
<th>Returning Cheerleader Cost ($)</th>
<th>New Cheerleader Cost ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW Sideline Uniform</td>
<td>250</td>
<td>250</td>
</tr>
<tr>
<td>NEW Competition Uniform</td>
<td>200</td>
<td>200</td>
</tr>
<tr>
<td>Poms (White)</td>
<td>45</td>
<td>45</td>
</tr>
<tr>
<td>NEW Bows (2)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Cheer Shoes</td>
<td>*</td>
<td>75 *</td>
</tr>
<tr>
<td>Navy Leggings</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>NEW Camp/Practice Clothes (socks)</td>
<td>180</td>
<td>180</td>
</tr>
<tr>
<td>Navy Pullover</td>
<td>90</td>
<td>90</td>
</tr>
<tr>
<td>BackPack (White)</td>
<td>55</td>
<td>55</td>
</tr>
<tr>
<td>Bears Navy Beanie</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>TOTAL UNIFORM/CLOTHING Costs</td>
<td><strong>945</strong></td>
<td><strong>1,020</strong></td>
</tr>
<tr>
<td>Steele Summer Camp</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>PRHS Athletic Fee (Paid in August)</td>
<td>175</td>
<td>175</td>
</tr>
<tr>
<td>Choreography Fee</td>
<td>275</td>
<td>275</td>
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<tr>
<td><strong>Camp and Fee Totals</strong></td>
<td>550</td>
<td>550</td>
</tr>
<tr>
<td>Approximate Total (tax &amp; shipping not included)</td>
<td><strong>$1,495</strong></td>
<td><strong>$1,570</strong></td>
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<tr>
<td><strong>Other Fees:</strong></td>
<td></td>
<td></td>
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<tr>
<td>State Hotel Room</td>
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<td>State Hotel Room</td>
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<tr>
<td>State Gift</td>
<td></td>
<td>State Gift</td>
</tr>
<tr>
<td>Team Pictures</td>
<td></td>
<td>Team Pictures</td>
</tr>
</tbody>
</table>

PARENT/GUARDIAN:
I understand these expenses and that they are subject to change. I understand that these expenses will apply to my son/daughter if making the squad.
Signature of Parent/Guardian: ____________________________ Date: _________________________
2017-2018 Palmer Ridge Cheerleading Handbook

The role of a cheerleader is to be a positive leader at Palmer Ridge High School. A Palmer Ridge cheerleader is a positive role model both in and out of uniform. A good cheerleader models sportsmanship and promotes school spirit among students. Anyone who attends Palmer Ridge High School the summer of 2017 to March 2018 and can commit to the terms and conditions of this handbook is eligible to be a cheerleader.

The Varsity and Competition Squad will consist of approximately 16-20 members, with no more than 22 members and will be comprised of students ranging from freshmen to seniors. This team will cheer at football games in the fall season, boys and girls basketball games in the winter, along with other occasional sporting events. Cheerleaders will perform a routine at home halftime shows and assemblies. This squad is also a State Competition Squad! As a competition squad, there will be several mandatory regional competitions during the fall season leading up to the State Competition in December. During the weeks leading up to competitions, there will be mandatory practices Tues/Weds.

Tumbling experience is Required:

Running Tumbling: round-off bhs tuck/layout or round-off tuck OR MORE

Standing Tumbling: 1) single: tuck/bhs 2) multiples: bhs tuck/double bhs 3) triple jump tuck/bhs

*Alternates: Cheer, practice & compete if needed specified by a coach.

** Coaches reserve the right to change the squad size as necessary. Tumbling does not guarantee a spot on varsity. All decisions are at the coach’s discretion and are final. **

Tryouts

- For tryouts, candidates will perform 3 stamina jumps, running and standing tumbling, a routine as a “team” including stunting, a dance and cheer taught at the clinic, a complete an interview and sports quiz.
- Candidates will be judged on jump technique, tumbling form/level of difficulty, stunting, voice projection, cheer and dance technique, ability to learn quickly, spirit, attitude and dedication.
Responsibilities of a Palmer Ridge Cheerleader

-All team members must perform at all scheduled games, events, assemblies, competitions, etc. assigned by coaches. Only a written doctor’s excuse will be accepted as an excused absence. Schedules for practices, competitions, and games are given in a timely manner and expect to be respected!

-All team members must arrive thirty minutes prior to any event unless specified. Team members will remain at any cheer event until its conclusion/dismissal by coach. Any teammate who quits or is removed from the team during the season will be ineligible to try out the following school year.

Practice

Attendance is MANDATORY for all in-season practices (Sick or not)

Summer Practices Start May (see dates sheet in this packet)

-Practices will be held after school Tues/Weds 3:15pm-5:30pm @ GBES starting Aug 1st.
-Athletes must participate in all conditioning and stretching
-Absent from school that day = no practice/no game/no competition
-If there is an absolute emergency and one cannot attend practice, THE ATHLETE must contact the coach before that scheduled practice.

Conduct

In or out of uniform, a cheerleader is expected to represent PR positively.

-Attitude is everything- insubordination of any kind will not be tolerated. A conference with the cheerleader, parent, coach, and Athletic Director will be requested if needed

A cheerleader may be benched/removed from the squad for the following:

-ANY behavior detrimental to the squad (i.e. disrespecting teammates/coaches/teachers/cyber bullying/respectful dressing/etc.

-Using drugs, alcohol or any illegal substances

-Unexcused absence/tardy to a scheduled practice or event o Out of uniform on the day of a game
-All PRHS athletic department policies must be followed

-24 Hour rule is always in effect. If you have an issue you must wait to call/email/text (DON’T TEXT ME) for 24 hours! Coaches will also follow the 24 hour rule!
-Demerit system must be followed. (Attached)

Fundraising

-All team members are REQUIRED to help fundraise for expenses by working and publicizing for all kiddie camps. Cheerleaders will also send 5 letters to local businesses, family or friends to donate directly to our program for kiddie camp shirts.

Competitions

-Athletes must attend and be cleared to practice 5 practices in advance to a competition in order to participate.

-Varsity must have required tumbling for competition or may lose competing privileges. The same level of tumbling or better from tryouts will be used in competition because the choreography is created based off of tryout abilities.

Uniforms

-All uniforms must be clean for every game, event, assembly, and competition.

-No part of the uniform, including warm-ups, may be given to a person who is not a member of the cheerleading team. This action will result in benching from a game.

-NO JEWELRY will be worn at any event or practice, no exceptions!

-All team members will dress the same at games or benching will occur.

Team Captain Selection

• A captain position is at the coach’s discretion. Team voting may or may not occur. The coaches have the authority to approve or deny captainships. There will be no more than 2 Varsity Captains. A 1-page summary of your strengths and how you would use them to better our team. Plus your weaknesses and how you will overcome them as captain. This must be TYPED and turned in with your packet.

Payments

• Each athlete is responsible for payment of his/her own uniform(s) and accessories. Full payment(account balance) is due by June 29, 2017.
• Once uniform or camp order is placed on Friday, April 28, 2017, there are no refunds, even if cheerleader quits, moves, or size does not fit. Re-orders occur in August.
• Steele Athletics will issue no refunds at any time, for any reason.
• Cheerleaders will not receive uniform(s) until paid in full*
• An alternative payment plan is available (speak privately with Coach Jess).

Varsity Lettering Policy

• A Varsity letter may be earned if a cheerleader actively participates for the full cheerleading season. Anyone who quits, becomes ineligible or does not fulfill the terms of the contract will not receive a letter. This includes attending playoff games for both football and basketball season.

Cheerleading Handbook Signature Release

EACH CHEERLEADER CANDIDATE AND HIS/HER PARENT/GUARDIAN MUST READ THE HANDBOOK AND SIGN THIS FORM. THE SIGNATURES ON THIS FORM INDICATE THE AGREEMENT AND UNDERSTANDING OF THE RULES AND REGULATIONS OF THE PALMER RIDGE HIGH SCHOOL CHEERLEADING HANDBOOK. THIS FORM MUST BE RETURNED WITH SIGNATURES BY APRIL 17th, 2017 ALONG WITH OTHER NECESSARY PAPERWORK.

CHEERLEADER:

Name of Candidate (print): ____________________________________________
I agree to follow the rules and regulations in the Palmer Ridge Cheerleading Handbook.

Signature of Student: ____________________________________________
Date: ______________________

PARENT/GUARDIAN:

I understand the rules, regulations, and expenses as they apply to my son/daughter.
Signature of Parent/Guardian: ______________________________________
Date: ______________________
Palmer Ridge Cheerleading Demerit System

**ALL ABSENCES MUST BE CALLED IN BY THE ATHLETE!** It must be 24 hours prior to a practice or game to avoid demerits. It is YOUR responsibility to call, NOT your parents!** If you leave school early due to sickness YOU call by 1pm or you are expected to be at practice.

**Attendance**

Attendance Rule 1: A missed practice is a missed practice- both excused and unexcused. Since cheer is a team sport, if a cheerleader misses performance preparation at practice, they will sit out of that performance including half-time shows, assemblies, and other non-competitive performances. IF it is excused, no demerits will be issued, but being pulled from performances etc. will still occur.

Attendance Rule 2: Unexcused absence- 1 demerit
Attendance Rule 3: Tardy for practice or game- 5 minutes or less = 1/2 demerit

6-29 minutes = Practice: 1 demerit, Game: Sit out 30 minutes or more = Sit out of entire game + 1 demerit

Attendance Rule 4: Leaving practice or a game early = 1/2 demerit

Excused absences = family emergency or severe illness.

**Dress-** Out of uniform on game day- benched from game

Failure to dress out for in-school spirit days or practice: practice clothes+shoes- 1/2 demerit
NO jewelry in uniform or practice- no exceptions!
While in uniform- no excessive make-up, PDA, or foul language.
Failure to bring all uniform pieces to a game = 1/2 demerit per item

**Attitude & Participation-** Talking negatively about teammates or coaches = 1 demerit

Negatively representing Palmer Ridge in a game or competition = 1 demerit

NO cell phones during practice or games = 1/2 demerit

Failure to participate in practice = 1/2 demerit

**Consequences-** 3 demerits = sit out of next game including halftime performance

5 demerits= parent/athlete/coach meeting

6 demerits = REMOVAL FROM TEAM
Can erase demerits by attending an extra game* (We will discuss this) volunteer options for all non-behavioral demerits. Demerits cannot be erased for attitude/behavior. One game=one demerit erased

ALL DEMERITS ARE AT THE DISCRETION OF THE COACHES AND ARE FINAL!!

Palmer Ridge Cheerleading Demerit Agreement

______________________________
Signature of Agreement: I understand the Cheerleader Handbook and agree to abide by the cheerleading demerit system.

______________________________
Cheerleader Name Date

As a Parent, I understand the Cheerleader Handbook and demerit system and will support the program.

______________________________
Parent/Guardian Name Date
Please fill this out completely so I have plenty of info on our athletes!

Athlete’s Name: ______________________________________________________
Athlete’s DOB: ______________________  Age as of August 2017____________________
Athlete’s Cell Phone: ____________________________________________________

PARENT OR LEGAL GUARDIAN INFORMATION

Name: ________________________________________________________________
Address: ____________________________________________________________________________________ City State Zip
Home Phone: ___________________ Cell Phone: ___________________ Other Phone: ___________________
Parent 1 Email: __________________________
Parent 2 Email: __________________________
*Please put all emails of those who will be involved with schedules with your athlete.

In case of an emergency please notify:

Name: ________________________________________________________________
Address: ____________________________________________________________________________________ City State Zip
Home Phone: ___________________ Cell Phone: ___________________ Other Phone: ___________________
Work Email: ___________________________ Home Email: ___________________________ Relationship: ___________________________
State any Allergies: ____________________________________________________________________________

Additional Medication information that may be helpful:
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
Non-Practice Workouts (Stars given for less practice conditioning)

**Mondays-**
20 squats
50 Jumping Jacks
10 Toe Touches
1min Wall Sit
50 Walking Lunges
1min Squat hold
10 burpees
10 frog jumps
Repeat 2 more times! 3 total

**Wednesdays-**
1min Plank hold Center
1min Plank hold Right
1min Plank hold Left
50 alternating lifts on knees
1min Superman hold
1min Hollow body hold
50 Superman pulses
Repeat 2 more times! 3 total!

**Fridays-**
5min Run(outside or on machine)
100 Jumping Jacks
5min Run(outside or on machine)
Repeat 2 more times! 3 total

**Saturdays-**
Stretch:
1min( R, L, Middle splits)
1min (R, L heel stretch)
1min (R, L scorpion)
30sec bridge
Repeat 2 more times! 3 total