

GARNER HIGH SCHOOL CHEERLEADERS TRYOUTS FOR 2015-2016

VARSITY COACH: Kathrine Stephens

JV COACH:

COMPOSITION OF SQUAD:

Varsity: The squad is composed of up to the 20 best cheerleaders at GMHS. Any student in grades 9 through 12 may be a member of the team if they meet the qualifications set up by the state, conference, and coach. The Varsity squad cheers for Varsity football and basketball, as well as competing in competitions.

Requirements: - 3 standing back-handsprings without a spot
- toe-touch back-handspring
- back tuck (either running or standing)

Junior Varsity: The squad is composed of up to 16 cheerleaders that are still working on abilities to make the Varsity team. Only 9th -11th graders may try out for the J.V. squad. The J.V. squad will cheer for J.V. teams and may fill in for the Varsity team if there is a conflict.

Requirements: - Back-handspring

TRYOUTS:

- Tryouts will be August 3rd-5th
- See the schedule for all practice dates and times.
- All clinic or tryout dates are **mandatory**.
- Candidate must bring with them on August 3rd the following signed and completed:
 - 1) Information Sheet
 - 2) Physical Form (New) with parent signatures in 2 places (unless turned in at physicals in June)- Can be found on GMHS website
 - 3) Signed concussion form- Can be found on GMHS website
- Students should meet at the track. We will move to the small gym.
- Parents should be prompt in picking up their child!
- Students should wear gym shorts and T-shirts. **NO JEWELRY!!**
- Aerobic type shoes must be worn and hair must be pulled up and secure. If you don't comply, you will not participate and you will be asked to leave.
- Students may want to bring small coolers of water with ice to drink at breaks. No soft drinks.

THINGS TO DO PRIOR TO TRYOUTS:

- RUN! RUN! RUN! You must be able to run a mile the first day of practice.
- Eat healthy and drink lots of water. Get outside as much as possible. Try not to become a couch potato.
- Practice your jumps!! Work on your toe-touch, hurdler (both ways), and pike.
- Practice your tumbling!! Back-handsprings are required for varsity and JV, and back tucks are required for varsity.

AREAS ON WHICH CANDIDATES WILL BE CHOSEN:

-First, let us say that as with other sports, cheerleading has different positions that need to be filled. You can't select a squad of nothing but bases nor can a squad of only flyers be chosen. We

GARNER HIGH SCHOOL CHEERLEADERS TRYOUTS FOR 2015-2016

need tumblers as well as excellent jumpers. We are looking for cheerleaders that excel in all areas or the ones up to 20 that collectively will get the job done.

- We will look at potential of each candidate. We can't compare the skills of a freshman to those of a senior.

- Areas that we will be looking at to make squad selections will include but are not limited to the following;

- Pep and Enthusiasm

- Good strong and sharp motions

- Jumps

- Tumbling (required skills for each team)

- Dance Skills

- Attitude

- Candidates will be taught one cheer and two chants, one dance and the fight song, which will be used to make the selections. Jumps will be reviewed, but little tumbling will be covered before the selection day.

RULES:

- 1) As a cheerleader he/she agrees to abide by the rules of the squad, the Greater Neuse River Conference, Garner High School, and the NC High School Athletic Association. Failure to do so will mean suspension or dismissal from the squad.

- 2) Before tryouts, please realize that cheerleading is **very** time consuming. Please realize that it is hard to practice without the whole team present. If your cheerleader is not present for practice or games it is also hurting the rest of the team.

- 3) Prior to tryouts, the student must have a physical exam on file stating that he/she is in good health. A concussion form is also required. The new physical form is required with 2 parent signatures. All of these forms can be printed on the GMHS website, under athletics and permission forms.

- 4) He/she must meet the academic and attendance requirements of the conference and the Wake County Board policy. Grades will be checked by the coaches at the end of the semester.

- 5) Your classes are your top priority. You must maintain a 1.5 overall GPA and pass English as well as 3 other courses per semester. If you need extra help, use your **free afternoons** to see your teachers. We will be glad to help anyway we can.

- 6) Cost is a factor for both parents and students to consider. Clothing that will need to be purchased includes one pair of shoes, socks, briefs, one crop top, 2 t-shirts, wind suit, bow(s), and pom poms. Varsity team will also buy team sweatshirts. Varsity and JV uniforms will be collected after each game and cleaned. Pom poms are considered part of your uniform. Uniforms belong to GHS. At the end of the season, each cheerleader is responsible for returning all uniforms issued to him/her cleaned and in good condition. No alterations are to be made to the uniforms without permission or approval of the coach. Currently the athletic department is responsible for supplying the uniforms. Do not loan out your uniforms to anyone at any time for any reason. Pom poms are considered part of the uniform. Shoes, shirts, and wind suits are considered part of the uniform; do not wear them unless you are in uniform. We are a team, and should look like a team. You will sit out if you choose not to wear the correct clothes to school. If you quit the team or dismissed from the team you agree to sell your cheer wear to a

GARNER HIGH SCHOOL CHEERLEADERS TRYOUTS FOR 2015-2016

replacement for a reduced price if applicable. This includes and is not limited to wind suit, bows, briefs, and shirts.

7) Uniforms are to be worn only when representing GHS and belong to GHS. At the end of the season, each cheerleader is responsible for returning all uniforms issued to him/her cleaned and in good condition. NO alterations are to be made to the uniform without permission or approval of the coach. Do not loan out your uniforms to anyone at anytime for any reason. If uniforms are altered or misplaced the cheerleader agrees to pay for each missing/altered uniform piece. JV cheerleaders will pay \$50 for each and Varsity cheerleaders will pay \$100 for each.

8) ALL GAMES ARE MANDATORY!!!! If you miss a game for any unexcused reason you will sit out the next game. Missing two games for unexcused reasons will be cause for dismissal from the team. Only the coach can excuse an absence. Sickness may require verification by a doctor's note.

9) All practices will start on time. Unless yours has been pre-arranged with the coach, your tardy is unexcused. Consequences for being late to practice will be decided when teams are finalized.

11) ALL PRACTICES ARE MANDATORY!!!! If you miss a practice, you will sit out the next game. You must be properly dressed for practice. Not having the correct type clothes and shoes will count as an absence since you won't be able to practice.

12) You must arrive to field 1 1/2 hours before a football game and to the gym 1 hour before a basketball game. Consequences for being late to the game will be decided when teams are finalized.

13) All cheerleaders must ride on the transportation provided by the school to all away events. This is to and from the game. IF YOU MISS THE BUS, DO NOT SHOW UP TO THE GAME IN YOUR UNIFORM AND DO NOT EXPECT TO CHEER!!!

14) Absolutely NO JEWELRY may be worn at practice or the games. This is a National Federation Rule. This rule will be strictly enforced this year. You may not wear plastic pins in place of earrings. If you choose not to follow this rule, then you choose not to cheer. Don't get new piercings from June 1 through the end of the season, because you will have to sit out 6 weeks for the piercing to heal before you can take out the jewelry.

15) Hair must be pulled up off your shoulders at games and at practice. **This means ponytail that will stay in place and not have to be fixed all the time.**

16) Fingernails must be cut no longer than the ends of your fingers. (National Federation rule) **No fingernail polish.**

18) When you are in uniform you need to remember you are representing GHS. There is to be no PDA (public display of affection) while you are wearing your uniform.

19) Any cheerleader who is smoking, drinking alcoholic beverages, or using illegal drugs in or out of uniform, on or off campus will be dismissed immediately from the squad.

20) Finally, the attitude maintained and exhibited by a GHS cheerleader is a reflection upon the entire squad, school and community. Cheerleaders must strive to set a good example for other students. Anyone who feels like they cannot uphold school policy should not tryout. Anyone written up on a discipline form and sent to the office will sit out one or more games.

Cheerleaders are very visible and need to be ideal students. If you are sent to detention or ISS, you will sit out one or more games! If you are suspended from school, you will be immediately dismissed from the squad.

INFORMATION SHEET

**GARNER HIGH SCHOOL CHEERLEADERS
TRYOUTS FOR 2015-2016**

NAME: _____

BIRTHDATE: _____

ADDRESS: _____

CHEERLEADER CELL PHONE #: _____

PARENTS' NAMES: _____

PARENT'S E-MAIL ADDRESS: _____

PARENTS' CELL PHONE NUMBERS: _____

PARENT'S WORK PHONE NUMBERS:

GRADE FOR 2015-2016 SCHOOL YEAR: (circle one) 9TH 10TH 11TH 12TH

WHICH SQUAD(S) YOU ARE TRYING OUT FOR? (check one)

VARSITY _____ JUNIOR VARSITY _____ BOTH _____

LIST YOUR PREVIOUS CHEERLEADING EXPERIENCE:

Dear Parents,

_____ has expressed a desire to try out for cheerleading at Garner High School. The position of cheerleader is an honor requiring much hard work, dedication and time. He/she will represent a school of over 2300 students as well as the Garner community

Before tryouts begin, it is essential that you go over the requirements and rules together and talk about them. The coaches ask that you return this completed and signed at the bottom.

The coaches look forward to working with the squads this year. We thank you in advance for your support and help.

We have read and discussed the requirements of the GHS cheerleaders. Understanding them fully, we pledged to observe them.

Cheerleader signature

parent signature