

2021 FVHS Cheerleading Tryout Packet

Copies of this packet can be found at:

www.mrsfurse.com, FVHS Athletic site, and our Google Classroom.

****Join Our FVHS Cheerleading Google Classroom: Class Code- dzpyuk3****

****Join Our FVHS Cheerleading Remind: @5678cheers ****

***Official Tryouts are August 4th, 2021 and August 5th, 2021 starting at 9:00 AM and ending around 12:00pm in the FVHS gym. YOU MUST BE PRESENT FOR BOTH DAYS OF TRYOUTS ***

What is in this packet?

Page 1- Contents and checklist page (**Front**)

Page 2- Expected Estimated Cost to Cheer (**Back of page one, first half**) Tryout Requirements/Information (**Second half**)

Page 3- Fundraiser Registration Information (**Front**)

Page 4- Fundraiser Homework Organization Sheet (**Back**)

Page 5- FVHS Sports Participation/Clearance (**Front**)

Page 6- Dragonfly Sign Up Instructions (**Back**)

Page 7- 2021 Sports Physicals Information Flyer

Checklist

Item	Due Date	Description	Done
Enroll In our FVHS Cheerleading Communication	May 26th 2021	Google Classroom: Class Code- dzpyuk3 FVHS Cheerleading Remind: @5678cheers	
Fundraiser Meeting- Google Classroom Meet	May 27, 2021 @ 6:00	Enroll in our Cheerleading Google Classroom and attend the fundraising meeting. This will inform you on setting up for our fundraiser. *Meet will be recorded if you are unable to attend*	
Fundraiser Home Work Due	June 2nd	Complete and submit your 20 emails and phone numbers for our fundraiser.	
Google Classroom Assignments	July 1, 2021	Copy of grades, Information sheet, and cheerleading questionnaire.	
Register on DragonFly.com Upload Your Athletic Physical *See Attached Flyer *	Prior to August 4th, 2021	Before tryouts (August 4th, 2021) or Pre-season workouts (TBD), you must have registered and submitted a completed physical to DragonFly.com. Athletic Physicals are only valid for one physical year. Must be completed on the official WCPSS Athletic Forms.	

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Below is an **ESTIMATE** of the total cost you will have to pay August 4th, if you make either JV or Varsity. Please plan ahead.

Nfinity Evolution Shoes: \$79.99

Chasse VIP warm up:

Jacket \$27.49

Pants \$26.24

Bow: (4" Specialty Bow) \$12.00

Bag: (BLK) \$64.99

(NFBP Nfinity Backpack)

Short Briefs (black) \$19.99

FVHS Tshirt #1 \$16.00

FVHS Tshirt #2 \$16.00

FVHS Tshirt #3 \$16.00

Estimated TOTAL without tax \$ 278.70

Remember, if you already have any of the above (that is in good condition), you do not need to buy it again. The only thing that will need to be purchased year after year would be the three-team tee shirts and anything that needs to be replaced (example: worn down or noticeably dirty shoes, broken or discolored bow).

Selection Process:

Athletes will be selected based on the following:

- **Motions** – a **cheer** will be taught during tryouts and you will be judged on sharpness, motions and projection.
- **Jumps** (Toe Touch, Double Toe Touch, Pike, Herkie, Hurdler and combo jumps.
- **Tumbling** (Standing and Running passes. We expect you to throw tumble passes consistently during tryouts in order for it to be considered for scoring.) Tumble **REQUIRED** for Varsity: Standing BHS, Standing Tuck, etc. RO BHS, RO BHS multiples, RO BHS Tuck, etc. Exceptions may be made at the coach's discretion.
- **Dance** – A short dance will be taught at tryouts. You will be judged on knowledge of material, rhythm, motions and facials.
- **Stunting** – Cheerleaders will be placed in stunt groups and given the opportunity to show their skills.
- **Other:** Completed Information Sheet, Tryout Questionnaire, Report Card, Athleticism/physical fitness and Enthusiasm/Attitude

What to wear/bring to tryouts?

- Athletic Shirt / shorts (Preferably NOT a cheerleading shirt)
- Shoes (preferably Cheer shoes)
- Water
- **NO JEWELRY** (No Exceptions)

Please arrive on time, fully dressed, hair up and ready for tryouts.

Practices will begin Friday August 6th and unless otherwise stated, will be everyday to prepare for games and choreography.

Hello Parents,

We will be launching our WeFund4u fundraising efforts in the next few weeks and wanted to answer any questions you may have to gain participation. As most of you are aware, our athletics budget was severely impacted by spectator restrictions and Covid related protocols throughout the past year. As we prepare for the upcoming season, we really need your help so we can meet the financial challenges facing our program. Without your participation, this fundraiser will not work. With parent participation, this will be a tremendous success and we will easily reach our goal. WeFund4u is a social donation campaign that has simplified the way teams and groups raise money. Fundraising is vital for the success of our program and we feel this is the safest and easiest way for our kids to raise the necessary funds. There is nothing to sell, you don't have to handle any money, no product to deliver and it takes about 20 minutes.

PLEASE, Help your student complete the attached form.

-All we ask is, is that each parent/guardian help their student gather at least 20 quality email addresses and 10 cell phone #'s of their biggest supporters i.e., "Grandma, Grandpa, Aunts, Uncles, Family friends, Church Members, Community Business owners, etc." Then, invitations will be sent to these people where they can view the groups fundraiser page and decide if they would like to donate or share on social media. Wefund4u has done fundraisers with thousands of teams and the best fundraisers are because the parents have helped in gathering emails. We are confident that there are many people eager to support your young student athlete and WeFund4u's platform affords them the opportunity to help if they choose.

Your contacts are strictly private, protected and are used for our groups fundraising efforts and nothing more.

Thanks for your help!

Coach Furse

Team Fundraiser Homework Sheet

Please use this worksheet to collect 20 or more email addresses of your biggest fans.

Don't have their email? Get their cell phone #. Contacts will receive a personalized donation request via email or text on the launch day.

PARTICIPATION GOAL = 20 QUALITY EMAILS & 10 Cell phone #s

DO NOT USE TEACHERS OR PEERS!

****Hint:** Save the emails in the **NOTES SECTION** of your phone! By doing this you can simply copy and paste them in one action when it is time to enter them on the wefund4u.com site

EXAMPLE SHEET:

Example Donors	Email Address	Example Donors	Email Address
Mom/Dad		Family Friend #1	
Grandma		Family Friend #2	
Grandpa		Friends Parent #1	
Aunt		Friends Parent #2	
Uncle		God Parent	
Cousin		Neighbor	
Dad Co-Worker		Out of State Relative	
Mom Co-Worker		Former Coach	
Mom Best Friend		Church Member	
Dad Best Friend		Family Doctor/Dentist	
Other		Other	
Other		Other	
Other		Other	

Don't have their email address? Cell Phone #'s for texting is also effective!

<u>Name:</u>	<u>Cell Phone</u>	<u>Name:</u>	<u>Cell Phone</u>



FVHS Sports Participation/Clearance

Athletic Contact Info:

Email: Heather Pagel MA, ATC, LAT hpagel@wcpss.net

James Mountford (AD) jmountford@wcpss.net

Twitter: FVHS Bengals Sports @fvhsbengals

Mrs. Pagel(Head Athletic Trainer) @hpagel48

Athletic Registration:

All FVHS athletes, new and returning, must be registered through Dragonflymax.com. Follow the steps on the Dragonfly flyer(on the FVHS athletic website) to sign up for an account. Parents should create an account FIRST and then add their children as athletes. Please make sure that there is a current cell phone number and email address listed. This will be used for important updates and communication between teams and coaches.

****This must be completed before participating in workouts or tryouts.

Physicals: (See flyer for information about \$10 physicals @ CFPSM)

The physical exam page(showing clearance/signature by physician) of the WCPSS Athletic Participation forms must be completed each year. A copy of this form can be found on the FVHS athletics website under documents and WCPSS Athletic Participation forms. A copy/picture of the completed & signed physical exam page needs to be uploaded to the athletes DragonFly account yearly.

****No hard copies of forms will be accepted.

Participation:

No athlete will be allowed to participate or tryout for a FVHS sport in any way until Dragonfly registration is complete and approved. This will be checked by coaches upon arrival and athletes will be sent home if they do not have correct completion and approval.

GET STARTED WITH DRAGONFLY



DragonFly makes sports and activities more organized with easy-to-use digital forms, health records and team communication tools.



PARENTS & STUDENTS

- 1 Download the DragonFly MAX app from the App Store or Google Play.
- 2 Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.
Note: please do not create an account with your child's name or contact information – you will get the chance to add your child soon!
- 3 Verify your account with the verification ID sent to your email address.
- 4 Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school.
- 5 After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
- 6 Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.



ATHLETIC DIRECTORS, COACHES & SCHOOL ADMINISTRATORS

- 1 Visit dragonflymax.com and click the 'Log In/Sign Up' button.
- 2 Click 'Sign Up for Free' to create your account with your school email address.
- 3 Verify your account with the verification ID sent to your email address.
- 4 Click the 'Get Started' button to select your role and search for your school.
- 5 After selecting your school, tap 'Join' to request access. You will see a list of administrators at your school who can approve your request. If you're the first person to request access to your school, a member of the DragonFly team will verify your role and approve your request.

PREFER TO DO THIS ON YOUR COMPUTER?

Visit dragonflymax.com and click 'Log In/Sign Up' to get started.

Sign Up at
www.cfpsm.com

CAROLINA
FAMILY PRACTICE &
SPORTS MEDICINE

ONLY \$10
per person

2021 SPORTS PHYSICALS

June 9
5pm-8pm

Raleigh

8300 Health Park, Suite 107

June 16
4pm-8:30pm

Holly Springs

401 Irving Pkwy, Suite 320

June 23
5pm-8pm

Cary

3700 NW Cary Pkwy, Suite 110

By Reservation Only: Sign Up at www.cfpsm.com

- \$10 per person (Exact cash or check only. Credit cards not accepted)
- All proceeds are donated back to your school/organization
- Please bring forms with **HEALTH HISTORY** portion completed
- No camp or scout forms will be completed.
- Visit **www.cfpsm.com** to sign up for a time slot