

CHEER TRYOUT PACKET

Potential Cheerleader,

Thank you for expressing an interest in being a Dillard Drive Middle School cheerleader. The following forms are very important. Cheerleading can be a fulfilling and challenging experience, but it is also demanding and disciplined in its nature. Please read everything thoroughly and make sure that you and your parents have signed the required documents. All of the documents, including your physical form (completed and signed by a doctor) and concussion statement form **must be turned in by Friday, August 31**. Please be responsible and turn the forms in on time. You may bring the documents to Room 803 before or after school or you may drop it off in the main office during the summer.

An informational meeting for potential cheerleaders will be held on **Tuesday, August 28 at 3:15**. A cheerleading tryout clinic will be held on **Tuesday and Wednesday, September 4 and 5** at DDMS. During these three days, you will be taught cheers, chants, and a dance. In addition to the material learned, each participant will have to perform required jumps. This material will be performed on **Thursday, September 6** and final cuts will be made. Those chosen for the squad will be posted on the DDMS cheerleading website (<http://dprokop.weebly.com/ddms-cheer.html>) on the evening of **September 6**. Our first team meeting and Varsity "cheer gear" fitting will be on **Friday, September 7**. Varsity clothing payment will be due online by Friday, September 14.

There will only be one tryout for the 2018-2019 cheerleading squad. If you make the squad, you are committing to cheering through football, basketball, and competition seasons (August through February). We are very fortunate to have talented athletes trying out for cheerleading each year. Our program is thankfully getting stronger and stronger each year; therefore, it is more challenging each year to make the squad. The cheerleading candidates are judged not only on skill, athleticism, and the physical requirements, but also on school and team spirit, ability to work with others, academics, dependability, classroom conduct, and teacher recommendations.

If you have any questions, please e-mail Ms. Prokop at dprokop@wcpss.net or Ms. McGuire at amcguire@wcpss.net. See you on Tuesday, September 4! GOOD LUCK!

Sincerely,

Danielle Prokop
Danielle Prokop

Tryout Information Sheet

| Date | Time | Location | Agenda |
|--|-------------|-----------|---|
| August 28 | 3:15 – 4:00 | Room 803 | Informational meeting for potential cheerleaders |
| August 31 | | Room 803 | Cheerleading Paperwork Due |
| September 4 <i>Your tryout number will be assigned.</i> | 3:00 – 5:00 | Cafeteria | Material will be taught for tryouts. In addition, we will have an open gym where you will continue to practice your material, jumping, etc. During this time, we will also be watching your team spirit and ability to work with other. |
| September 5 | 3:00 – 5:00 | Cafeteria | Learn additional material and continue to prepare for tryouts. |
| September 6 | 3:00 - 5:30 | Cafeteria | TRYOUTS. Final cuts will be made and posted on the cheerleading website. |
| September 7 | 4:00 – 5:30 | Cafeteria | Parent Meeting / Varsity Fitting |

Tryout Uniform

- White T-Shirt (No Logos)
- Dark Shorts
- Hair – Securely pulled away from the face (Bows are recommended)
- Tryout Number – Securely attached to the front of your shirt. You will be given a number to wear. YOU MAY NOT SWITCH NUMBERS WITH OTHER CANDIDATES.
- White Socks
- Clean Sneakers

Mandatory Forms – Due by August 31st

1. Wake County Athletic Participation Form* (this includes a current physical)
2. Signed Parent/Student Concussion Form*
3. Personal Skills Sheet* (attached)
4. Signed DDMS Cheer Rules and Regulations Form* (attached)
5. A COPY of your 2017-2018 Report Card (2nd Semester included)
6. Two Teacher Recommendation Forms* completed by 2017-2018 Teachers (attached – teacher responsibility – please ask the coaches if you did not attend a Wake County School and teacher recommendations will be difficult to have completed)

*** Forms available on cheerleading website (see cover page for web address).**

Tryout Skills

- Jumps: Toe-Touch and Jump of Choice (from the following list):
 - Front Hurdler (right or left), or Pike
- Cheers, Chants, and a Dance will be taught at the tryout clinic.
- Tumbling (preferred, but not required)

Judging System

The following system is the basis on which each applicant will be judged.

- Each applicant will be judged using a scoring rubric.
- Additional considerations will be placed on academic status, clinic attitude, presentation, and overall personality.
- Applicants will tryout in groups of three. This is not to intimidate you, but rather to ensure fairness of the scores and speed up the tryout process.

NOTE: The coaches have the final approval of the selection of the squad. Teacher references and comments on the student's past behavior and sense of responsibility will be considered when making the final selection.

Cheerleading Rules and Regulations

The established guidelines below outline what is expected of cheerleaders at DDMS. Be sure you and your parents read and fully understand them.

- Cheerleaders must maintain a C or higher average during the school year. In order to be eligible for tryouts, cheerleaders must have earned a C or higher in the previous semester.
- Any administrative disciplinary action (ASD, ISS, OSS, excessive lunch detention) will result in disciplinary action on the squad.
- Students participating in cheerleading are expected to be in school the entire day in order to participate in games or practices, except where specifically exempted by a physician.
- A cheerleader's behavior should always be above and beyond reproach since they are in the public eye and are a representative of DDMS.
- Behavior at practices, games, and other events should consistently demonstrate good sportsmanship, willingness to work with others, and positive school spirit.
- Uniforms: Each cheerleader is loaned 1 skirt, 1 vest, and a set of pom-poms from the school. Cheerleaders are expected to care for the uniforms and will be charged current market price for damages.

Time Commitment and Cheerleader Responsibilities

Being a member of the Dillard Cheerleading team requires a major commitment from athletes and their families. Successful cheerleading teams require many hours of work from each athlete. Our goals include developing as an individual and as a team. These goals take no less than 100% effort from each individual. Therefore, it is important for athletes to understand the necessity of time management. Calendars are essential. Each cheerleader will be given a calendar monthly. Though it is admirable for athletes to become involved and well rounded, athletes should take caution when becoming involved in multiple organizations and activities. Do not overbook yourself. **All-star squads are allowed, but they DO NOT come before Dillard Drive Cheerleading. Absences due to All-Star events will NOT be excused.** Making wise choices based on your time, talents and interests is a vital part of becoming an adult. Budget your time wisely!

Time Obligations

Home Games: *times may vary*

- Football: Thursdays (3:30 – 5:30pm) – subject to change
- Basketball (Girls and Boys): Game days vary. 2 games per day (3:30 – 6:30pm), 1-2 days per week.

Practices:

- Approximately 2-3 days per week (3:30 – 5pm)

Competitions:

- Typically on Fridays or Saturdays. Chosen by coach and approved by Athletic Director

Fundraising:

- ALL cheerleaders are expected to help promote and participate in team fundraising events.

Cheerleaders who have been selected by the 2018 – 2019 DDMS Cheerleading Squad will be required to cheer for both football and basketball. The season will begin in August and will end in February of the following year. Attendance to games and practices are mandatory.

Practice Schedule and Information

- The first day of practice will be on September 10th.
- Calendars will be distributed bi-monthly (Dates and times are subject to change).
- Transportation to and from practice is the responsibility of the parent or guardian.
 - Activity bus information provided upon request
- Consistent late pick-up from practice will result in a consequence or possible removal from the team.
- No cell phones at practice. **Phones must be turned off or on silent.**
- Cheerleaders must be ready at the designated practice time.
- All mats must be unrolled and placed on the practice floor before practice begins. Wasting time putting mats out will result in laps by the entire team.
- No guests/parents are permitted at practice, unless permission by the coaches is granted.
- Cheerleaders are required to bring their DDMS Cheer Handbook to every practice.
- Coaches must be informed in advance if a cheerleader will miss practice.
- Excused absences are only an excused absence from school, illness, or a death in the family.
- Doctor's appointments, other cheer obligations, etc. must be scheduled around our practices and games.
- If the coach feels that excessive absences, even for excused reasons, prevent a cheerleader from performing effectively with the team, the cheerleader may be removed from the team.
- The coaches can remove a member of the team at anytime at the coaches' discretion.
- Once the squads are selected, if additional squad rules are decided then cheerleaders and parents will be made aware of these rules in writing.

Cheer Gear from Varsity

Each cheerleader is expected to purchase the following: (These prices DO NOT reflect taxes and shipping.)

- | | |
|--|-----------------------------------|
| • Shoes – options provided at fitting | • **Sweatshirt - \$69 |
| • *Boy Cut Briefs (unless pre-approved) - \$16 | • ** Backpack - \$60 |
| • *V-Neck Midriff(unless pre-approved) - \$25 | • ** Optional Tank - \$57 |
| • *Warm Up - \$135 | • ** Optional Leggings - \$57 |
| • *2 T-shirt - \$75 | • ** Optional Shorts - \$27/ \$54 |
| • * Bow - \$19 | |

**Optional items

*Optional items for returning cheerleaders provided the items fit and are in good condition (Checked on Sept. 11)

Minimum Total –includes shipping/handling (Due September 14): \$255 (\$80 for Returning Girls)

Cheer Rules and Regulations Form

Please sign and return the following document with your tryout packet.

My child, _____ (print student name) has my permission to be a cheerleader at Dillard Drive Middle School. I understand that my child must abide by the rules and regulations set forth by the coaches, athletic department, and the principle of DDMS. I understand that all forms attached must be completed by August 31st, or my child will not be allowed to tryout. I understand that my child must attend all practice (unless excused by the coaches) and tryout sessions, or my child will not be considered for a cheerleading position.

I understand that my child will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the tryout packet.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries, such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries, such as permanent paralysis or even death from landing or falling on the back, neck, or head. I understand these risks and will not hold DDMS or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian Signature _____ **Date** _____

I, _____ (print student name) am interested in being a cheerleader at Dillard Drive Middle School. I have read and understand the tryout packet, especially regarding my responsibilities of being a role model, the time commitment required, and other obligations set forth for being eligible for tryouts and remaining on the squad in good standing.

I understand the physical risks of cheerleading as stated above.

If elected, I promise to abide by the rules and regulations set forth by the advisors and the principle of DDMS. I promise to cooperate and follow the instructions of my coaches.

Student Signature _____ **Date** _____

Personal Skill Sheet

Student Name _____ **Grade Level** _____ (2018-2019 School Year)

1. Do you have any cheerleading experience?

Please Circle: Yes No If Yes, How many years? _____

2. Circle the following gymnastic skills that you are able to perform proficiently (Meaning you are capable of doing the skill on a competition mat by yourself – Skills on a spring floor will not be considered). If you circle it, you will be asked to demonstrate it for us at tryouts. If you make the team, you will be required to perform this tumbling at practices, games, and competitions.

Round-off Back Handspring

Standing Back Handspring

Standing Back Tuck

3. List any other **advanced** tumbling skills at which you are proficient.

4. Which stunting position would you like to be considered for? (Check all that apply) Please state if you have any experience at this position.

Flyer _____ Experience? _____

Base _____ Experience? _____

Back Spot _____ Experience? _____

Front Spot _____ Experience? _____

All Positions _____ Experience? _____

5. Besides cheerleading, dancing, or athletic skills, what qualities or skills could you add to the DDMS cheerleading squad?

Teacher Evaluation For DDMS Cheerleading

Cheerleading Candidate Name: _____

Evaluator Name and Grade/Subject: _____

Teachers: It is the mission of the cheerleading program at Dillard Drive Middle School to select athletes that exemplify the highest moral, academic, and athletic standards. We thank you for taking the time to provide an honest evaluation of this candidate. Please place this evaluation in a signed and sealed envelope and return it to Danielle Prokop by **August 31st**.

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

Note: Consistently low ratings will make a candidate ineligible to try out for cheerleading.

| | | | | | |
|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | Capability of Leadership |
| 1 | 2 | 3 | 4 | 5 | Dependability and Responsibility |
| 1 | 2 | 3 | 4 | 5 | Self-Discipline and Motivation |
| 1 | 2 | 3 | 4 | 5 | Attitude |
| 1 | 2 | 3 | 4 | 5 | Ability to Accept Constructive Criticism |
| 1 | 2 | 3 | 4 | 5 | Behavior in Class |
| 1 | 2 | 3 | 4 | 5 | Cooperation |
| 1 | 2 | 3 | 4 | 5 | Role Model for the School |

Did this student ever need to be disciplined by you? If so, what was the offense?

Any additional comments or concerns about this candidate?

If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to dprokop@wcpss.net.

Evaluator Signature: _____ **Date:** _____

Teacher Evaluation For DDMS Cheerleading

Cheerleading Candidate Name: _____

Evaluator Name and Grade/Subject: _____

Teachers: It is the mission of the cheerleading program at Dillard Drive Middle School to select athletes that exemplify the highest moral, academic, and athletic standards. We thank you for taking the time to provide an honest evaluation of this candidate. Please place this evaluation in a signed and sealed envelope and return it to Danielle Prokop by **August 31st**.

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

Note: Consistently low ratings will make a candidate ineligible to try out for cheerleading.

| | | | | | |
|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | Capability of Leadership |
| 1 | 2 | 3 | 4 | 5 | Dependability and Responsibility |
| 1 | 2 | 3 | 4 | 5 | Self-Discipline and Motivation |
| 1 | 2 | 3 | 4 | 5 | Attitude |
| 1 | 2 | 3 | 4 | 5 | Ability to Accept Constructive Criticism |
| 1 | 2 | 3 | 4 | 5 | Behavior in Class |
| 1 | 2 | 3 | 4 | 5 | Cooperation |
| 1 | 2 | 3 | 4 | 5 | Role Model for the School |

Did this student ever need to be disciplined by you? If so, what was the offense?

Any additional comments or concerns about this candidate?

If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to dprokop@wcpss.net.

Evaluator Signature: _____ **Date:** _____