

Seneca Valley HS



Cheer Tryouts

2019-2020

Principal – Mr. Marc Cohen

Varsity Cheer Coach – LaToya Dyson

Athletic Director – Mr. Jesse Irvin

JV Cheer Coach – TBD

In order to tryout you must attend all three days of cheer clinics.

- **Tryout Clinics:** 5:00-8:00pm
 1. Wednesday, August 14th
 2. Thursday, August 15th
- **Final Tryout:** Friday, August 16th starting at 10:00am

IN ORDER TO PARTICIPATE IN CLINICS OR TRYOUTS THE FOLLOWING MUST BE TURNED IN AS NOTED BELOW:

- Paperwork listed below needs to be filled out online by end of July. Check for more info on the SVHS Athletics webpage.
 - ✓ Student-Parent Athletic Participation Contract/Parent Permission form
 - ✓ Medical Card Form

Valid **MCPS Pre-Participation Physical Evaluation** dated before **8/12/19**, **Character Assessment with copy of report card**, and **Tryout information form with signed parent permission** *must be turned in online 8/14/19 first day of tryouts in order to tryout.*

[Learn cheers - http://senecavalleycheerleading.weebly.com](http://senecavalleycheerleading.weebly.com)

April 2019

Dear Parent(s)/Guardian(s):

Your daughter/son is interested in trying out for the 2019-2020 SVHS Cheer Teams. If your daughter/son is chosen to represent Seneca Valley High School as a member of the cheer squad, it will not only be an honor, but also a **MAJOR commitment**. The responsibilities are numerous and **MUST** be fully understood in advance. This packet is designed to provide you with a comprehensive list of policies, procedures, and expectations. It is important to realize that practice and game schedules are typically set well in advance and should therefore be considered **MANDATORY**. Schedule changes not in control of the cheerleading coaching staff will be made known to squad members as soon as possible.

Becoming a cheerleader requires a substantial financial commitment. In order to offset some of these costs, all squad members will be required to participate in fundraising activities; i.e. Car washes, t-shirt sales, and clinics, etc., and any other events deemed necessary for the program. Members of both Cheerleading Squads will be responsible for (not limited to) the purchase of all cheerleading equipment, bows, shoes, clothes, camps and clinics.

Please review the requirements listed in this packet with your daughter/son. Should you agree to make the commitment, please register and complete all required documents online.

Please contact LaToya Dyson, at senecavarsitycheer@gmail.com or senecajvcheer@gmail.com with any questions. **NOTE:** If your child makes a cheerleading squad, **we will be having our first MANDATORY practice Monday, August 19th** time and location TBA. We welcome you to our successful spirit program and hope your son/daughter will enjoy the experience as the newest members of our cheerleading family.

TRYOUT PROCEDURES & JUDGING CRITERIA

CLINIC AND TRYOUT RULES:

1. T-shirt, shorts, socks and athletic sneakers must be worn on all days. On the day of tryouts, you must wear a solid white t-shirt, black or dark green shorts, and white rubber soled athletic/cheer shoes.
2. Hair must be up and **NO** jewelry is permitted. This includes necklaces, bracelets, earrings, studs, belly rings, watches, toe rings, nose rings, etc. **YOU CANNOT COVER PIERCINGS ETC WITH BAND AIDS/TAPE.**
3. Fingernails must be short and filed. NO NAIL TIPS. Only clear nail polish is allowed.
4. Gum chewing is not permitted.
5. Listen to **ALL** instructions of the staff and coaches. This is a time to learn, not socialize. Take it seriously.
6. **BE ON TIME** to practice and immediately get stretched and be ready to learn.
7. Wear your number every day after receiving it on the first day.
8. This is a closed clinic and tryout. No one will be permitted to visit or watch you.
9. Attendance is mandatory on clinic and tryout dates.
10. All cell phones are to be **TURNED OFF or PUT ON SILENT.** If you use your cell phone during clinics you will be asked to leave and you will not be allowed to tryout.

In order to tryout you must attend all three days of cheer clinics.

2019-2020 Sample Score Sheet Sample

You will be judged on the following material:

- Cheer w/ Jump- **10 points**
- Dance- **10 Points**
- Jumps- **10 Points**
- Tumbling/Standing- **15 Points**
- Tumbling/Running- **20 Points**
- Stunting- **25 Points**
- Football Cheer Test- **10 Points**
- Appearance- **5 Points**
- **Total Possible Points= 105**

Varsity Requirements: In order to be considered for Varsity you must show the following skills listed below:

- **Jumps- MUST** show the following sequence: Pike, front, toe touch with no prep in between
- **Tumbling Standing:** 2 points deducted if not executed, clean, or touch down:
 - **Front or back Walkover (1 point)**
 - **Standing BHS (1-2 points)**
 - **Tuck (3-4 points)**
 - **Full (5 points)**
- **Stunting: Must** show one of the following stunt sequences: **Flyers need to show 2 body positions extended level (a lib is not considered a body position. -1 point will be deducted if lib is shown at tryouts. -2 points will be deducted if stunt falls. -5 points will be deducted (bases only) if flyer is not caught if stunt falls.**
 - 1. Half up to extension, cradle (+2 points if full down), reload, heel stretch/bow n arrow (-1 for lib), turn, scale/scorpion/arabesque (-1 for lib), prone. 20 possible points**
- **Football Cheers:**
 - You must know football cheers prior to tryouts. Since tryouts are held later compared to previous seasons (May) we only have about 2 weeks to review sideline material and then we must move on to learn competition choreography. Please use the link provided to learn cheers or meet with a veteran cheerleader(s) to learn/review cheers.
 - A random cheer will be called at tryout clinics. You are expected to know the cheers, no excuses. You have 3 ½ months to learn these.

The football cheer video is located on our website: go to the "more tabs" and click "sideline cheers":

<http://senecavalleycheerleading.weebly.com/>

Sample Tryout Schedule

Day 1: August 14th

4:30-5:00- Tryout Registration/Check In

5:00-5:15 Stretching

5:15 - Divide into 3 groups (Cheer, Dance, and Jumps)

5:15-5:55- Rotation 1

5:55-6:35- Rotation 2

6:40-7:25- Rotation 3

7:30-8:00- Review/Dismissal

Day 2: August 15th

4:45- Check In

5:00-5:15- Stretching

5:20-6:10- Review Jumps

6:15-6:40- Review Cheer/Dance

6:45-7:20- Review Football Cheers

7:25-8:00- Stretch/Questions/Dismissal

Tryout Day: August 16th

9:55 am- Tryout Registration/Check In

First tryout group will go at 10:00 a.m.

Please arrive 30 minutes before your tryout time so you can review with your group/stretch

Results posted by 1:00PM no later than 2:00PM outside the doors of the main gym entrance and an email sent out.

Tryout Groups: 3 people in each group.

Judging Panel & Criteria – A panel of judges, with extensive cheer and dance backgrounds, will be present during the formal tryout process, but ultimately the coach, using report cards, impression of candidate's work ethic, tryout scores, character assessment, and overall disposition during clinics, has the FINAL AUTHORITY in member selection.

Expected Expenses

This list is to give you an overview or idea of the expenses you can expect as part of the SVHS cheerleading program. Since catalog prices are subject to change and shipping fees often vary, amounts are approximate. Other expenses (professional team & individual photos, performance videos, squad bonding activities, uniform cleaning) may arise throughout the year, but will be kept to a minimum

Varsity Expense	Amount	Due Date
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Camp Fee	\$140	August 17th
Camp/Practice Wear	\$100	August 30th
Warm Up's (new members)	\$70	September 6
Briefs	\$22	August 23rd
Shoes	\$50	August 23rd th
Bows (3)	\$22	August 23rd ^e

Junior Varsity	Amount	Due Date
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Camp/Practice Wear	\$100	August 30th
Warm Up's (new members)	\$70	September 6
Briefs	\$22	August 23rd
Green Body liner	\$22	August 23rd
Shoes	\$50	August 23rd
Bows (3)	\$22	August 23rd

Note: returning athletes whose prior year's body wear and shoes are in GOOD condition are not required to purchase those items again this year. HOWEVER, if your items are worn torn, ragged or dirty, you will need to replace them.

Tryout Information Form
PLEASE PRINT CLEARLY AND NEAT!!!!!!!

Candidate Name:	Candidate E-mail:
Candidate Cell Phone:	Student ID:
Father's/Male Guardian Name:	Mother's/Female Guardian Name:
Work Phone:	Work Phone:
Cell Phone:	Cell Phone:
E-mail:	E-mail:

My MCPS Pre-Participation Physical Form is:

- Turn in to the Athletic Director
- Valid (Dated before 8/12/19)
- Date of most recent physical evaluation: _____

Please check all that apply.

I am interested in trying out for: (Please mark both if unsure.)

- Varsity Cheerleading
- JV Cheer

Incoming Grade _____

Do you have any cheer experience? _____

If so, explain. _____

Character Assessment

Please type answers and attached. Bring with you to paperwork collection.

1. Do you feel cheerleaders are an important part of the athletic program; and if so, why?
2. Why are you trying out for the cheerleading team?
3. Why should a cheerleader be responsible for maintaining good grades?
4. What three characteristics do you feel are most important for cheerleaders to possess?
5. How can cheerleader's best represent their school and student body?
6. As a cheerleader, what are your strengths?
7. What are your weaknesses?
8. Where will cheerleading rank in your list of priorities?
9. If you had a problem with another squad member or felt that they had a problem with you, how would you handle the situation?
10. What other sports and extra-curricular activities do you participate in actively, both school and community?
11. What do you hope to accomplish during the upcoming season if chosen?
12. What do you think are the most important things that make a team successful?

IMPORTANT DATES

<u>Dates</u>	<u>Time</u>	<u>Details</u>
Thursday, April 25 th	7:00- 8:00PM Cafeteria	Interest Meeting
August 14-15th Wednesday-Thursday	5:00- 8:00PM Gym	Tryout Clinics <i>Cheer, Dance, & Chant</i>
Friday, August 16 th	10:00am Gym	Final Tryout <i>Results posted/emailed by 1pm</i>
Saturday, August 17- 18, 2019	10:00 am Gym	Mandatory Varsity Practice Payment due.
August, 19th	Time TBA	MANDATORY First day of Practice

I, _____ the above named student, have read and understand the information in the 2019-2020 Seneca Valley Cheer Tryout Packet.

Sign _____

Date _____

I, the parent/guardian of the above named student, have also read the information in the 2019-2020 Seneca Valley Cheer Tryout Packet. I give permission for my student to participate in this tryout. I fully understand that the school and coaches will take every reasonable precaution to prevent accidents, but that they will not be responsible if any accident occurs.

In case of emergency, please contact _____ at the following phone number _____

Sign _____

Date _____