


Festus High School Basketball Season Cheerleading Tryout Packet



Pages with a star  on the bottom, right hand corner need to be submitted by

Friday, October 30th before 2:37PM

Return to
Coach Doyel or Coach Vanbibber

2020-2021

Dear Parent/Guardian:

Your daughter/son has expressed an interest in becoming a member of the Festus High School cheerleading squad for the winter 2020-2021 basketball season. If selected, there are certain personal and financial obligations that a cheerleader and her/his parents must assume in order to qualify, to participate, and to remain a member in good standing.

Fully review and complete the information in the tryout packet with your daughter/son prior to tryouts. Pages with a star on the bottom, right hand corner need to be submitted by **October 30th before 2:37PM**. If we do not have the items listed in the packet that needs to be turned in by the due date, then your child will be unable to participate in tryouts.

All paperwork can be turned into the Cheerleading Coaches or athletic office.

Thank you so much for your interest in the Festus Cheerleading program.

Sincerely,

Mrs. Jessica Doyel and Ms. Ashley VanBibber
Cheerleading Coaching Staff

List of items needed for basketball cheer season for a brand new cheerleader	
Warm-up jacket (optional)	\$90.00
Cheer shoes	\$70.00
Practice shell	\$53.95
Practice skirt	\$57.95
List of items needed for basketball cheer for any/all cheerleaders	
Basketball Shirts	\$60.00
Prices are approximate and are subject to change	

Please note: our 2020-2021 Basketball squad will be significantly smaller than prior years/seasons due to safety concerns. A former cheerleader is not guaranteed a spot and will have to tryout like everyone else.


Check with the athletic office to see if you have a current physical on file. If you do not, you MUST get one before tryouts begin, or you will not be eligible to participate.

Please review the attached calendar.

Tryout Check List

To be eligible to try-out for the Festus High School Cheer Team, each candidate must submit the following items:

- A completed Festus cheerleader/Parent information application
- A signed copy of the cheerleading commitment statements
- Current Athletic Participation Packet, can be found on the Festus Athletic webpage.
- A current physical on file in the athletic office.
 - Check with the athletic office to see if you have a current physical on file. If you do not, you MUST get one before tryouts begin, or you will not be eligible to participate.
- A copy of the candidate's unofficial transcript, which can be printed off of SIS or obtained in the counseling office. Be aware that a candidate may be ineligible for tryouts if he/she has one F and two D's or any combination of the two.
- 2 teacher evaluations from current teachers
- Signed "Cheer Responsibilities" page
- Signed "Parent Responsibilities" page
- Try-out Form
 - Captain only section (only *eligible participants* may submit captains form)

All pages that need to be turned back in have a  at the bottom, right corner

All information must be submitted no later than **October 30th BEFORE 2:37pm. You will be unable to participate if do not have all information filled out and turned in by the due-date. Packets turned in on the day of tryouts after 2:37pm will not be accepted.**

All paperwork can be turned into the Cheerleading Coaches or the AD office.

Tryout Information

- NO PARENTS OR SPECTATORS are allowed during tryouts. Only coaches, cheerleaders teaching material and/or judges are allowed.
- **If you have a forwarded balance from the previous year or have not turned in your uniform from the previous season, you may be ineligible to try out.**
- If you earn a position on the cheer squad, you are expected to accept the position. If for whatever reason, you do not think you can meet the obligation expected of the FHS cheerleader, then please do not tryout.
- All former and current FHS cheerleaders must tryout just like everyone else and are expected to do the same as the other applicants. They are not guaranteed a spot in the Cheer Program.
- Coaches and teammates are expected to do what is best for the team as a whole, not as an individual.
- Each candidate will be assigned a number for judging purposes.
- Scores will be computed for the cheerleader candidate based upon the following areas:
 - Academics: Teacher Evaluations and grades (5% of tryout score)
 - Submission of FULL tryout packet (5% of tryout score)
 - Cheer, chant (70% of tryout score)
 - Voice, rhythm, motions, confidence/enthusiasm
 - Jumps, kicks, and motion drill
 - Stunting and tumbling (20% of tryout score)
 - *Any and all tumbling is added points to the overall score*
- Candidates are to wear t-shirts, shorts and tennis/cheer shoes to each day of tryouts. FHS cheerleading attire is NOT allowed. Sweatpants, yoga pants, tanks, cut off t-shirts, slip on/converse shoes are NOT allowed during the tryout process. Candidates will be asked to change or to leave the tryouts if they are not wearing the proper attire.
- There will be no make-up tryouts unless arrangements have been made with coaches prior to tryouts. If you are a multi-sport athlete, contact a coach to work out a schedule that will work best for everyone. If you are a multi-sport athlete, you may be required to sign a contract outlining what is and isn't acceptable with both sports.
- The judging panel will be made up of individuals who have several different levels of coaching and cheer experience; however, the FHS coaches make all final decisions regarding the team selections.
- Just because the score may be high enough to place them on the team DOES NOT mean that they will be the team in the end. Commitment, maturity and attitude, grades and teacher evaluations hold major determining factors on the final placement.
- The placements of the team are FINAL and will not be changed for any reason.

Deadline to submit paperwork:

Friday, October 30th before 2:37PM

Cheer Tryout Clinic/Tryout Date(s):

Monday, November 9th from 6:15-7:30pm, November 10th from 3:00-4:00 pm with tryouts beginning at 4:30 pm

- Please bring something to stay hydrated

Official Tryout Day:

Tuesday, November 10th beginning at 4:30 pm in the cafeteria

Mandatory practice begins Thursday, November 12th at 3:00 for all those who make the squad.

Tryout Information
Festus High School Cheer
2020-2021 Tryout Form

Tryout # _____
Team: Basketball
Info in box is for coaches use ONLY

Name _____

Age _____ DOB _____ Grade for 2020-2021 school year _____

Which position will you be interested in? Please circle all that apply:
BASE BACKSPOT FLIER I don't know/any

Please list any prior cheerleading/gymnastics experience you may have:

Have you previously been on the cheerleading squad and have quit or become ineligible due to grades and/or attendance? Yes No

If yes, use the space below to explain

Eligible Participants Only

Would you like to be considered for captain? If yes, there is a section below for you to fill out and submit. You must have previous cheer experience on the FHS Cheer squad of at least 1 year in order to be eligible. { 1 year means, one football and basketball season equals 1 year or 1 football and 1 football of another year. }



Parent/Candidate Contact Information

Please fill out the following completely.

Parent/Guardian name(s): _____

Cell phone number(s): _____

E-mail address(es): _____

Cheer candidate name: _____

Cheer candidate cell phone number: _____

Cheer candidate e-mail address: _____

Please list any other contact information that we didn't specifically ask for but might need here:

With whom do you want your cheer-related emails/calls/texts to be discussed?



Tryout Clinic Parent Release Form

Parent Release: I hereby state that my child is in good physical health and is capable of participating in the activities involved in the tryout clinic. I hereby waive and release any liability and hold Festus High School harmless, the organizers, directors, sponsors and coaches from any injuries that may occur while my child attends these tryout clinic dates. She/He is participating at her/his own risk and will abide by all safety guidelines in place during the tryouts.

Parent/Guardian signature_____ Date:



Cheerleader Responsibilities

Cheerleading requires a GREAT deal of time, commitment, and dedication on the part of the cheerleaders. Academics should always be a priority; cheerleading should be next with all other activities to follow. Responsibilities include but are not limited to the following:

1. The cheerleader will maintain academic eligibility (FHS/MSHSAA guidelines)
2. The cheerleader will represent Festus High School in a positive manner in action, dress, and overall conduct, and will exhibit acceptable standards of citizenship at all times (e.g. in the halls, in the classroom, at events, in the community, social media, etc.)
3. The cheerleader will refrain from gossiping or any form of verbal or physical confrontation.
4. The cheerleader will raise school spirit.
5. The cheerleader will wear appropriate uniforms or outfits on specific days and scheduled events.
6. The cheerleader will follow through with all commitments. The cheerleader will attend all games, practices, and functions. They will also be on time to each one. Further, she/he will plan family outings, appointments, and other activities with the cheerleading schedule in mind first and foremost. She/he will take responsibility for reminding their parent of contacting a coach about an absence.
7. The cheerleader will communicate in a positive manner with teammates, coaches, and staff.
8. The cheerleader will maintain a positive attitude toward school and cheerleading.
9. The cheerleader will continue to be coachable.
10. The cheerleader will be able to take directions and criticism positively.
11. The cheerleader will be cooperative.
12. The cheerleader will silence his or her cell phone at practice/games.
13. The cheerleader will have all his/her gear with him/her at all times in the cheer bag.
14. The cheerleader will refrain from celebrating the misfortune or defeat of another person, team, or program.
15. The cheerleader will accept placements and awards with dignity and class.

Please sign and date the following to acknowledge that you have read and understand the cheerleader responsibilities:

Print Cheerleader name here: _____

Cheerleader signature: _____ Date _____

Parent/Guardian signature: _____ Date _____



Parent Responsibilities

Cheerleading requires a GREAT deal of time, commitment, and dedication on the part of the parents. If your daughter/son is selected, please read and consider all of the information before allowing your daughter/son to participate:

- Encourage her/him to abide by the rules set forth by coaches and administrators
- Attend parent meetings when applicable
- Fundraise and/or pay bills by the due date
- Agree to notify the coach if your cheerleader is ill, is late/absent from school or will not attend a cheerleading function/game.
- Provide punctual transportation (particularly if your daughter/son does not have a driver's license)
- Direct concerns about your cheerleader on an individual basis directly to the coach first
- Provide all the encouragement your cheerleader needs in her/his pursuit of excellence
- Parent/Guardians will follow all forms of proper communication when speaking with the coach.
- Understand that coaches are the ones who run the practices, make rules, enforce consequences, and make team decisions. Coaches will not be influenced by negative comments or complaints.

Please recognize that unforeseen circumstances do occur; interim changes to anything in this document may be made at the discretion of the coaches and administration. All decisions made by the coaches and/or administration are final.

Please sign and date the following to acknowledge that you have read and understand the parent responsibilities:

Parent/Guardian Signature: _____ Date: _____

Print Cheerleader name here: _____



Cheerleading Commitment Statement

I have read the **Festus High School Cheerleading Responsibility Page** and **Festus Schools Athletic Participation Packet** in its entirety and understand its contents. I understand the responsibility my child is undertaking by becoming a FHS cheerleader. I agree to fully support my child and will encourage them to fulfill their commitment. I understand that being a FHS cheerleader is a commitment on the part of the parent as well. I realize that when representing FHS I must always conduct myself with class. I understand that any athlete or parent who does not abide by the rules and regulations contained in their contract, that is consistently negative, or acts in a manner that jeopardizes the name and reputation of FHS Cheer Program will be subjected to removal with **no refund**.

Cheer Candidate: I have read the cheerleading packet, handbook, understand the operating principles of the cheerleading team and agree to abide by them; furthermore, if selected, I agree to accept the position and to follow all cheer team rules/guidelines. I will give 100% in order to make our team the best possible. I am eagerly looking forward to becoming an active member of the FHS Cheer team.

Print Cheerleader name here: _____

Candidate signature: _____ Date: _____

Parent: I have read the cheerleading packet given to my daughter/son, understand the operating principles of the cheerleading team, and agree to abide by them. If selected, my daughter/son has my permission to become an active member of the cheer team. I am aware that cheerleading requires an enormous time commitment and lots of dedication from both parents and cheerleader. I will support the program and my daughter/son 100%.

Parent/Guardian signature: _____ Date: _____



SELECTION OF CAPTAINS/TEAM LEADERSHIP

- o Communication Leader: Phone calls, texts; sends e-mail reminders, etc.
- o Game Leader: Makes game plans, leads warm-up and stretching, critiques/evaluates performances/games, etc.
- o Practice Leader: Makes practice plans, leads warm-up and stretching, finds and plans new conditioning games, etc.
- o Spirit Leader: Plans for spirit sticks, posters etc.

Being named captain or co-captain of a squad is a special privilege as well as a responsibility. These individuals should be an example for the rest of the squad. The captains are expected to support in word and actions all guidelines set forth in our cheer responsibilities of FHS. This position will require a time commitment outside of the "normal" cheerleader obligations. Captains must have had at least one year of Varsity cheerleading experience at FHS in order to be eligible for consideration. Captain duties consist of: making calendars for cheerleading events, taking roll at cheerleading functions, leading activities during practice, creating practice schedules and any other duties that the coaches assign.

- 2 Captains will be appointed for the 2020-2021 basketball season. One captain will be voted by the squad, the other will be appointed by the coaches.
- A captain may be removed from their leadership role if they are unable to uphold the guidelines and regulations set forth in this constitution. If this happens the head coach will appoint a new captain.

Please turn over for Section 1 and 2 to be considered for cheer captain



These responses should be typed, double-spaced and on separate pages for each section

Section 1- Essay Questions

Please respond to the following questions.

- 1.) What makes a good captain?


Section 2- Agenda for Cheer Practice

Develop an outline for cheer practice including activities and time allocation for each activity.



November

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Fall Break	3 Fall Break	4 Fall Break	5 Fall Break	6 Fall Break	7
8	9 Clinic Day 1 6:15-7:30 pm	10 Clinic Day 2 3:00-4:00 pm Tryouts begin 4:30pm	11 OFF	12 Practice 3:00-4:30	13 (football team possibly has a game)	14
15	16 Practice 3:00-4:30	17 Practice 3:00-4:30	18 Practice 3:00-4:30	19 Practice 3:00-4:30	20 (football team possibly has a game)	21
22	23 Practice 3:00-4:30	24 Practice 3:00-4:00	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28
29	30 Christmas Parade 					

December

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Christmas parade	Boys game 1	Practice 3:00-4:30 2	Practice 3:00-4:30 3	Boys game 4	5
6	OFF 7	Practice 3:00-4:30 8	Practice 3:00-4:30 9	Practice 3:00-4:30 10	OFF 11	12
13	Practice 3:00-4:30 14	Boys game 15	Practice 3:00-4:30 16	Girls game 17	OFF 18	19
20	Virtual day Girls game 21	Virtual day 22	OFF 23	OFF 24	OFF 25	26
27	OFF 28	OFF 29	OFF 30	OFF 31		

January

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO SCHOOL	2
3	4 No School Girls game	5 Return to school Practice 3:00-4:30	6 Practice 3:00-4:30	7 Practice 3:00-4:30	8 OFF	9
10	11 Practice 3:00-4:30	12 Girls game	13 Practice 3:00-4:30	14 Practice 3:00-4:30	15 Boys game	16
17	18 OFF	19 Practice 3:00-4:30	20 Practice 3:00-4:30	21 Practice 3:00-4:30	22 Boys game	23
24	25 Girls game	26 Practice 3:00-4:30	27 OFF	28 Practice 3:00-4:30	29 Boys game	30
31						

February

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Girls game	2 Practice 3:00-4:30	3 Practice 3:00-4:30	4 Practice 3:00-4:30	5 Girls game	6
7	8 Practice 3:00-4:30	9 Boys game	10 Practice 3:00-4:30	11 Girls game	12 No School/Teacher work day	13
14	15 No School	16 Boys game	17 Practice 3:00-4:30	18 Girls game	19 Boys game	20
21	22 Girls game	23 Practice 3:00-4:30	24 Boys game	25	26	27
28						