

Any questions email Mr. Keller cheer advisor at MKeller1@sandi.net

Name: _____ Current Grade Level: _____

**UCHS CHEER
TRYOUT PACKET COVER SHEET**

This is the cover-sheet for your completed tryout packet. Using a paper clip, please attach ALL of the following documents, in order. All documents must be completed and turned in by Monday, April 16th, 2018.

*Except for the Athletic Packet which is due to our Athletic Director before you can start summer practices.

I, _____ have completed and attached each of the following documents:
(Name of candidate)

- Cheerleading Tryout Application (Pages 1, 2, 3)
- Cheerleading Tryout Information Contract Signature page (Page 7)
- Parent Permission Form for Tryouts (Page 8)
- First semester report card **and/or** last 6-week report card.
(Must reflect a 2.0 GPA and Citizenship Grade)

TO BE TURNED INTO THE ATHLETIC DIRECTOR:

Athletic Packet – We will announce when it is available on-line for you to access.

I have read all Tryout Information and understand the responsibilities, requirements and have discussed the contents with my child. I have reviewed all of the attached documents with my child and hereby state that this tryout packet is complete and accurate.

Parent Signature

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UCHS Tryout Application

Attach Photo

**YES WE NEED A
PHOTO**

Please print the following information clearly.

Grade Next School Year 2018/19: ___9 ___10 ___11 ___12

School Attending now: _____

Date of Birth: _____(Month/Day/Year)

Squad trying out for: ___Varsity ___JV ___Either

Are you willing to be on either squad Varsity or JV regardless of your selection above? YES ___NO ___

Personal Information

Name: _____ Nickname: _____

Home Phone: _____

Athlete Cell Phone Number: _____

Athlete Email Address: _____

Parent Cell Phone Number: _____

Parent Email Address: _____

Address: _____ City/Zip: _____

Parent/Legal Guardian: _____

Work Phone _____ Cell Phone _____

Emergency Contact: _____ Phone: _____

Medical Information

1. Are you allergic to any medications? _____ If so, please list:

2. Are you currently taking any medications? _____ If so, please list:

3. Are you currently being treated for any injuries? _____ If so, please list:

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Questioner:

1. Why do you want to be a UCHS Cheerleader? What do you consider to be the duties of a cheerleader?
2. Are you currently a member of any extracurricular activities, club, organization, or team requiring meeting/practice time? If so, please list:
3. List any honors you have received in school (honor roll, special achievements):
4. Please list any summer obligations/trips/summer school that might interfere with cheer practice:
5. Additional comments or information you would like us to know about you:

My child, _____, has my permission to tryout out for the 2018-19 Cheerleading Squad at University City High School. I understand that she/he must abide by the rules and regulations set forth by the advisor, coach and administration of University City High School and be present for all practice and tryout sessions in order to be considered for a cheerleading position. I have read the regulations and understand that all forms attached must be completed or my child will not be allowed to tryout.

- I understand that qualified judges will evaluate my child and we agree to abide by the decision of the judges.
- I understand by the very nature of the activity; cheerleading carries a risk of physical injury. No matter how careful the participant and coach (es) are, no matter how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries and catastrophic injuries.
- I understand the risks and will not hold University City High School or any of its personnel responsible in case of accident or injury at any time.

Student Name (print)

Parent Name (print)

Student Signature

Date

Parent Signature

Date

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UC High School 2018--2019 Cheer Tryout Information Contract

Before Tryouts:

It is **required** that each candidate and their parent(s) or legal guardian attend a **Tryout Informational Meeting**, which will be held on **April 9th from 6:30 pm to 7:30 pm** in the UCHS auditorium.

Tryouts:

Tryouts will be held on the following days and times in the UCHS activity room.

Monday April 16th from 3:30 to 5:30

Tuesday April 17th from 3:30 to 5:30.

Wednesday April 18th from 2:30 to 5:30.

Thursday April 19th selection process will start at 3:00 with current Juniors, Sophomores, Freshman and then incoming Freshman.

Candidates will learn a dance, cheer, jumps and kicks.

All candidates must submit all tryout paperwork on or before **April 16th, 2018**.

Except for the Athletic Packet, which we will let you know once you can access it on-line and must be turned into our Athletic Director before summer practices start.

On the final day of tryouts, candidates will perform skills learned throughout the tryout practices in front of a panel of judges. **This is your moment to really shine.**

Coach/Judges will make decisions based on the available skill level and the number of applicants at the tryout process.

The JV squad will consist of up to 30 freshmen, sophomores and juniors who will cheer at JV football games, some freshman football games, JV basketball games and will participate in some pep rally events and community service activities.

The Varsity squad will consist of up to 30 sophomores, juniors, and seniors who will cheer at all Varsity football games, and basketball games, attend community service events, additional school sports, and pep rally events. Freshmen typically do not make the Varsity squad; however, exceptions can be made at the coach's discretion.

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Areas of Judging:

Interview – Each candidate will meet individually with the Coach and/or Advisor for approximately 2-3 minutes during or before tryouts. Candidates will be judged on honesty, sincerity and overall impression given.

Appearance – Candidates are expected to have a clean, well-groomed and neat appearance. Hair must be worn up. Appropriate make-up is allowed. Appropriate tryout attire is encouraged. No previous cheer team spirit wear please.

Cheer – Candidates will be judged on motion technique, precision, placement, timing, vocal projection and enthusiasm.

Dance – Candidates will be judged on motion technique, timing and showmanship.

Jumps – Each candidate will be asked to perform a jump of their choice and a toe touch which will be judged on motion technique, flexibility and height.

Kicks- Each candidate will be asked to kick three times in succession on each leg.

Tumbling – Candidates with tumbling skills will have the opportunity to tumble.

Overall Spirit/Attitude* – Candidates will be evaluated by the Coach/Advisor on their attitude throughout the entire tryout process. **Points may be added or subtracted from a candidate's overall score as deemed appropriate.**

*Denotes an optional category where candidates have the opportunity to earn extra points towards their overall tryout score. **Candidates will be notified of any changes made to areas of judging during the tryout days.**

Tryout Results:

While the selection process is one that allows for equal opportunity to all candidates, it is understood that not all who tryout will be selected.

After the judging panel deliberates and scores are totaled the Preliminary 2018-2019 JV & Varsity squads will be posted on the UCHS Cheer website: <http://www.sandi.net/Domain/15398> on Friday, April 20th or 21st.

** Squad results are not official/final until paperwork has been completed and enrollment has been re-verified.

Mandatory New Squad & Parent Meeting:

April 25th, 2018 from 6:30pm- 7:30pm in the UCHS Media Center. Check email for any updates/changes.

Practices

We will have several practices before school gets out for the summer. The purpose of these practices is to learn the football cheers prior to our summer practices starting. These practices will be held at UCHS after school, day and time will be announced at the new team meeting.

Summer Practices:

Summer practice will begin the week of July 23rd 2018. The summer practice schedule will be out soon. We will most likely have practices on Mondays, Wednesdays and Fridays until school starts, times to be determined. You will be receiving weekly emails from the advisor.

All squad members are expected to come to practices on time, in appropriate attire, and ready to participate.

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Vacations, appointments and other commitments must be scheduled around these times.

Practices, Games & Events:

During the school year, Junior Varsity and Varsity practices will be determined.

Throughout the year, cheerleaders will be attending various school athletic activities. These include but are not limited to: football and basketball games. Cheerleaders will also participate in team fundraisers, pep rallies, and community events.

The Advisor/Coach or assigned certified adult will supervise all practices, games, pep rallies and community events.

Squad members are **not** permitted to perform stunts or tumbling without the supervision of the Coach/Advisor.

Safety Regulations:

Cheerleaders, Coaches and the Advisor are expected to follow the safety guidelines set forth by The American Association of Cheerleading Coaches and Administrators (AACCA).

Expected Behavior and Standards:

In and out of uniform as well as on and off campus, UCHS Cheerleaders will behave in a way that proudly represents University City High School.

UCHS Cheerleaders will be expected to follow all school and athletic rules. Please refer to the school's handbook, Athletic Packet and UCHS Cheerleading Handbook for specific rules and regulations.

Failure to follow these rules may result in benching or dismissal from the team.

Expenses/Fundraising:

In order to maintain a successful program, UCHS Cheer program relies on fundraising effects, donations and other financial contributions.

Team fundraising events will be held during the summer, and throughout the school year to ensure that UCHS Cheer is able to exist this year and in the future.

Personal Hygiene items (shoes, spankies, bows and liners) will not be provided by the UC Cheer Program or UC High School.

We encourage all candidates and their families to discuss the amount of time, effort, dedication and responsibility that goes into participating in UCHS Cheer *before* making the decision to tryout.

By signing this agreement, you are stating that you understand the time commitment and expected behaviors.

You will be responsible for knowing the information contained herein and will be held liable for it. If you have any questions regarding any items addressed in this contract, please contact the Coach or Advisor.

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University City High School
2018 – 2019 Cheer Tryout Information Contract

By signing below, you are acknowledging that you have read and understand all the information contained in the 2018 -2019 University High School Cheer *Cheerleading Tryout Information Contract* and that you are willing to accept responsibility for said information contained therein and agree to be held liable for it.

- I give permission for my student’s name and cheer photos to be posted on the UCHS Cheer website and shutterfly page as a 2018-19 Cheerleader.**
- I do not want my student’s name or photos posted on the UCHS Cheer website or shutterfly page.**

Cheerleader’s Name (print) _____

Cheerleader Signature _____

Cheerleaders Cell Phone _____

Cheerleader’s Email _____

Parent / Guardian Name (print) _____

Parent / Guardian Signature _____

Parent/ Guardian Email _____

Parents Cell Phone _____

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SAN DIEGO CITY SCHOOLS

AUTHORIZATION FOR STUDENT PARTICIPATION
ONE-DAY OR SEASONAL ACTIVITY

_____ wishes to participate in
(Student's name)
University City High School Cheerleading Tryouts
(Activity)

on April 16-19 2018 from 2:30pm to 5:30 pm
(Date) (Time) (Time)

Transportation will be by Students must provide their own transportation
(Chartered bus, private car driven by school employees, parents, or students)

It is necessary that the parents specifically authorize that their child be included in the activity. Supervision for this event will be furnished by the school, but parents should understand that supervision will end at the time slated above. The school will take every precaution to assure the welfare and safety of your son/daughter participating in this activity. However, it is important that you understand that the school cannot assume financial or legal liability in case of injury or accident. Low cost student accident insurance is available; also, additional low cost insurance is available for students participating in interscholastic athletics. Please call or write the school office for information.

Cold sack lunches are available from the school cafeteria. Students who qualify may receive meals free or at reduced price.

If you wish your son/daughter to participate in the above described activity, please complete the request for participation form below, and return it to the school immediately.

Mark Keller Jeff Olivero
Activity Sponsor Principal

(Tear on dotted line and return lower portion.)

PARENT AUTHORIZATION FOR PARTICIPATION

I, the undersigned, authorize my son/daughter _____
(Name of student)

to participate in University City High School Cheerleading Tryouts
(Name of activity)

scheduled for April 16-19 2018 from 2:30 pm to 5:30 pm
(Semester) (Time) (Time)

California law (Education Code Section 35330) provides that any person making a field trip or excursion waives all claims against the school district and the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion.

Date Signed Signatures of Parent(s) or Guardian(s)