

Lawrence High School/ Spirit Squad



TRYOUT PACKET 2020-2021

Tryout Clinics

- Date: TBD
- Required for ALL potential Cheer, Dance, Mascot

FINAL Tryouts

- Date: TBD
- Required for ALL potential Cheer, Dance, Mascot
- Coaches will share the participant's results individually following the completion of all tryouts. Results will then be posted following the individual conferences

NEW Member Parent Meeting: TBD

Summer Camp Dates: TBD

- Required for ALL potential Cheer, Dance, Mascot

Lawrence High School Cheer and Pom Tryout Information

Eligibility: KSHSAA rules and guidelines will be followed. All participants must have all attached forms signed by parent or legal guardian and submit them at the first clinic/pre-tryout clinic in order to participate in any clinics and tryout.

Checklist of PAPERWORK:

- ✓ Pom/Cheerleader Application Form
- ✓ Spirit Squad Participation Agreement Form
- ✓ Payment Agreement Form
- ✓ Tryout Participation Agreement
- ✓ 5 Teacher / Coach Recommendation Forms

All paperwork must be turned in to Coach Shulman BEFORE the first day of clinics or sent via email:
klugo@usd497.org

5 Teacher Recommendations: Due by Monday, May 15, 2020

Teacher/Coach Recommendation Forms must be submitted by your teachers directly to Coach Shulman klugo@usd497.org Forms are required and must be submitted by due date to allow time for completion by clinic to be eligible to tryout.

PLEASE NOTE: A new physical form signed by your doctor *after* May 1 of the current (tryout) year must be on file with the LHS Athletic Office by the first day of fall sports for all students that make the team. New physicals due back to LHS by June 1, 2020.

****All CURRENT current cheerleaders/poms must have school-owned uniforms turned in and all due balances paid in full, in order to tryout!!**

ARE YOU TRYOUT READY?

What to wear:

- **Cheer:** plain shorts, plain t-shirts, athletic shoes, hair pulled back if shoulder length or longer.
- **Pom:** dance leotards, tank top, leggings, shorts w/ sports bra, tennis / jazz shoes. No T-shirts.
- **You must come to the clinics/tryout prepared – Absolutely NO jewelry!**

Requirements:

- **Cheer:** Chant, Cheer, Stunting, & Spirit Dance (taught at clinics)
 - Questions on application, enthusiasm, tumbling, jumps, coaches' evaluations during clinics
 - Tumbling not required but highly encouraged!
- **Pom:** Dance, Side-line, Stunting, & Spirit Dance (taught at clinics)
 - **Pom:** Dance, Side line Dance, & Fight Song, cheer tech (taught at clinics)
 - Questions on application, toe-touch jump, leaps, and turns

Please contact Coach Shulman if you have any questions:

Kaitlin Shulman – klugo@usd497.org

LHS Spirit Squad Requirements / Expectations

CHEER Squad: (freshman-seniors)

- **Fall:** Cheer/Support* varsity home and away football, home varsity soccer and select away soccer games, support other fall sports
KSHSAA State Competition & possible local cheer competition
- **Winter:** Cheer/Support all varsity girls and boys basketball, wrestling, boys swimming & diving; Pack the House performance
- **Spring:** Support* all Spring varsity athletic events and possibly attend designated events

POM Squad: (freshman-seniors)

- **Fall:** Cheer/Support* varsity home and away football, home varsity soccer and select away soccer games, support other fall sports; Perform half time home football games; Band Festivals – 3 Saturdays in the Fall; Parades – TBA-KU Band Day, festivals
 - **Winter:** Cheer/Support all varsity girls and boys basketball, wrestling, boys swimming & diving; Pack the House performance; participating/planning half-time performances; Dance Competitions (2 possible)
 - **Spring:** Support* all Spring varsity athletic events and possibly attend designated events
- *Support may include – signs, locker notes, treat bags, etc.

Additional Responsibilities: All spirit squad members may be required to attend or participate in occasional varsity events or school functions in which the sole purpose is to encourage school spirit. Members will be given ample notice concerning these events and functions. Work and non-school related activities will not constitute valid excuses to miss these events.

Games:

- Required for all activities. (Valid excuses include, but are not held to, serious illness or injury). If a student has a conflict because of a school related activity, he/she should resolve it with the coach at least 48 hours in advance of the game.
- **Work and non-related school activities are not considered valid excuses in ANY situation!**
- **(Dance/All-star cheer classes/competitions)- Please communicate and be willing to compromise and we will too.**
- Participating in another sport and cheerleading/pom is extremely difficult. If a squad member chooses to do so, he/she must work with both the cheer/pom coach and the other sport's coach to resolve any conflicts. It is not fair to other teammates and squad members to have any member missing from their squad or team during an event or practice.
- If absence is due to illness, the coaches must be notified by parents BEFORE the event as soon as possible!
- A doctor's note is required if serious injury prevents participation. Attendance at games is still required unless excused by coach or doctor.

LHS Spirit Squad Requirements / Expectations

Spirit Squad Constitution – after making the squad, members will receive the Team Constitution which will be a detailed set of rules and expectations for both squads

- The Constitution will act as the by-laws, expectations, and consequences for team violations. Unexcused absences, tardies and other violations will be part of a demerit system. Each squad member and their parents/guardian will sign the Constitution agreement. Violations of this agreement could result in termination of the squad member.

Personal Conduct and Attitude:

- All squad members are representatives of Lawrence High School and must abide by rules in LHS handbook.
- The coach and the administration will take appropriate disciplinary action should a pom/cheerleader/yell leader/mascot exhibit undesirable behavior during the time period that the individual is a member of the squad, in or out of school or at any school sponsored activity. Undesirable behavior is defined as any behavior that is inappropriate, brings discredit to, and/or causes embarrassment to other squad members, coaches, administration, or Lawrence High School. Failure to uphold these rules will result in a conference/disciplinary action with the coaches, athletic director, and other designated parties.
- The LHS Spirit Squad has a zero tolerance for drugs and alcohol. If you are caught /suspected of abusing the policy, you will be dismissed from the team immediately.

Academic Eligibility / Grades:

- Members' grades must meet the standards of the KSHSAA
- Must pass 5 subjects the previous semester
- Enrolled in 5 subjects during semester of participation
- Summer school courses may not be used to acquire credits for eligibility to participate
- Coaches will issue periodic grade checks during semester *Constitution will have detailed expectations

Attendance

- All spirit squad members will attend all practices and all games on time, unless pre-approved by a coach with written documentation. This includes leaving early and arriving late. Athletes are expected to stay for the entire practice/game until dismissed by a coach.
- Excused absences include (but may not be limited to)
 - Illness
 - Family emergency
 - LHS academic activities that are mandatory (will not result in demerit points)
 - Pre-planned family vacations (that cannot be changed & were booked before the LHS Pom/Cheer schedule was released). MUST BE DISCUSSED WITH COACH PRIOR
- Please note that outside activities, sports or other non-school related activities are NOT considered excused absences.
- Unexcused absences of 3 or more events per season may result in expulsion from the team
- **School Attendance:** Students must attend school 3 hours, the day of the event. (Practice & games)
- **Practice Attendance:** Practice is required for all poms/cheerleaders/yell leaders/mascots.
- **Attendance Conflicts:** If a pom/cheerleader/yell leader/mascot has a conflict because of school related activities, serious illness, or injury, they must notify the coach as soon as possible before the practice. If a pom/cheerleader/yell leader/mascot misses a practice because of a school related activity, they must notify the coach at least 48 hours in advance.
- In all of these situations, the coach must be notified in advance of the absence as early as possible. All correspondence between athlete/parent must be directed to Spirit Squad Director. This includes questions, concerns, absences and other such notifications.
- If an athlete is injured and not able to participate in practice, they are still required to attend practice. A doctor's note is required for release from physical activity. If an athlete is not feeling well or unable to practice for any other reason, it will be to the coach's discretion to determine a safe participatory plan. If an athlete attends school even though she is not feeling well, she must attend practice. If an athlete is not at school, he/she may not attend practice, game or pep rally.

LHS Cheer, Pom, Mascot APPLICATION FORM

Name: _____ Age: _____ DOB: _____

Address: _____ Zip Code: _____

Cell Phone: _____ E-mail Address: _____

Mark classification for next year: ___ Freshmen ___ Sophomore ___ Junior ___ Senior

Mark your tryout interest area(s): ___ Cheerleader ___ Pom ___ Mascot

As prospective cheerleader I consider myself... (check all that apply)

___ Base ___ Back Spot ___ Flier ___ Tumbler

Middle School you attended:

___ Billy Mills (South)

___ Liberty Memorial Central

___ West

___ Southwest

___ Other

Did you participate in a sport or activity during the 2019-2020 school year? Please list:

Will you participate in any additional sports / outside what activities you have participated in this year (2019-2020). If yes, please list. How may this conflict with Spirit Squad schedule?

Please include a detailed list of any dates that you will be unavailable for June 1-30 or end of July-beginning of August. This will be our summer season and camp. *Pom will have requirements for band camp at the end of July-beginning of August.

Parent /Guardian Name: _____

Address: _____ Zip Code: _____

Cell Phone: _____ E-mail Address: _____

Parent /Guardian Name: _____

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Cell Phone: _____ E-mail Address: _____

Spirit Squad Participation Agreement Form

My student athlete, _____, has permission to tryout for Lawrence High School Spirit Squad.

By signing this form, I understand/agree to the following:

____ I understand the teams are coach and judge selected and all decisions are final.

____ Cheer/dance/mascot is a year round sport, and I understand the commitment.

____ I understand that my behavior is expected to be at the highest standard at all times, because I am an ambassador that represents Lawrence High School.

____ I understand that I am responsible to be aware of my schedule and required practices, events, and games via the team calendars, not based on coaches verbal reminders.

____ I am responsible for all individual costs (camps, competition fees, gear, camp apparel. All payments are due on time and in full. Even if I choose to quit or am dismissed from the team, I must pay for all owed balances.

____ I understand that if my athlete is dismissed or chooses to quit the LHS Spirit Squad, they are ineligible to try out for the team the following school year.

____ I understand that this program includes parent involvement, and I will be requested to volunteer for activities.

____ I understand that it is our responsibility to stay informed of team information/announcements not only via my athlete but also via communications from coaching staff.

I have read and completely understand the LHS Spirit Squad and Parent agreement:

Participant Name (PRINT): _____ **Date:** _____

Participant Signature: _____ **Date:** _____

Parent Name (PRINT): _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Payment Agreement Form

(Must be turned in by the first clinic)

Financial Obligations: ESTIMATION

Participants/parents will be responsible for providing accessories as listed below:

(Cost is approximate and may be subject to change depending on the squad and parents' willingness to fundraise.)

- Camp Fees: \$350.00
- Warm-ups \$90.00
- Turtleneck (croptop)\$25.00
- Shoes \$40.00+
- Briefs (2) \$40.00
- Sports bras \$35.00
- Camp clothes \$100.00+
- Backpacks: \$40
- Bows \$30.00

***Each student-athlete must purchase a \$25 activity ticket and a \$50 participation is required for each sport.**

Estimated Total \$790.00

All spirit squad members must pay the following amounts by the due dates below:

- \$100.00 camp deposit for due at first parent meeting, Monday April 6
- \$250.00 (*approximate*) remainder of camp due by May 1
(amount depends on numbers of pom/cheer going to camp)

Balance for camp wear, shoes, bras, poms, etc. will be due before camp!

No one will be allowed to attend camp or participate in the fall if the above amounts are not paid by the time their squad attends camp. We will attempt to have fundraising opportunities to off-set costs.

All participants and parents must sign below that they accept the estimated costs and will adhere to the payment dates.

Participant Signature: _____ **Date:** _____

Parent Signature _____ **Date:** _____

If you cannot make the above payments, please contact Kaitlin Lugo

Scholarships are not available. There are fundraisers provided to help offset the cost or pay accounts in full. Please use this service provided as well as a monthly payment schedule to assist in your son/daughter's ability to participate.

LAWRENCE PUBLIC SCHOOLS

2020-2021 TRYOUT / PARTICIPATION AGREEMENT

All candidates will be selected by the designated judges or coaches in attendance on the tryout dates at the tryout site. In the event a candidate is able to participate in only a portion of the tryout or is unable to complete the entire tryout, it will be at the discretion of the coach or sponsor and his/her assistants as to whether the candidate will be selected as a member of the team or performing group. Coaches or sponsors must be informed of any injury, illness, or any other reason that would prevent a candidate from participating in tryouts prior to the tryouts. In addition, membership on a team or activity in a previous year or season does not guarantee membership during the current year or season.

As a candidate for the above team or performing group, I have read the rules and requirements to be a member of that team or group. I agree to fulfill the duties and obligations of the team or group. I understand the necessity of good sportsmanship and cooperation with the other team members, coaches, sponsors, teachers and school officials. I will do my best to represent my school. I understand that, in the event I am not able to participate in or complete the tryout, my coach or sponsor shall make the final determination with regard to my membership on the team or group.

Student signature _____ **Date** _____

I have read the rules and requirements for my child to be a member of the above team or performing group. I will do my best to cooperate with and support coaches, sponsors, teachers and school officials. I will help my child to maintain or exceed the requirements and obligations as stated. I understand that, in the event my child is physically unable to participate in or complete the tryouts, the coach and sponsor shall make the final determination with regard to membership on the team or group.

All sports/spirit squads have a participation fee of \$50.00 per sport/activity and a fee of \$25.00 for an Activity Ticket. The participation fee helps offset the cost of the athletic program and will not have any effect on an athlete's amount of playing time. As always, decisions involving playing time and position designations are the sole decision of the coaches involved in that program. District budget reductions may not be announced until after the squad has been selected.

Parent/Guardian signature _____ **Date** _____

Should your child need financial assistance in order to purchase equipment or pay required fees, please contact your coach or the Athletic Director.

Teacher or Coach will turn in to LHS Athletic Office by Friday, May 15th 2020

TEACHER/COACH EVALUATION FORM – CHEERLEADER & POM TRYOUTS

Dear Teacher or Coach:

This student has expressed a desire to try out for the Lawrence High School Spirit Squad. You may help us in the selection of our squad by rating the student and giving serious consideration to each of the seven categories. Please use a numerical rating from one to five, five being the best. We encourage any additional comments you can make. These evaluations will be held in the strictest of confidence. They WILL NOT be shared with students. Thank you for your time!
- Lawrence High Spirit Squad Coaches

PLEASE DO NOT RETURN THIS FORM TO THE STUDENT.

Return this form in sealed envelop to my mailbox in LHS office or via email klugo@usd497.org

Candidate's Name _____

Teacher's/Coach's Name _____

School _____ Class/Team _____

Evaluation Areas	High (5)					Low(1)
• Cooperation	5	4	3	2	1	
• Ability to get along with others	5	4	3	2	1	
• Ability to get along with teachers	5	4	3	2	1	
• Maturity	5	4	3	2	1	
• Quality of work (on time, complete)	5	4	3	2	1	
• Attentiveness in class	5	4	3	2	1	
• Leadership qualities	5	4	3	2	1	
• Attendance / Punctuality	5	4	3	2	1	
• Citizenship	5	4	3	2	1	
• Attitude / Behavior	5	4	3	2	1	
• Responsibility / Dependability	5	4	3	2	1	
• Courtesy / manners	5	4	3	2	1	
• Communication / social skills	5	4	3	2	1	

Knowing that this is a year round sport / commitment, do you feel this student can remain engaged and committed to the program and the team? **YES** **NO**

Optional: Place any additional comments on the back of this form.

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