

BMHS

2019-2020

Tryout Parent Meeting



Coaches' Contact Information:

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Tryouts

Prior to Tryouts:

- All participants must fill out the attached TRYOUT WAIVER & INFORMATION SHEET PRIOR to participating in clinics or tryouts
- Academic eligibility may be checked
- Go through this packet and be sure you are committed to the time and monetary obligations for your season(s)
- If you were in the Berea-Midpark cheer program LAST YEAR (including middle school):

- A CHEER COACH HAS FILLED OUT AN EVALUATION FOR YOU ALREADY
- **If you were NOT in the Berea-Midpark cheer program LAST YEAR:**
 - **YOU MUST HAVE AN EVALUATOR (COACH OR TEACHER) SEND AN EMAIL TO: bmhscheercoaches@gmail.com to request your evaluation form.**
 - **The completed evaluation is due the first day of clinics (April 2nd)**
 - **It is your responsibility to remind your evaluator**

Clinics:

- April 2nd, 3rd, & 4th from 5:30- 7:30 p.m. at Grindstone Elementary
- Added practice/teaching session for those missing any clinics or those that would like more practice:
 - April 5th from 5:30-7:30 p.m. at Grindstone Elementary
- Wear:
 - Cheerleading/athletic shoes
 - Athletic shorts or pants
 - Titans (or other appropriate) t-shirt
 - Hair pulled up out of face

Tryouts:

- Saturday, April 6th at Grindstone Elementary
- The INFORMATION SHEET is due upon arrival to Tryouts
- Arrival Times:
 - Freshmen (current 8th graders): 10 a.m.
 - Sophomores (current 9th graders): 11 a.m.
 - Juniors (current 10th graders) & Seniors (current 11th graders): 12 p.m.
- Athletes must leave the building after their tryout is completed
- Must Wear:
 - Cheerleading/athletic shoes
 - Plain white t-shirt
 - Dark shorts (black, navy, brown, purple)
 - Hair must be pulled back in a high pony with a bow
- Numbers will be assigned randomly Saturday morning

Results:

- You will receive an email notification by MIDNIGHT on Saturday with the tryout results from bmhscheercoaches@gmail.com.

Disclaimers:

- Should an athlete become ineligible to participate on the team after tryouts, a Double-Squad Alternate may be asked to take their place
 - Double-Squad Alternates
 - 2-3 will be chosen for each team
 - Will be notified by email
 - Will be asked to join in order of score
 - Double-Squad Alternates must have chosen the double-squad option on the tryout packet
 - By choosing the “Double-Squad” option on the information sheet, you are agreeing to serve as a Double-Squad Alternate if the need shall arise
- Should an athlete decide to no longer be a member of the team following tryouts he/she must have a meeting with the Head Coach the following year in order to be eligible for tryouts

If Selected for the Team

Squad Sizes:

- Freshmen:
 - Football: 10-12
 - Basketball: 8-10
 - Double Squad: 4-5
- JV:
 - Football: 12-14
 - Basketball: 10-12
 - Double Squad: 5-6
- Varsity:
 - Football: 14-16
 - Basketball: 12-14
 - Double Squad: 6-7

Practices:

SUMMER PRACTICES WILL BE ON MONDAYS AND WEDNESDAYS FROM 5:00-7:00 P.M. AT ROEHM (rain location to be determined).

JUNE practices: We will hold "ALL SQUADS" practices. All FB and BB cheerleaders are required to attend. We will also hold PARADE practices (required to participate in the parades).

JULY practices: We will hold practices for all girls attending CHEER CAMP (FB and BB).

AUGUST practices: We will hold practices for FOOTBALL ONLY.

Meetings and Important Dates:

- **April 8, 2019:** Mandatory Parent & Athlete Meeting at 6:00pm
- **April 9, 2019:** Mandatory Sizing Appointment
 - Parents and athletes should attend this meeting
 - Varsity: 6:00-6:45pm
 - JV: 6:45-7:15pm
 - Freshmen: 7:15- when done
- **May 17, 2019:** Camp money is due (\$349)
- **June 14, 2019:** All apparel money is due
- **June 27, 2019:** Middleburg Heights Parade
- **July 5, 2019:** Berea Parade
- **July 14, 2019:** Brook Park Parade
- **July 25th, 2019 - July 28nd, 2019:** Slippery Rock, PA Cheer Camp

There will be a separate competition camp & some parade practices as well. **Dates are not set yet**

Competition:

- Competition preparations and attendance is very costly (one season costs over \$5,000).
 - The entire competition team MUST fundraise.
- The team will have a personalized competition coach August-November (last year it was \$35/month per athlete)
- The 2019-2020 competition season will end in November

Fundraising:

- FUNDRAISING IS A NECESSITY FROM ALL CHEERLEADERS and must start as soon as possible
The more aggressive we are in the Spring, the easier the season will be!
- 2018-2019 Approximate Boosters Amount Spent:
 - General Cheer Account (Freshmen- Varsity Football & Basketball): \$8,000
 - The remaining camp & apparel money was paid out-of-pocket per athlete
 - Competition Cheer Account: \$4,500
- 2018-2019 Fundraisers:
 - May: Savers truck; concessions (BMHS)
 - June: Lottery tickets; Rib Burn-Off
 - June, July, August: Car Washes
 - September: Car raffle tickets
 - October: Pasta Dinner; Oktoberfest; parking lot (BMHS)
 - February: Tiny Titans cheer camp

Expectations for BMHS Cheerleaders:

- Attend all practices and games unless a doctor's note is provided
 - Exceptions CAN be made on a case-by-case basis
- Be smiling and spirited at all practices and games
- Represent yourself and BMHS with maturity and respect
- Treat the coaching staff, teachers, and other staff members with respect at all times
- All cheerleaders should contribute to fundraisers
- Any and all tumbling showcased at tryouts will be required to be showcased once per game/event

Pricing & Information

****Disclaimer: All pricing is subject to change and is an estimate.****

- **Camp:**
 - Participation highly encouraged

- Full amount of camp money is May 17, 2019
 - \$349 per participant
- Includes 4 days and 3 nights, meals and lodging included
 - You must bring your own sheets and towels, we will be staying in the University dorms!
- **Apparel:**
 - Full amount of apparel money is due on Friday, June 14, 2019.
 - Mandatory camp wear package:
 - \$132.56
 - Three outfits
 - Warm-ups
 - Required only for those who did not purchase the high school warm ups last year: \$177
 - New pants only (optional to returning cheerleaders: \$58.95)
 - Shoes (optional, except for competition)
 - Football: \$72
 - Basketball and/or Competition: \$56
 - Package of both shoes: \$110
- **Accessories**
 - Socks: Nike Crew Socks - White
 - A pack of 3 can be purchased for \$9.99
 - Purchase on your own
 - Football & Basketball Bows: about \$12
 - Navy Blue Spandex Shorts : \$15-30 (can be purchased on your own or through Varsity)

Score Sheet

Athlete Number: _____

Tumbling

<u>Standing</u>		<u>Running</u>
DIFFICULTY: Handspring = 2, Tuck = 4, Layout/Full= 6	2 4 6	DIFFICULTY: Handspring = 2, Tuck = 4, Layout/Full= 6
EXECUTION: Step-step-hurdle/arm & leg placement/ height & length/landing	2 4 6	EXECUTION: Arm & leg placement/height & length/landing
TOTAL: ____/12		
TUMBLING TOTAL: ____/24		
***Disclaimer: 24 total points can only be awarded for a perfectly executed layout. MOST tumbling scores will total at approximately 16 points		

Jumps

Hurdler		Toe Touch		Double Toe Touch	
ARMS: Sharp motions/arm placement	0 1 2	ARMS: Sharp motions/arm placement	0 1 2	ARMS: Sharp motions/arm placement	0 1 2
LEGS: Toes pointed/legs straight up	0 1 2	LEGS: Toes pointed/legs straight up	0 1 2	LEGS: Toes pointed/legs straight up	0 1 2
JUMP: Flexibility/height	0 1 2	JUMP: Flexibility/height	0 1 2	JUMP: Flexibility/height	0 1 2
LANDING: Hold 2 counts/feet together/balance	0 1 2	LANDING: Hold 2 counts/feet together/balance	0 1 2	LANDING: Hold 2 counts/feet together/balance	0 1 2
TOTAL: ____/8		TOTAL: ____/8		TOTAL: ____/8	
JUMPS TOTAL: ____/24					

<u>Dance</u>		<u>Cheer</u>		<u>Chant</u>	
MOTIONS PLACEMENT: Arm/wrist/hand	0 2 4	MOTIONS PLACEMENT: Arm/wrist/hand	0 1 2	MOTIONS PLACEMENT: Arm/wrist/hand	0 1 2
SHARP MOTIONS	0 2 4	SHARP MOTIONS	0 1 2	SHARP MOTIONS	0 1 2
TIMING: Synchronization	0 2 4	TIMING: Synchronization	0 1 2	TIMING: Synchronization	0 1 2
FACIALS: Wide variety	0 2 4	SMILE	0 1 2	SMILE	0 1 2
RHYTHM	0 2 4	VOICE: Loud/Deep	0 1 2	VOICE: Loud/Deep	0 1 2
		SPIRIT	0 1 2	SPIRIT	0 1 2
		KNOWLEDGE: Words/motions	0 1 2	CREATIVITY: Level changes/interesting motions	0 1 2
TOTAL: ____/20		TOTAL: ____/14		TOTAL: ____/14	

Overall

CLOTHING:
white shirt with black shorts

HAIR & MAKEUP:
high pony with bow facing front/natural makeup

SPIRIT & ATTITUDE

CLINIC ATTENDANCE: 1 Day= 6 Points

COACH/TEACHER EVALUATION: 6 Categories, 5 Points Each

Information Sheet

COACHES ONLY:

Tryout Number _____

This sheet is due the first day of clinics.

Name: _____

Incoming Grade: _____

Cheerleader Information:

Phone Number: _____

Email: _____

Parent Information:

Phone Number: _____

Email: _____

What squad are you interested in (rate all that apply)?

Example 1: If you want to double-squad and want football as your first choice incase you don't double squad:
Double Squad: yes no **Football:** 1 2 **Basketball:** 1 2

Example 2: If you DO NOT want to double-squad and would like basketball as your first choice and football as your second choice:
Double Squad: yes no **Football:** 1 2 **Basketball:** 1 2

Example 3: If you DO NOT want to double-squad and would only like basketball only:
Double Squad: yes no **Football:** 1 2 **Basketball:** 1 2

Freshmen:

*9th graders must choose one of these options and are not eligible for Freshmen, but are eligible for competition.

Double-Squad: Yes No **Football:** 1 2 **Basketball:** 1 2

Junior Varsity:

*10th graders must choose one of these options and are only eligible for JV, but are eligible for competition.

Double-Squad: Yes No **Football:** 1 2 **Basketball:** 1 2

Varsity:

*11th & 12th graders are eligible for JV and Varsity. You must rank BOTH categories to be considered for JV if you do not make Varsity.

Double Squad: Yes No **Football:** 1 2 **Basketball:** 1 2

Competition:

Yes No

Notes to the coaches (if any):

Athlete Signature: _____

Parent Signature: _____

Tryout Waiver

This sheet is due the first day of clinics.

We grant permission for our child _____ to participate with the Cheerleading team during the 2018-2019 school year at the Tryout and Clinics.

In doing so, we understand that we will assume full responsibility for the payment of all medical expenses in case our child is injured while the team is under the supervision of Berea-Midpark School personnel.

Emergency Medical Authorization

Student's Name: _____ Today's Date: _____

Address: _____

City: _____ Zip: _____ Preferred Phone: _____

The purpose of this form is to enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while under school authority when parents or guardians cannot be reached. This form must be completed in order to grant consent.

A reasonable attempt will be made to contact:

Name (parent/guardian name) _____

at: Home phone _____ Cell phone _____ Work phone _____

Or other (parent/guardian name) _____

at: Home phone _____ Cell phone _____ Work phone _____

Or alternative emergency contact (name and relationship) _____

at: Home phone _____ Call phone _____ Work phone _____

If these attempts to contact a parent/guardian or other emergency contact have been unsuccessful, I hereby give my consent for:

1. The administration of treatment deemed necessary by Dr. _____, his/her preferred physician or by his/her dentist, Dr. _____, or in the event that the designated preferred practitioner is not available, by another licensed physician or dentist.
2. The transfer of the child to (preferred hospital) _____ or any hospital reasonably accessible.

This authorization does not cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring on the necessity for such surgery, are obtained prior to the performance of surgery.

Medical / Hospitalization Coverage: _____ Policy Number: _____

Please list any facts concerning the child's medical history including allergies, medications being taken and any physical impairment to which a physician should be alerted: _

Parent Signature: _____

Date: _____