University High School

2019-2020

Cheerleading Tryout Packet



University High School

2450 Cougar Way

Orlando, FL 32817

Head Coach: Janet Sterner [janet.sterner@ocps.net](mailto:janet.sterner@ocps.net)



**UHS Cheerleading**

The purpose of all cheerleading squads at University High School is to represent the school and promote school spirit. The following additional purposes have been added to each squad.

**Varsity Cheerleading Squad/Competition Squad**

Current 8th, 9th, 10th and 11th grade students are eligible to try out for this squad. The squad cheers at all home and away Varsity football games and pep rallies.

The Varsity football cheerleading squad is also the competitive cheerleading squad. The coach reserves the right to choose who is competing on the floor and who is an alternate. All members will be required to attend ALL competitions, whether they are physically competing or not. Because competition is embedded into every practice and activity, it is essential that the cheerleaders attend all practices and all functions.

**Junior Varsity Cheerleading Squad**

Current 8th, 9th, and 10th grade students are eligible to try out for this squad. They will attend all scheduled practices. They will cheer for all home and away JV football games. They will cheer for all boys Varsity home basketball games. **Please note:** Cheerleaders can be placed on a Basketball Cheer squad.

**Junior Varsity Competition Team**

This may be a possibility; however, that will not be determined until sometime in September. If a JV Competition team is selected, the coach reserves the right to select who will be competing and who will be alternates.

**Freshman Cheerleading Squad**

Current 8th grade students are eligible for this squad. They will attend all scheduled practices. They will cheer for all home and away Freshman football games. They will cheer for all girls Varsity basketball home games.

Cheerleaders who also participate in other sports, clubs or performance groups that will conflict with any of the cheer/competition season will not be eligible for the cheer teams. Members will be allowed to participate in sports, clubs or performance groups only if they do not conflict with any practices, games or competitions. Minor conflicts that arise may be excused with the coaches’ permission.

***COACHES HAVE THE ABILITY TO MOVE SQUAD MEMBERS UP OR DOWN THROUGHOUT THE SEASON***

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**Tryout Procedures**

Official tryouts for the 2019-2020 UHS Cheerleaders will be held during the following dates:

***Athlete Information Meeting:***

For current 9th – 11th grade students – Tuesday, April 9th @ 2:30 p.m. in Coach Sterner’ s classroom (portable 914). Cheer tryout packets and camp information will be given out.

For current 8th grade students – Tuesday, April 9th @ 6:00 p.m. in Coach Sterner’s classroom (Portable 914). Cheer tryout packets will be given out.

***Pre-Tryout Clinic:***

For current 9th – 11th grade students – Pre-tryout clinic dates will be on Tuesday, April 23rd from 2:45 – 4:45 & Wednesday, April 24th from 1:45 p.m. – 3:45 p.m. - An optional quick/review day and assistance will be held on Thursday, April 25th from 2:45 p.m. – 3:30 p.m. The tryouts will take place on Friday, April 25th.. The clinic and tryouts will be held in the UHS Cheer room (located on the Innovation campus side 300 Building).

For current 8th grade students (incoming freshman) – Cheer clinic will be held on Friday, May 10th 6 pm – 7:45 & Saturday, May11 th from 11:00 am – 1:00 pm in the UHS cheer room (located on the Innovation campus side 300 Building). Actual tryout will take place on Monday, May 13th

**What to wear**: Soffe or track shorts, T-shirt, proper shoes (sneakers), hair must be pulled up in a ponytail and no long nails, no nail polish, no jewelry and no gum. FYI: Cougar colors: Navy blue, Vegas gold and white. REMEMBER you are trying out for a position on the UHS cheer team; therefore, it is beneficial to dress the part.

**What to bring**: On the 1st day of the tryout clinic, bring:

\*A copy of your last report card (3rd quarter) – that shows yearly grades and current GPA

\* The completed forms in your tryout packet (parental permission slip, cheerleader application/contract, tryout information sheet and cheerleading program sheet initialed)

* Proof (receipt) of your deposit payment of $290 on school pay link.

That $290 is: $150 for 1/2 the cost of all the cheer attire and $140 for UCA Home Camp cost.

The final balance of $150 will need to be paid on or before July 15, 2019, in order to receive the personalized cheer attire (Bags, shoes, warm ups , poms, bloomers, practice/camp outfits, uniforms etc….

**Important Dates:**

April /May - Partial attire and UCA camp payment Due at first day of Tryouts.

Wednesday, May 15th @ 5:30 p.m. - UHS OCPS physicals (Cost $20.00 CASH and all proceeds go to UHS Athletic Department)

Monday, July 15th - Final CheerAttire Balance of $150 due.

**For those that make the Varsity Football/Competition team or the JV football team, you will have a UCA Summer Home Camp. JV will be held on August 5tht & August 6th from 3:30 p.m. – 7:30 p.m. & Varsity will be held on August 7th & 8th from 10 a.m. – 2 p.m. There will be mandatory scheduled practices starting the week of July 22nd (practice and stunt).**



**Cheerleading Program**

**Constitution**

Philosophy

The cheerleading program at University High School (UHS) will provide its cheerleaders with many opportunities involving leadership, spirit, and teamwork. The objectives are to promote school spirit and support all athletic teams at UHS. The cheerleaders will also work on their personal cheerleading abilities and techniques such as safe stunting, jumps and dance.

The UHS Cheerleading Program is part of the Athletic Department. In addition to the rules outlined in this constitution, cheerleaders are subject to the extracurricular code of conduct and all policies of the UHS Athletic Department.

**I. Purpose**

* To promote and encourage school spirit, enthusiasm, loyalty and good sportsmanship
* To foster support among all athletic organizations
* To provide leadership opportunities
* To promote unification of the crowd’s involvement during an athletic event
* To build relationships between schools
* To encourage the “spirit of competition”

**II. Tryouts**

* Each Potential cheerleader will learn a cheer, sideline and dance. The coaches will determine tryout material.
* Candidates will tryout in front of the UHS coaching staff.
* The pre-tryout clinic and tryouts are closed to the public; this includes friends, family, etc.
* The coaching staff have the final say in who makes each squad.
* Potential candidates must have a cumulative 2.0 GPA in order to be eligible to tryout. The student is responsible to know what their current GPA is.
* A candidate must be in excellent physical health and have a physical on file with the athletic department (physicals are good for one year).
* When a cheerleader voluntarily leaves the squad or is removed from a squad, they may not be eligible for the next year’s tryouts.
* All paperwork must be completed and turned in prior to participation in tryouts.
* The coaching staff has the right to turn a candidate away at the time of tryouts for incomplete paperwork.
* Current 8th, 9th, 10th and 11th grade students are eligible for the JV or Varsity squads. Only current 8th grade (incoming Freshman) students are eligible for the Freshman squad.
* Please remember that not everyone will make a squad. If you do not make a squad, we want to be sure you know that UHS has many other opportunities (sports, groups, clubs, etc.). We encourage you to get involved.



**III. Cheerleading Safety Regulations**

* Cheerleaders are athletes and therefore must adhere to all physical eligibility requirements, safety precautions, and rules/regulations governing athletics in accordance with Orange County Public Schools policy.
* At NO TIME will stunting, mounting or tumbling be permitted without the presence of a UHS cheer coach.
* All cheerleaders must abide by AACCA, NFHS and FHSAA rules as they are clearly stated in this constitution in addition to the rules that are stated in the respective handbooks.
* If you are sidelined for injury or illness, you must have a doctor’s note stating that you may return to practice. You are still required to attend all activities and events.
* The rules of cheerleading are always changing, and it is the coaches’ responsibilities to maintain their education in regards to cheerleading safety.
* It is imperative that cheerleaders are aware and educated on the rules/risks associated with cheerleading.

**IV. Attitude and Behavior**

* Cheerleaders are expected to follow all school rules as outlined in the Orange County Code of Conduct and the UHS Code of Conduct.
* A cheerleader is responsible for her/his actions both on and off the field/court/mat.
* Any type of misconduct during school or out of school will be dealt with by the coaching staff.
* This includes referrals from University High School. Depending on the severity of the event/referral, the coach has the right to discipline the student-athlete due to misconduct.
* Out of School Suspension may result in the removal from a squad. This may make the member ineligible for tryouts the following year.
* If a student athlete received ISS, the member will be benched for the amount of games that are equivalent to the days spent in ISS. Suspension may lead to removal from the squad.
* There is a ZERO TOLERANCE policy for DISRESPECT! When a squad member is disrespectful toward their coach, administration, faculty of UHS or another teammate, the member will be disciplined.
* If the behavior continues, the cheerleader maybe dismissed from the squad.
* A cheerleader is a role model for the fans and must display good sportsmanship at all times.
* Any behavior that is deemed unbecoming and/or reflects poorly upon the squad, school or cheerleader will be handled at the coach’s discretion.
* A minimum cumulative semester GPA of 2.0 unweighted is required for participation. Cheerleaders who fall below a 2.0 will not be eligible to cheer. This is OCPS policy.
* Please understand that this applies when FINAL GRADES are released. If the participant’s GPA falls below the requirement upon release of grades in June, the participant will be ineligible to cheer. All participants must supply a copy of their final report card for the 2016/2017 year before they can participate in the summer practice sessions to prepare for camp.
* All communication regarding issues or concerns must be made between the student-athlete or her/his parent and their respective coach.
* For example: Varsity cheerleaders will communicate any issues with the Varsity Coach, JV cheerleaders and her/his parents will communicate with the JV coach and Freshman cheerleaders and her/his parents will communicate with the Freshman coach.
* All coaches are instructed to direct the student-athletes and her/his parents to their respective coach if they have any issues or concerns.



**V. Duties and Responsibilities**

* Attendance at all practices, home games, designated away games and competitions is **mandatory.**
* Cheerleaders are missed when they are not there. When they miss, it not only affects them, but it affects the entire team. Cheerleading is not now, nor has it ever been, an individual sport.
* Cheerleaders will not be permitted to participate in Fall or Winter sports that conflict with the cheerleading season. Cheerleaders may participate in Spring sports as long as they will not conflict with the end of the Cheer season.
* Cheerleaders will be given schedules in advance to make arrangements/appointments accordingly!! Please schedule appointments, etc… on days that practices, games or competitions are not scheduled.
* An absence is unexcused without prior approval from the coach; the coach will determine whether an absence is excused or unexcused.
* Team members must notify their coach at least 48 hours in advance to an absence unless it is a severe emergency. This notification must be in writing and signed by a parent/guardian. Giving notice to the coach does not make the absence excused. The coach will determine an excused vs unexcused absence. Unexcused absences will have consequences.
* If a cheerleader misses a practice during the week of a game, regardless of whether it is excused or unexcused, the cheerleader will not be able to stunt at that week’s football game due to safety reasons.
* Practices will be arranged by the coach and shall be held as needed. Practices times or days may be changed at the coaches’ discretion.
* Practices start promptly and tardiness is unacceptable except for an emergency.
* Absences or tardiness to a game or practice may result in removal from the squad.
* Absences and/or tardiness can result in disciplinary actions.
* The coaches reserve the right to schedule extra practices as needed.
* Cell phones and iPods are not allowed at practice or games! This means they cannot be in your possession, in your pocket, on the floor or anywhere where practice or is being held. They must be off and put away in your bag! In case of emergency, your parents may call the coaches’ cell phones.
* PROFANITY IS UNACCEPTABLE BOTH IN AND OUT OF UNIFORM!! Any time profanity is ever used, the member will be disciplined.
* Disciplines will be determined by the coach. Types of discipline may vary depending on the situation.
* While at games:
* Keep cheers and chants flowing at all times.
* Pay attention to the games (not social time). Absolutely NO socializing during the games. Advise friends and family you may not socialize during the games.
* Never cheer against or boo the opposing team or officials.
* NO food or drinks while you are cheering, except water – cheerleaders need to arrange to eat BEFORE or AFTER games.
* You are to stay with your team and coach during half time.
* Be ready to cheer.
* The only items allowed at games are poms, megaphones, water and cheer bag. NO cell phones or other devices.

**Please understand that some games, events and competitions may be canceled/rescheduled due to unforeseen circumstances. Cheerleaders must be flexible during these changes! Please note: the Varsity football and/or Varsity Basketball teams can qualify for post season games (District, Regional and State games). Cheering for those games is part of our team commitment. Once we are made aware of any post season games they qualify for, we will let you know. Post season games can go until late February and/or early March.**

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**VI. Appearance**

* Uniforms will be worn during the school day for every football game and every designated basketball game. This information is on your schedule (once they are issued).
* Unless a coach informs cheerleaders that they are not to wear their uniform on an assigned day, they must assume they are to wear it. When in doubt, contact the coach.
* If a cheerleader is out of proper uniform dress, they will sit out that evening’s game (this includes, but is not limited to, correct uniform, correct shoes and socks, correct hairstyle and bow, no jewelry, no nail polish).
* Hairstyles for the games will be either all pulled up in a ponytail with hair assigned hair bow or ½ up/ ½ down with an assigned hair bow. Assigned hair style and bows will be located on your schedule. At practices hair should be pulled up in a ponytail. Please be sure that your hair can be adapted to the required hair style.
* Hair color must be a natural color. Absolutely NO unnatural colors. Please remember if you change your hair color, some colors can turn out an unnatural color over your natural hair color. NO streaks. NO tips. **Always check with your coach before making any significant changes to your hair.**
* NO visible tattoos
* NO jewelry is to be worn at practice, games or while in uniform. **NO new piercings during the season**.
* Fingernails need to be kept short (athletic cut). The coach will determine an acceptable length. **In accordance with the AACCA rules and the rules of FHSAA, acrylic nails are prohibited.** NO nail polish.
* Cheerleading shoes are the only shoe that should be worn to practices, games and while in uniform.
* When in practice clothes, your shorts are to remain unrolled. DO NOT roll your shorts up in an effort to make them shorter.
* NO face paint or face tattoos are allowed to be worn at games. ONLY, if approved by the coach, and in that case, the entire team will have to wear them.
* Keep in mind that if you make a squad, you will be representing the cheerleading squad in the community and around the school. DO NOT wear clothing that would be deemed unacceptable or of a suggestive manner. You must abide by the school’s dress code.

**VII. Uniforms**

* Uniforms will be issued to each cheerleader at the beginning of the cheerleading season and will be returned at the end of the season.
* Uniforms are the property of UHS. Uniforms cannot be work outside of the assigned cheerleading required games, competitions and events without permission from your coach.
* Uniforms are to be kept clean and in good condition at all times.
* If a uniform is damaged at any point during the season, there will be a replacement cost of $75.00 per item regardless of the circumstances.
* When in uniform, whether at school or an event, cheerleaders must abide by ALL uniform policies.
* This includes, but is not limited to: wearing the correct shoes, not wearing jewelry, wearing hair the correct way with the correct color bow.
* Uniform Parts:
* Shell top, skirt, cheer shoes, no show white socks, navy bloomers and hair bow(s).
* Practice Clothes/Cheer Attire – All issued Cheer Attire is considered part of your uniform (game or practice uniforms). There will be assigned practice clothes for practice. Please be sure that you wear the assigned clothes for practice that day. **Your Cheer Attire should never be worn by anyone else at any time.**

**Please note**: you should wear a bra that cannot be seen while wearing your uniform.



**VIII. Squad Leadership**

* The Team Captain(s) will be determined in a method chosen by the coaches.
* The coach has the right to remove a captain from her leadership position on the team for **ANY** reason that she deems necessary.
* The coach may or may not choose to re-assign the position to another member on the team.

**IX. Transportation**

* All cheerleaders are required to travel to and from away games in school approved vehicles and under adult supervision approved by UHS.
* If a cheerleader will be driving home with a parent from an away game, the proper paperwork must be filled out, and the parent must be in the coach’s presence when the game is over.
* According to OCPS, a cheerleader may only ride home from a game with their parent or guardian. All cheerleaders are responsible for finding rides to and from home games and practices.
* Parents or designated rides need to coordinate with the ending times of games and practices, and **please be on time**! There is limited supervision after school/events.

**X. Other Non-School Participation/Activities**

* All cheerleaders participating on a UHS team may practice and compete with an All-Star program or non-school team **provided you have received prior approval from your UHS cheer coach AND there are no schedule conflicts with the UHS program**.
* Absences or tardiness due to participation in a non-school activity or event are unexcused and the cheerleader will be disciplined. This may result in removal from the cheerleading squad.
* This includes, but is not limited to, work, birthday parties, practice for other sports, other sporting events, other classes, church events, etc.

**XI. Fundraising**

* Fundraising efforts are necessary in order to keep our program of high quality while alleviating some of the financial burden from the cheerleaders and their families.
* By not fundraising, there will be more money to be paid out of pocket.
* Cheerleading is a team activity and it is vital that everyone participates in fundraising for the benefit of the entire team.
* Fundraising events are expected as members of the UHS cheerleading program. Absences from fundraising events are unexcused unless it is approved by the coach at least one week in advance.
* Door to door solicitation is not suggested or encouraged. Keep safety in mind at all times.

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**XII. Competition**

* The Varsity competition squad will be comprised of the current Varsity football cheerleading squad.
* The Varsity competition squad will be competing in a minimum of six (6) competitions. A schedule will be issued once the competition dates have been finalized.
* The coaches reserve the right to choose who is in the competition routine and who is not. Anyone who is not in the routine is considered an alternate, and is still a member of the competitive cheerleading squad. They will be required to pay dues and attend all competitions.
* The coach also reserves the right to move a student-athlete from JV and/or Freshman to the competition routine if needed.
* If an athlete becomes injured, and is removed from the routine, an alternate will be put in immediately. The injured athlete will become an alternate, and will still be expected to be at every practice and every competition.
* The student will not be able to be involved in another sport whose schedule/season conflicts with the competition schedule/season.
* If a member of the competition squad is absent (whether it is excused or unexcused), the member can be removed from the competition routine until further notice.
* All rules in this constitution apply to the competition squad. The Varsity competition squad is not considered a separate entity from the Varsity football spirit squad.

**XIII. Injuries**

* Any injuries that occur under the supervision of cheerleading coaches/advisors must be reviewed and evaluated by the University High School athletic trainers.
* Procedure:
* The athlete gets injured
* The coach will send athlete to the athletic trainer
* The coach will follow up with the athlete and athletic trainer
* If the injury is severe, a parent contact will be made by either the athletic trainer or the coach
* If an athlete is being treated by athletic trainer, coaches must receive medical clearance from the athletic trainer before an athlete will be allowed to practice or participate in any cheerleading event.
* If the athlete is being treated by a medical doctor, coaches must receive medical clearance in writing from the doctor before athlete will be allowed to practice or participate in any cheerleading event.
* Medical clearance will require a follow-up visit with the doctor in order for the doctor to property evaluate and clear athlete.
* Any injuries that occur outside of UHS cheerleading practice/events, are to be dealt with privately with a medical professional if needed.
* A written notice of limitations must be provided to the coach.
* In order to be cleared for participating, the athlete will need to follow up with the doctor so he or she can properly assess the injury and provide medical clearance in writing. Student-athlete will NOT be allowed to participate until AFTER the coach(es) have received written notice of medical clearance.
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* **XIII. Injuries (continued)**
* This will be solely based upon medical clearance and the coaches’ discretion.
* The student-athlete will not be allowed to stunt, regardless of clearance, until stunting has been practiced with the specific team members prior to the event. If medical clearance is obtained the day of an event, the student-athlete will NOT be permitted to stunt since he or she has not been able to practice with the team.
* Unless the athlete is physically unable to attend school, the student-athlete is still required to be in attendance at all practices, games or other events.
* If a doctor’s note states “No Cheerleading”, the athlete is still required to attend all practices, games and events for the team. They will not be participating, but they WILL be in attendance.
* Absences due to injury WILL count against the varsity letter criteria.

**XIV. Varsity Letter Criteria**

* In order to receive a Varsity letter, the cheerleader must meet certain requirements.
* These requirements will start on the first day of practice for the season, and they will end on the final day of the season in February.
* The following criteria must be met in order to receive a Varsity letter:
* Attend at least 90% of all games/football/basketball combined.
* Absences, whether they are excused or unexcused, will count against the percentage above. Meaning an absence is an absence, and it will be recorded as such in the varsity letter tracking sheet.

**XV. Communication**

* Communication is done mainly through team handouts and team texts.
* It is important that the cheerleaders share this information with their parents.
* If a student-athlete has a question or concern, they must contact the coach.
* Facebook – cheerleaders should maintain appropriate facebook, instagram, twitter, etc. profiles at all times. Remember, people can still see your page, pictures, and comments even if you have all of your privacy settings on. There have been cases in which complete strangers have notified coaches of inappropriateness on facebook, instagram, twitter, etc. If it will harm the team as a whole or an individual on the team, chances are, it will be brought to the attention of the coach.
* YouTube-videos of pep rallies, other performances, and competitions should not be posted on YouTube without the permission from the coach.

**Be sure to sign the attached Cheerleader Application/Contract indicating**

**that you and your parent/guardian have read and understand this Constitution**

**Be sure to fill out the attached Cheerleading Tryout Information Form**

**Be sure to initial and have your parent initial the last page of this packet**

**Be sure to turn in a copy of your latest report card showing grades and GPA**

**Be sure to have your parent sign the parent permission slip**



**Expenses**

Being a cheerleader at University High School involves costs. The expenses for participating in the 2019 – 2020 cheerleading program is used to cover the following costs: cheer attire, cheer shoes, accessories and camp. The actual expenses of each item may vary. This expense notification is meant to help parents and potential cheerleaders decide if they can make a commitment to this activity. In addition, there will be various fundraisers scheduled throughout the year.

**BREA**K **DOWN OF COSTS: for the 2019 – 2020 UHS cheer season for all squads**

\*$300. 00 for clothing and accessories; for Varsity Football/Competition , JV /Freshman Football and BBAll

\* $140 for Private camp for Varsity and JV

\* Varsity Competition Saeson - $300.00 for all competition costs ex: hotel, choreography, competition entry fees…

; \*JV Competition IF the team competes - $100.00 for competition costs

*\*IF the student is not placed on a cheer squad your money will NOT be deposited & will be returned to you immediately.*

The Varsity Competition costs of $300.00 is due in two payments, the first payment of $150.00 is due on Friday, September 13th, 2019 and the second payment of $150.00 is due on Friday, October 11th, 2019.

If a JV Competition team is decided, the fee of $100.00 is due by Friday, October 11th, 2019.

**Payments** should be made with School Pay Online, All cash payments are receipted. School Pay is your receipt.

**Additional Expenses:** minimal expenses may come up before, during and after the season.

Competition team(s**)** may have gym fees not to exceed $25.00 per month for 2 months prior to competition.

If you any issues with making a payment or payments by the due dates listed above, please contact Coach Sterner via email: [janet.sterner@ocps.net](mailto:janet.sterner@ocps.net)



**Expenses (cont.)**

**Cost for Cheer Attire and Accessories**

**P*lease note****: the amount on the previous page for cheer clothes/accessories is $300.00 and that is because we will have fundraisers throughout the year to supplement the difference. If you choose not to participate in any fundraisers, the below amount of $500.00 will need to be paid for cheer attire and accessories.*

*Clothes: $300.00*

3-4 T-shirts

3-4 shorts

Hoodie

Warm-up jacket and pants or leggings)

Sweat Pants

*Accessories: $200.00*

Poms/Megaphones

Bloomers

Bows

Cheer Bag

Cheer Shoes

**Total $500. 00 (without fundraising)**

\*New Cheerleaders can purchase the fleece jackets for an additional charge



**UHS Cheerleading**

Parental Permission

My daughter/son \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has permission to try out for the 2019 – 2020 cheerleading squads at University High School. I have read and discussed with my child the guidelines and I understand the responsibilities and commitment to be a UHS Cheerleader. I also understand the role that I must assume as the parent of a cheerleader. I will assist in every way to see that the rules and decisions made throughout the season are carried out. I understand the financial obligation of this activity and I will assist in fundraising efforts. I understand that the school and coaches assume no responsibility for any accident or injury that may occur either at school, practice, event, or away from school grounds at any time. Every attempt will be made to properly supervise activities to prevent any accident or injuries. I understand that each cheerleader will be required to have the proper physical exam and it must be submitted to the Head Athletic Trainer on or before May 15th, 2019. I understand the cost, time commitment (practices, games, competitions and events) and travel time involved with this sport.

I do hereby give my consent and support for my daughter/son, if selected, to be a cheerleader at University High School for the 2019/2020 season.

Parent’s Name (Printed Clearly): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BRING THIS FORM COMPLETED AND SIGNED BY A PARENT TO**

**THE 1ST DAY OF THE TRYOUT CLINIC AND TURN IT IN**



University High School

2019-2020 Cheerleader Application/Contract

I have read the University High School Cheerleader Constitution and understand the responsibilities and privileges of being a University High School Cheerleader. I will abide by these rules and regulations if chosen for the 2019-2020 school year. I understand that if I do not follow the rules and regulations, I will receive consequences and may be suspended or removed from the cheerleading squad. I will cooperate fully with the coaches and all people and organizations concerned to promote school spirit and good sportsmanship at University High School. I will at all times, whether at or away from school, conduct myself in a manner that best represents the students and faculty at University High School. I understand the financial obligations to this activity and I understand that I will be expected to participate in fundraising activities.

Cheerleader’s Name (Print Clearly): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian’s Name (Print Clearly): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BRING This FORM COMPLETED AND SIGNED BY BOTH THE**

**STUDENT AND THEIR PARENT AND TURN IN ON THE 1ST DAY OF THE TRYOUT CLINIC**



**University High School**

**2019-2020**

**Cheerleading Tryout Information**

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade level next year 2019/2020 (circle one): 9th 10th 11th 12th Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Students Cell Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student's Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian’s Cell Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian’s Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Current GPA (as of last report card): \_\_\_\_\_\_\_\_\_\_\_\_\_

Cheer/Dance/ Experience: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What cheer position(s) if any, have you performed? Example: Backspot, base, flyer… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tumbling Skills: i.e. list back handspring and high level skills:

Additional information you would like to share: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BRING FORM COMPLETED AND TURN IN ON THE 1ST DAY OF THE TRYOUT CLINIC**

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**University High School**

**2019/2020**

**Both parent and student need to initial below that you have read and understand the following: And BRING THIS FORM The First Day of the Clinic**

Parent/Cheerleader

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 1.) I understand that my placement on a previous squad will have no influence on my placement on future squads.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 2.) I understand that if the cheerleader misses games and/or practices during the season whether they are excused or unexcused from school, the coaching staff maintains the right to dismiss the cheerleader from the team.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 3.) I understand that the cheerleader must have and maintain a 2.0 GPA in order to remain eligible.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_4.) I understand that if a cheerleader quits a team then they may not be eligible to try out the following year.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 5.) I understand that there is a financial obligation and have weighed that factor into my decision to try out (see expense sheets included in the tryout packet for cheer cost).

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 6.) I understand that there is a standard of behavior that is expected from all cheerleaders. I understand that all cheerleaders are required to maintain that standard of behavior. I also understand that the coaching staff will be reviewing the discipline record of any and all cheerleaders prior to tryouts and throughout the season.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 7.) I understand that if I make the Varsity Football/Competition or Junior Varsity football team, summer camp attendance August 5th – 8h is expected and I understand that there will be mandatory summer practices starting mid July to prepare for camp and those factor’s has been considered in my decision to try out.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 8.) I understand that all uniform pieces issued by the school are not personal property, but each cheerleader is responsible for keeping them in good condition. I understand that all issued cheer attire is considered part of my uniform and cannot be worn by anyone else at any time.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 9.) I understand that I must turn in this form, the parent permission slip, the Cheerleader Application/Contract, the Cheerleading Tryout Information form and a copy of my most recent report card that shows my grades and GPA on the 1st day of the tryout clinic. I also understand that if I make a team, I will have to supply a copy of my last report card after I receive it in June before I will be allowed to participate in any summer practices.

\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ 10.) I understand that I must get an OCPS physical form filled out and turned into the Head Athletic trainer by May 15, 2019. (Please remember that UHS will have physicals at the school on Wedmesday, May 15th @ 5:30 p.m.). We must also get all forms enclosed in the OCPS physical form filled out and turned in at the same time,