



Richland Northeast Cheerleading Tryout
Rules and Regulations
(READ THOROUGHLY)

Tryouts: April 22-26, 2019

- ❖ In order to tryout all school debts must be paid in full and packets turned in by **April 10th**.
- ❖ You must be eligible under the provisions of the South Carolina High School League and Richland School District Two.
- ❖ Completed sports packet is required to participate in tryouts (this includes sports physical and emergency health form). ***Please note you can get a sports packet from Coach Jenkins (Athletic Trainer) or download from Richland Two website.**
- ❖ Squad eligibility is as follows:
 - a) Rising 9th and rising 10th graders- eligible for JV Support
 - b) Rising 11th and rising 12th graders- eligible for Varsity Support
- ❖ **All rising 9th graders must submit a copy of last report card with tryout form.**

Tryout Practices:

1. You are expected to attend all tryout practices. If you have a problem attending a tryout day you are expected to see a coach. You are responsible for learning any material covered on your own time.
2. You are expected to be on time for each tryout practice and remain until you are dismissed. Always plan to arrive early. Tryouts start promptly at 4:15 PM. **All tryouts are closed to everyone but participants and Coaches.**
3. Absolutely **no gum** at practice or final evaluation.
4. You are expected to dress in:
 - a) shorts (no nylon), no tights/leggings unless shorts are worn over them
 - b) t-shirts
 - c) white socks and adequate support tennis shoes (no Keds, platforms, or casual shoes)
 - d) **NO** jewelry (including watch) or acrylic/gel nails are permitted during tryouts. Fingernails will need to be cut short and hair will need to be secured away from your face in a neat ponytail each day. If you have short hair that does not touch your shoulder, you may wear it half up. If you have bangs they will need to be pulled out of your face

Points will be deducted if any of these requirements are not met each day



Final Evaluation:

1. You are expected to dress out in:
 - a) dark shorts (black or navy)
 - b) a white t-shirt (no writing)
 - c) sports bra
 - d) white socks
 - e) good support tennis shoes
 - f) you may also wear a bow of your choice, decorated to show your personality. Be sure your bow is secured with no inappropriate designs that will shed onto the mat.
2. **You will be responsible** for ensuring at least 3 teachers complete recommendation form.

Schedule for RNHS Cheerleading Tryouts

Day	Time	Location	Material
Monday-Thursday April 22 nd – 25 th	4:15p-6:15p	RNH Aux Gym	Cheer, Chants, Dance, Tumbling, and Jumps
Friday April 26 th	4:15p-Until Finished	RNH Aux Gym	Formal Evaluation of all material

After your final evaluation, you may leave

Results will be posted on school athletic website under cheerleading by **Friday (5/3/2019)**. The link is as follows: <http://rncavaliers.com/>

All decisions are final once the squads are selected.
DO NOT contact coach asking if you have made the squad.

Judging Criteria

Participants Will Be Judged By Four Components:

Components	Possible Points
GPA	5
Teacher Recommendations	30
Coaches' Assessment	15
Formal Evaluation	50 (+10 possible bonus points)



Important Notes:

- ❖ Itemized list of cheer costs to be given upon making the team.
- ❖ All those selected are **required** to attend Summer Cheer Camp.
 - Cheer Camp: August 1-4, 2019
 - Location: Clemson University
 - Cost: \$385.00
- ❖ All RNHS Cheerleaders are required to pay a \$50 participation fee to the Athletic Department after July 29, 2019
- ❖ All members selected to the Richland Northeast High School Cheerleading Program will be provided with an RNHS Cheerleading Handbook outlining all policies and expectations.



RNHS High School Cheerleading

Participant TRYOUT INFORMATION SHEET
All Participants **MUST** Complete this Form &
Due No Later than **April 10, 2019**

Fees Office

(Have the Fees Office sign and date that all debts have been cleared)

Cleared	
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Name _____ Grade for 18-19 school year _____

Address _____

Home Phone _____ Cheerleader's Cell Phone _____

Birthday _____

Parents' Names _____

Parents' Email _____

Stunting Position: (if applicable) Back spot Flyer Base

Tumbling experience: (if applicable) Yes No

What experience have you had in Cheerleading? (Prior experience is **not** required)

Describe both positive AND negative qualities regarding yourself that may impact your year with RNHS Cheer if selected for the squad.

Why do you want to be an RNHS Cheerleader?



RNHS Cheerleading Tryout Parent/Student Permission Form

_____ has my permission to try out for support JV/Varsity cheerleading at Richland Northeast High School. I and my child understand that 9th/10th graders selected for support will cheer for our JV squads and 11th/12th graders selected will cheer for our Varsity squads. I recognize that cheerleading is a strenuous activity. In that regard, I know of no pre-existing condition, injury, or illness, etc. which would limit my child's participation at tryouts. I give permission for my child to participate in tumbling and all other cheerleading activities for tryouts. I acknowledge that I am aware and understand the RNHS Cheerleading Tryout Rules and Regulations. Upon making the squad I accept responsibility for all cheer costs and time commitments for the season. I understand the decisions of the Coaches are final.

Parent/Guardian Signature

Date

Student must read the statement below and sign to indicate his/her understanding of all rules and regulations of this tryout.

I will attend all scheduled practices and accept the final decision of the Coaches. I am willing to abide by the rules and regulations established for this tryout. I understand tryouts will be held from 4:15-6:15pm each day (Monday-Friday). Final evaluations will be held on that Friday. I also understand that if I make any of the cheer squads at Richland Northeast High School, I am expected to uphold the standards specified in the RNHS Cheerleading Handbook and by the Coaches. I agree to uphold the specified standards and understand that if I do not I can be dismissed from the cheerleading program.

Student Signature

Date



Richland Northeast High School Prospective Cheerleader Teacher Recommendation Sheet

Teachers: The following student is trying out to become a member of the Richland Northeast Cheer Squad. A Cheerleader should possess a positive attitude, have strong academic skills, be a leader and be able to **represent** Richland Northeast High School well at on campus functions, as well as off campus events. In order to get "**EXEMPLARY**" Cheerleaders, we are asking for your help. Please rate the student according to the following criteria as fairly as possible. Please **do not** return this form to the student, but instead place it in **Mrs. Melody Butler's** box or delivery it to her directly by April 10, 2019. Thank you for your time and assistance.

Student _____ Grade _____

Teacher _____ Subject _____

Use the following scale to rate the student.

1-poor 2-fair 3-average 4-good 5-exemplary

- | | | | | | |
|---|---|---|---|---|---|
| 1. Student has a positive attitude. | 1 | 2 | 3 | 4 | 5 |
| 2. Degree to which the student complies with rules and policies. | 1 | 2 | 3 | 4 | 5 |
| 3. Student's interaction with other students (especially in group situations) | 1 | 2 | 3 | 4 | 5 |
| 4. Student's interaction with adults | 1 | 2 | 3 | 4 | 5 |
| 5. Student's punctuality (e.g. to class, with schoolwork, etc) and attendance. | 1 | 2 | 3 | 4 | 5 |
| 6. Student's dependability and trustworthiness. | 1 | 2 | 3 | 4 | 5 |
| 7. Student's ability to handle pressure. | 1 | 2 | 3 | 4 | 5 |
| 8. Initiative and/or self-motivation. | 1 | 2 | 3 | 4 | 5 |
| 9. Decision making skills/abilities. | 1 | 2 | 3 | 4 | 5 |
| 10. The student's ability to represent Richland Northeast High School (school spirit) | 1 | 2 | 3 | 4 | 5 |

Additional
Comments: _____

Teacher Signature: _____



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