

Winter Park High School CHEERLEADING OVERVIEW 2021-2022

The WPHS coaching staff will be choosing the cheer teams and will look at the requirements below. Please note that once the teams are established it is at the discretion of the Head Coach to make adjustments needed. Moving an athlete to another team can take place at any time. The WPHS coaching staff evaluates the athletes throughout the season and determines what is needed for a team as a whole keeping the entire program in mind.

Requirements:

Varsity squads:

- * 2.0 Cum GPA or higher
- * Standing Tumbling Tuck preferred (see point sheets for points received)
- * Running Tuck requirement preferred (see point sheets for points received)
- * 3 jump combination
- * Sharp motions during the sideline performance
- * Sharp Dance displaying rhythm
- * Elite level athletic, fitness level, and strength physically and mentally
- * Outstanding Showmanship, Spirit, and "IT" factor while performing all skills.
- * Leadership character with teamwork emphasis when decision making

STUNTS:

- * An established position in stunting being able to perform elite stunts.
- * You will tryout in a stunting position in a stunt group and will be trying out against the people **IN THAT POSITION**. The size of the team(s) and the number of teams will be determined by the natural break in the scores, and those top performing athletes in all 4 positions will make the team.
- * Coaching Staff will create the stunt groups at the tryouts, and adequate time will be provided to establish safe timing to perform elite level stunts.
- * Each person can be used 2 times in a stunt group at tryouts- 2 times only unless the coach approves being used in a 3rd group.

JV Squad:

- * 2.0 Cum GPA or higher
- * A standing back handspring is preferred
- * Other high level tumbling is additional points (see point reference sheet for point value) and is strongly encouraged.
- * Established position in stunting performing extended level stunts.
- * 3 jump combination that is level
- * Sharp dance displaying rhythm
- * Sharp motions during sideline
- * Above average overall athletic fitness level
- * Stunt performed (group put together at tryouts by Coaches)
- * Each person can be used 2 times in a stunt at tryouts.

NOTE: Tumbling is not required, but it is preferred, and you receive points for tumbling. All Skills at tryouts are performed on a standard cheer floor/mat under FHSAA.

EVERYONE IS A CHEERLEADER UNTIL FEB. 2022 ©- “We ALL Cheer ALL year” ©

**Athletes who make Varsity Spirit and Varsity Competitive will cheer Varsity Football games and can compete at competitions until Nationals in Feb 2022. Members of the JV squad will cheer at JV Football games and some Varsity Boys basketball games. Varsity Spirit members who are not selected for the competition team will cheer at some selected home boys basketball games under the Varsity Winter Squad.*

JV will cheer at all JV football games (and Freshman Football home games only) as well as some basketball games in the winter. The JV team is a Spirit team only under FHSAA, and the Varsity squad is the only competitive squad under FHSAA; therefore JV is a spirit game sideline/courtside program only. If a competitive team member needs to be replaced, the JV team members could be considered to fill in in an emergency situation. The JV Team will practice one day per week in addition to their game days for Football and Basketball season.

NOTE: Anyone who does not complete the season until Feb. (drops off the team or is removed for any reason) will not be permitted to try out the following year 2022-2023 and will not have a documented recognized participation for the 2020-2021 season towards their HOPE waiver (HOPE class).

RESULTS: The results from tryouts will be posted on the band app by the morning after the day of tryouts. After June 10, 2021 Coach Austin will answer any questions in regards to the results via email.

The amount of teams picked and number of people on each team depends on the amount of people trying out and the cheerleading/skill level of the athletes trying out. Grades 9-12 can be placed on Varsity under OCPS rules and competition rules with FHSAA. Juniors can be placed on JV, and freshman can be on JV in addition to the sophomores. If you are a returning cheerleader please keep in mind each year is different. We have a move up move down policy from year to year.

Juniors: All juniors are eligible for JV, and if you do not want to make JV as a junior you need to indicate that on your informational sheet and let the coach know the first day of tryouts.

PLEASE NOTE:

Participation in club cheer is at the athletes own discretion as it is their own time outside of WPHS Cheer. The club team must work with the Coach to ensure athletes attend all practices, games, and competitions for the High School program. High School Cheer team members are not permitted to miss more than 2 practices for personal reason and no athlete can miss any competitions.

FINANCIAL COMMITMENT/CHEER WEAR:

There is a financial commitment to participate in the WPHS cheerleading program. Several fundraisers are provided (Beginning in June and ending in January) however, each cheerleader must pay/fundraise her entire financial amount each season in order to participate.

Uniforms/cheer wear costs are approximately \$300-\$400 dollars depending on what team you are on. An exact list of items and costs will be provided before the conclusion of tryouts. A copy will be sent home with the athlete.

UNIFORM SIZING DAY: this will be determined at a later date. May 19th the new Varsity Spirit team members will receive their uniforms. JV will receive uniforms in the fall. Practice wear will be ordered for all members and invoice will be filled out and provided to parent.

All information for parents will be emailed in docs, so please make sure we have a current working parent email for all parents.

DUES/Donations DURING SEASON: There are also dues/donations amount to cover many events throughout the year that are approximately \$300 for the season for noncompetitive teams (JV and Varsity Spirit/Winter) to \$1200 for Varsity competitive team which includes the Nationals trip. All dues/donations are paid through school pay account online under "cheer dues". These dues are going to be paid in multiple installments beginning August 2021- Jan. 2022. If you do not feel you can afford this, please contact Coach Austin, as there are scholarship opportunities for any financial hardships.

SUMMER Training JUNE 2- JUNE 23:

Varsity teams will have a summer training program. A detailed calendar will be provided. Exact days and times will be provided soon. We will train beginning June 2 and end June 23 with 5 days per week consisting of a tumbling day, weight training, strength and conditioning days, elite stunt days, and stretching flexibility. June 24 and June 25 will be added days for NEW members of the varsity team for added areas needed after evaluation of the other weeks. Returners are done June 23.

There will be no summer training for the JV program. They will return July 31

SUMMER CAMP: OCPS is not allowing any summer camp for athletic teams. Our home camp will take place over a weekend in the early fall.

FALL Practices and HOLIDAY PRACTICE DATES FOR VARSITY:

The Varsity Competition team will train 3 days per week in the Fall plus have games on Friday nights and 5-7 competitions. Times and days will not be provided until July but will always end by 6:45 daily. The Varsity Spirit will train 2 days per week in the Fall and have games on Friday night as well as Basketball games (one practice and one game per week in the Winter). The JV Spirit team will train one day per week and have one JV football game per week on Thursday as well as one Winter Squad practice per week in the Winter along with one Basketball game per week at home. The JV spirit team also cheers half of the Varsity homecoming and senior night as well as sells programs at select home varsity football games.

Beginning in November the competitive team will increase training to train 4 to 5 days per week until Feb. 14 when their season ends.

Competitive team will train on the dates below during School/Holiday days off: (PLAN ACCORDINGLY- Missing these critical practices is not allowed)-

Nov. 22, Nov. 23, Dec. 20, 21, 22 Jan. 3 Jan. 17

Exact dates for Competitions will be provided in the Fall as soon as they are secured by FHSAA.