

West Ashley High School
2019-2020
Cheerleading Tryout
Packet



Student Information

Name: _____

Upcoming Grade: _____

Home Address: _____

City/State/Zip: _____

Cheerleader Email: _____

Cheerleader Phone: _____

Parent Name: _____

Parent Email: _____

Parent Phone: _____

Please indicate which position you would best fill

(You can indicate multiple positions)

_____ Main _____ Base _____ Flyer _____ Backspot _____ Side Base

Tumbling Skills (ONLY check the skills that you have mastered WITHOUT a spot):

Standing Tumbling

Standing Back Handspring_____

Stand Tuck_____

Series Back

Handspring(multiple)_____

Toe Touch Back Handspring_____

Toe Touch Back Tuck _____

Other advanced Tumbling_____

Running Tumbling

Front walk over_____

Roundoff Back handspring _____

Roundoff Back handspring back tuck

_____ Round off back handspring

layout_____

Round off back handspring full _____

Other advanced Tumbling_____

All cheerleaders both junior varsity and varsity will be competing this season!

Only 24 girls will be selected at the conclusion of tryouts. All of which will be required to participate on our competition team. The coaching staff will determine who will be considered for jv and varsity based on skill level as well as grade level.

Tryout Information

- Tryout clinics will be held **May 7th, 8th and 9th from 3:30pm to 5:30** pm (MUST attend if trying out)
- Tryout evaluations will be held **May 10th from 3:30** until completed (Girls will tryout in groups of 4 in alphabetical order)
- NO LATE TRYOUTS/VIDEO TRYOUTS WILL BE ACCEPTED
- Tryouts are CLOSED to the public, parents, friends, etc.
- The tryout process will include evaluations on a cheer, dance, jumps, tumbling (running and standing), athleticism and overall impression.
- Athletes will be evaluated by the coaching staff and outside judges. The final decision is left to the coaching staff.
- Tumbling is strongly recommended but not required. Please note, skills shown at tryouts must be thrown throughout the season and progress must be made.

Please note the following dress requirements for cheer clinics and tryouts:

1. Candidates must wear appropriate workout attire for clinics (sports bra, t-shirts, tennis shoes, shorts that fit, no see-through shorts or tops, no spandex, no tank tops).
2. Hair must be pulled back and secured. (Bow recommended but not necessary)
3. No jewelry or acrylic nails are to be worn at tryouts. NO EXCEPTIONS!
4. For the day of tryouts girls will be required to wear a plain white shirt, and black or purple shorts. (No writing on the shirt please)

If you have any further questions regarding the tryout process, please contact Coach LaCock at **westashleycheer@gmail.com**. Once the tryout process is complete, all scores are final and the team is set. It is important that you understand the tryout process before committing to trying out. By signing below, you agree to all terms and conditions of the tryout process.

Student Name (Print) _____ Signature _____ Date _____

Parent Name (Print) _____ Signature _____ Date _____

Estimated Cost for the season.

Insurance (required by county)	\$52
Choreography camp	\$177/person
Weekly Tumbling and Choreography clean up	\$65/month
Pom Poms (If you have purchased in the past seasons you may use yours)	\$25
Cheer bag	\$40
Shoes (Can use shoes from previous season if they are clean)	\$72
Practice Wear	\$162.35 2 Tanks 2 Shorts T-shirt Bra
Warmups (If you have already purchased a warmup you do not need to buy a new one)	\$156.90

Important Dates

May 7-9th Tryout clinic

May 10th Tryouts

May 14th First practice/uniform distribution

May 16th Competition uniform fitting day

Summer practice schedule

<ul style="list-style-type: none"> • May 21 • May 23 • May 30 • June 25 • June 27 • July 9 	<ul style="list-style-type: none"> • July 11 • July 16 • July 23 • July 30 • Aug 1 • Aug 6 • Aug 8
--	---

Absence Policy

-Spring/summer practices are not mandatory but are strongly recommended! This is a time for the team to bond, learn valuable skills that will be used throughout the year, and create stunting groups that will work together in the routine.

-Once we enter the month of August the only excused absences will be school function that is mandatory for a grade, or sickness (with doctor's note).

-I understand that situations and emergencies arise sometimes, if that happens please just let a coach know as soon as possible that you will be absent from a game or practice.

-For absence to be 'excused' your coach must be contacted PRIOR to the absence occurring. **For same-day absences coaches must be contacted prior to 3pm via email or call from the parent.**

-All other absences and any other non-related school activities are unexcused.

-Since school activities are planned well in advance, please communicate to us any mandatory events well in advance since absences must be approved by the coach to be excused.

-You will only be allowed 3 excused absences per season. The 4th excused (excluding when sick or injured) absence becomes your 1st unexcused.

- 1st Unexcused absence: Suspension for one half of game.

- 2nd Unexcused: Suspension for full game.

- 3rd Unexcused: Removal from the team.

EXCUSED ABSENCES	UNEXCUSED ABSENCES
After School Help-not exceeding 1.5 hours total in a season	Orthodontist/Dentist Appointments
Planned Family Vacations-written notice as soon as possible	Work
Illness-if Coach is contacted prior to absence	PSAT/ACT prep courses
Family Emergencies	Chiropractor Appointments
Other Excused Medical Emergencies	Babysitting
	Concerts
	Shopping
	Hair Appointments
	Doctor Appointments-unless excused in advance
	Driver's Education/Test
	Illness when present in school day

Attendance Policy

West Ashley Cheer is a structured program where success relies on athletes and parents adhering to our policies. We realize many athletes are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We practice for competition approximately 2-3 days during the week. We expect top priority and 100% commitment to attending every practice. Due to our policies we are able to keep extra practices to a minimum because our practice times are productive and mandatory.

Team Practice Rules

- Practices will be held on Monday, Tuesday and Wednesdays from 3:30-5:30
- Monday practices will be held at flip gym from 4-5:30. We will be working on tumbling and routine.
- All practices are closed.
- There is to be no jewelry worn at practice, which includes all earrings, belly button rings, and necklaces. This is not simply for appearance sake, but for the safety of the one wearing the jewelry and for those either flying or basing who might be injured as a result.
- All cell phones should be turned off and collected during practice times.
- There is to be no gum at practices or competitions.
- There is to be no excessively long fingernails or sculptured nails.
- Practice clothing must be worn as scheduled on the monthly calendars.
- Lost, misplaced or damaged clothing will be replaced at your expense.
- Anyone late or dressed incorrectly will condition after practice.
- All practices are closed to parents and siblings/friends.
- Cheerleaders are to be on time to everything, which means 15 minutes early. We have to put mats out and stretch as a team, we do not want this to take up the little time we have together.
- If you are late to practice, you will be asked to run extra after practice

Game day rules

- We will be attending **ALL** home and approved away games both football and basketball season.

-Cheerleaders will know ahead of time, what they are supposed to wear to the games. If you are not wearing what you are supposed to, you will have to sit out until someone brings you what you are supposed to have (Keep everything in your bag, always).

-If a cheerleader is to be late to a game they will sit out the first half and if they miss the first half then they will sit out the rest of that game

-Also, negative language about another teams, team members, coaches, students, or foul language will not be accepted at any time and you will be punished at the next practice.

-If you miss or leave school early on a Friday due to skipping, you are not permitted to cheer that night. Doctor's notes are accepted.

-If you miss a day of school and there is practice or a game that night, you will not be allowed to attend practice of the game (doctor's note will be excused, and you will be expected to cheer, unless doctors' orders say otherwise).

-If you do NOT go to school the same day as a practice, you will NOT be at practice. If you get a doctor's note for the school day, you should have a copy for practice also.

-If being late becomes a habit, you will sit out the next game, in full uniform, next to the coach. If it is still a problem, we will have a meeting: including the coach, cheerleader, parent, and sport director. After that, you will be asked to leave the team.

Social Media Policy

As leaders you have the responsibility to portray your team, your school and yourselves in a positive manner at all times. Instagram, Facebook, Twitter and other social media sites are used by the majority of student-athletes here at WA in one form or another. Student-athletes and parents should be aware that third parties - including the media, faculty, future employers and SCHSL officials - could easily access your profiles and view all personal information. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the school. This can also be detrimental to a student-athlete's future employment options, whether in professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

-Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.

-Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.

-Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.

-Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: use of profanity, derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).

-Information that is sensitive or personal in nature or is proprietary to the WA Athletic Department or the school, which is not public information.

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. Suspension of a game and a parent/student athlete meeting with Director of Athletics and Head Coach.

2. Penalties as determined by the athletic department, including but not limited to possible dismissal from his/her athletic team.

• Consider how the above behaviors can be reflected in all social media applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as West Ashley Athletic Department and the school. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or the school.

Student Name (Print) _____ Signature _____ Date _____

Parent Name (Print) _____ Signature _____ Date _____

Other West Ashley Cheer rules

- Bad attitudes are not going to be tolerated by the WAHS cheerleading program
- BULLYING is never okay and will not be taken lightly!! It will be taken straight to the athletic director and parents will be contacted.
- You all are a cheer family and family does not treat one another in a negative way
- **You are a student first and being a student athlete is important to your coaches.**
- **Without a 'C' above average you will not be permitted to cheer at games and will run extra at practice.**
- **If you are failing a class you will NOT be eligible to compete with the team.**

Quitting Policy

If you make the team and then quit, you will not be able to come back on the squad the following year. This will be strictly enforced!!!!

- If for some reason you are kicked off, you will not be permitted to try out the following year!
- If you quit or get kicked off at any point in the season, you will NOT be refunded ANYTHING by boosters or the school. This includes; camp cost, clothes, paid for your time, cheer gear, or donations made to the team, etc.
- If you quit the team, you will not be asked back to take region or state pictures.

Fundraising:

- All cheerleaders will be asked to participate in all fundraising - This will only better your squad and the opportunities it may have in the future for nationals
- This will be a BIG part of our team. Especially, if we plan to go to camp and competitions.
- Fundraising we will be an ALL year effort!!!!
- Fundraising will start as soon as you make the team

Parents

Parents should not cause drama with other parents, coaches, or team members.

Parents should not speak negatively about other athletes on the team at any point in time.

Parents should keep the team moral in mind always.

We love our parents and could not survive without them. We want you to participate!

The coaches want you all to know and understand that I want your child to be a student first then an athlete. We believe good grades, attendance, attitude, and motivation, is a part of their school life.

Booster Club:

- The Booster club is in charge of dealing with ALL fundraised income and outcome.
- If you want Booster club information, it needs to be requested to the President or the AD.
- The Booster club is also in charge of making sure the team has needs met. This might include; decorations, food, setting up, help with fundraising, and any other request made.
- They will have monthly meetings for parents to meet and talk about future needs and or ideas.
- Boosters will be expected to hold meetings and be willing to meet with each other, the coach, and the AD.

Uniforms:

- Your uniform is provided by the school, making it school property. It is NOT your property. If you keep your uniforms, you school account will be charged.
- If you turn in the wrong uniform, you will be charged
- If you destroy or damage your uniform, you will have to pay for it or pay to get it fixed.

Coach's Information

Head Coach: Kelly LaCock

Phone: 252-375-7547

Email: wawildcatscheer@gmail.com

Cheerleaders are not to text or call the coaches! They may use a GroupMe App, Facebook instant message, or email! School wide rule.

Parents are allowed to text and call the coaches on their personal number.

Please do not contact coaches before 9am or after 9pm UNLESS it is an emergency!

I _____, have read this packet and understand and agree to the rules that are and what will be expected of me.

My parent/ guardian _____ also has read, understands, and agrees to this packet.

As a 2019-2020 cheerleader, I will give my 110% to the team and coaches.

I understand that the coaches can change rules when it is needed for the best interest of the team as a whole.

I also understand that if I do not follow the rules I can be asked to leave the team at any point in time.

I also understand that judge's scores will be reviewed by the coach and her decision is final!

Student Print: _____ Signature: _____ Date: _____

Parent Print: _____ Signature: _____ Date: _____

