

Enochs High School

Cheerleading Tryout Packet 2012-2013



Pre-Tryout Meeting February 29, 2012

Clinics: March 31, 2012

Tryouts: April 2, 2012

Current Enoch's Students

All paperwork due March 26, 2012 by 3:00 PM

Incoming Freshman

**All paperwork due in your current school's front
office March 26, 2012 by 4:00 PM**

IMPORTANT DATES

Parents and students please mark your calendars for these dates, even prior to knowing if you have made the squad. They are all very important and it is imperative that students and parents participate in these events as requested.

Mandatory Student/Parent Meeting - Wednesday, February 29, 2012 at 6:30 PM in the Enochs High School MPR. This is an opportunity to meet the coaches, receive information regarding the program, and ask questions.

Monday March 26th – **ALL TRYOUT PAPERWORK DUE** in Coach Fulbright's box in the "A" Building, Main Office no later than 3:00pm. High School teacher recommendations are to be submitted **directly by the teacher** to Coach Fulbright's box. All Junior High paperwork is to be submitted to their main office and will be picked up at each site by 4:00pm (Ustach, Somerset, Glick, and Savage) by Enochs staff on 26th.

To participate in the clinics and tryouts on March 31st, all paperwork must be turned in to Coach Fulbright's box by the deadline, of 3:00 PM on **March 26th**. This includes teacher recommendations, personal statement, clinic order form and the signed contract on page 5. Although all paperwork is due by the deadline; not turning in the contract on page 5; with both the parent and student signatures, alone would prohibit someone from trying out. **There will be NO Exceptions**

Ineligibility Notices - On Wednesday, March 28th ineligibility notices will be sent out at school. You will receive this notice if you are ineligible to tryout for any reason. The reason will be noted on this notice. If you receive a notice stating that you are ineligible for any reason please do not show up to the clinic on March 31st. The **ONLY** ineligible situation that can be resolved is debt list. If you owe money to the school and can pay off that debt, and show proof that the debt has been paid by Friday, March 30th, your eligibility status will be changed; and you may participate in the clinics on Saturday, March 31st.

SATURDAY, March 31st - **CHEER CLINIC** *Check-in at will begin at 7:30 AM*, in the Enochs High Gym. 1st session will begin at 8:00 AM – 1:00 PM, Lunch Break 1:00 PM to 3:00 PM. 2nd session will begin at 3:00 PM – 7:00 PM. Please wear black shorts and a white t-shirt. You will have a 2 hour lunch break during which you may go somewhere or eat your pick up your pre-ordered/pre-paid lunch. We will have a concession stand at the clinics for snacks and beverages available throughout the day. You may also purchase a disc with the tryout music.

MONDAY, April 2nd – **TRYOUTS** in the Enochs High gym from 5:00pm – 9:00pm (approx.) Please wear black shorts and a white t-shirt. Results will be posted at Enochs High, Friday afternoon outside the Student Activities Office.

Mandatory Parent Meeting - Wednesday, April 18th at 6:30 PM. If you are chosen to be a part of the 2012-2013 Enochs Cheer Program there will be a mandatory meeting in the Enochs MPR. All cheerleaders and at least 1 of their parents or a guardian must be present.

Uniform Fittings - Wednesday April 25th, 2012 Enochs Girls Gym (varsity side) at 2:30 PM to 5:30 PM. We will do each squad separately. Varsity, will start at 2:30 and go until 3:30 PM (approx.) JV, will start at 3:30 PM and go until 4:30 PM (approx.) freshman, will start at 4:30 and go until 5:30 PM (approx.) Parents ARE NOT required to be there.

In addition to "normal" clothes, please wear a sports bra, spunks (or full coverage panties), socks.

Optional Preseason Conditioning - We will start optional conditioning June 1st. The plan is Tuesday thru Thursday 8:00 AM to 10:00 AM, at Ustach Park. The locations and times are subject to change.

Official Start to Mandatory Summer Practice - Tuesday, July 10th, is the official start to our season. We will practice 3 days a week, Tuesday thru Thursday 8:00 AM to 11:00 AM at Enochs High School. It will be hot, so be sure to bring water, and wear sunscreen as we will not have access to any indoor area. We will try to stay in the shade as much as possible. The locations and times are subject to change. From this date forward points will be assessed. **Absences/Tardies and not being prepared to practice will affect your grade. Parents please plan vacations and camps prior to this date.**

***The following dates are tentative due to budget and district meetings. Information will be provided as soon as possible.**

Early - Mid July – **ENOCHS SPORTS NIGHT** – Pick up, complete, turn-in mandatory sports packet (Insurance, Athletic Treatment Cards, Athletic Eligibility Regulations, Release & Waiver Liability and Athlete Sportsmanship Letter). All paperwork must be completed before camp. The physical may be done by your own doctor, however, make sure the physical is done after July 1, 2011.

Mid July – **ENOCHS CHEERLEADER SPORTS PHYSICAL DAY** – The Enochs Cheer Program will bring in a doctor to complete the physicals for all EHS Cheerleaders for a nominal fee of \$20 per student. If you do choose to go to your own doctor make sure he physical is done **after July 1, 2012.**

TRYOUT/CLINIC PROCEDURES

1. Attendance at both clinic sessions is very important. It is an important part of the tryout process (15% of the score) – if you miss one session you will lose out on a lot of points. All paperwork must be turned in by March 26th. Randomly assigned numbers will be given during the first clinic and will be worn all day of the clinic and also to you tryout on the following Monday. Be prompt and bring bottled water or money to purchase snacks, music and beverages from concessions.

Friends and family are not allowed to stay and watch clinics or tryouts

2. At the time of check in at both sessions you are expected to be ready. You are being evaluated from that point forward. You are responsible for yourself and your own actions. Be on time, have your hair up in a ponytail, have the correct shoes on, and appropriate attire (white shirt and black shorts). Please remove all jewelry this includes but not limited to earrings, belly button rings, lip rings, necklaces, and rings.
3. During CLINICS everyone starts with 100 points, you can not earn extra points. Points will however, be deducted for any number of reasons to include but not limited to. (Reminder, there could be only a .5 to 2 point difference between someone who makes the squad and someone who doesn't... this means the little things matter)
 - Late to check-in for any session
 - Jewelry left in
 - Bad attitude towards other hopefuls, coaches, other adults and mentors
 - Excessive talking
 - Inappropriate attire
 - Wrong shoes
 - Lack of effort
 - Chewing gum
 - Forgetting your number
 - Nail Polish

The following are things that we WANT to see from everyone -

Effort- doesn't give up, attempts all aspects of cheerleading, helps others, goes the extra mile, is focused and doesn't go off to the side to sit and talk with friends.

Teamwork- works cooperatively with others, demonstrates encouragement and support for others, helps others learn the routines.

Spirit – smiles, cheerful, vocal, applauds others achievements, kicks and jumps are performed with full amount of energy and effort each time.

Attitude- positive demeanor, respectful of staff and peers as demonstrated by their body language and words, listens and follows instructions.

4. **REQUIRED ATTIRE: BLACK (DARK) SHORTS, WHITE T-SHIRT, SOCKS AND ATHLETIC SHOES. HAIR MUST BE UP IN A PONYTAIL. ABSOLUTELY NO JEWELRY OR GUM CHEWING. NO SPAGHETTI STRAPS. NO MIDRIFTS (STOMACHS) EXPOSED.** Points will be deducted if any requirements are not followed during clinics and tryouts.
5. Tryout order will be Mascots, Frosh, JV then Varsity. During your entrance and exit, jumps and other displays of spirit are appropriate and strongly encouraged. Please wear black shorts and a white t-shirt.
6. Clinic participation, GPA/Citizenship, Teacher Recommendations, Attendance Record, Personal Statement and Tryout performance and display of spirit during entrance/routines/exit will all be considered in the selection process. Following is the percentage breakdown for tryout scoring:

Teacher Recommendations = 20%
GPA/Citizenship = 15%
Attendance Record = 5%
Clinic Participation = 15%
Personal Statement = 15%
Tryout –Execution of Routines, Appearance, Display of Spirit during Entrance/Tryout/Exit = 30%
7. Squads will be chosen by taking the top scores of all judges. Per District Guidelines, there will be a maximum squad size of 20 on the Varsity level, 12 on the JV level and 12 on the Freshman level. We are looking for displays of talent, teamwork and spirit and most importantly being an all around good person. Our priority is to have squads that are committed, dedicated and enthusiastic. The Enochs Cheer Program is under no obligation to choose the maximum number of participants and may choose fewer without providing justification. There is no tenure advantage with our program; everyone is on a level playing field.
8. An impartial and experienced panel of judges will be used to score the tryouts. Also please remember that your tryout score is NOT the only score that matters, it is only one piece of the puzzle, and everything counts.

Only the judges, advisors and coaches will be allowed to watch the clinics and tryouts... NO EXCEPTIONS.

CONSIDERATIONS

WE WANT YOU TO TRY OUT FOR CHEERLEADING IF:

- you will support and represent Enochs High in a positive fashion.
- you will give 100% while cheering, win or lose.
- you think Eagle school spirit is cool.
- you are willing to work hard, physically and mentally, at every practice.
- you are able to work well with others and can put differences aside.
- you are able to be on time and have great attendance at practice and games.
- you are able to take constructive criticism from coaches, advisors, and squad members.
- you are able to be respectful of coaches, advisors, and your fellow squad and other squad members.
- you are willing to make some sacrifices in terms of your time and/or opinion in order to make the squad better.
- you are open to trying new things, you can be flexible.



WE DON'T WANT YOU TO TRY OUT FOR CHEERLEADING IF:

- you feel like you're too cool to show school spirit or wear your complete uniform on game days.
- you think that the rules will not apply to you.
- you think it's no big thing to show up late or miss games or practices.
- You want to make excuses for everything and not accept responsibility for your own actions
- you feel as though only your opinion should count and you need to express your opinion all the time and if you don't get your way you give up.
- you feel the most important person on the squad is you.
- you have a bad attitude about everything and feel the need to express it.
- you are too involved in too many things.
- you are bossy, closed minded, make excuses, are rude or refuse to work with any of your teammates. We've already mentioned these things but just wanted to reiterate.
- you ever feel it is okay to speak to others (coaches, advisors, other squad members) in a disrespectful tone.
- you won't do what you don't feel like doing *regardless* of the impact on the squad.
- You would have a hard time not having physical contact with your significant other while in any EHS Cheer attire
- you don't have time to read the tryout packet or handbook thoroughly.



Please think over these statements seriously. If you don't think you can get along with EVERYONE, are not willing to make the huge time commitment for fundraisers and practices, then don't try out. We are looking for students who are dedicated, committed, can follow instructions, cooperate and work hard as a team. They recognize they are viewed as representatives and positive role models for the school.

Parents this is not just about your child, you are also expected to participate in the program. It is your responsibility to ensure you child is on time to all events, practices, fundraisers, meetings. In order for this program to function as well as it needs to there needs to be 100% dedication from all students and their families. So please think long and hard about this. Your commitment starts now and should not end until the end of February 2013 and if your child wants to try out again the following year it starts all over again.

ENOCHS HIGH SCHOOL 2011-2012
CHEERLEADER STATEMENT OF CANDIDACY

This form is a pre-tryout contract, which must be signed by a parent/guardian and yourself. Only the signed portion should be returned to Coach Fulbright's Box in the Enochs High School Main Office by **3:00 pm on Monday March 26th.** Junior High paperwork will be picked up at each site (Ustach, Somerset, Glick, and Savage) by Enochs Cheer Coaching Staff on March 26th by 4:00 PM.

I agree to accept all of the following responsibilities to be selected.

1. If selected, I will have a physical clearance and proper insurance coverage on file at Enochs High School for the 12-13 school year dated after July 1, 2012, and BEFORE CAMP. Physical exams/clearance *must* be given after July 1, 2012. My parent/guardian and I know of no medical conditions or limitations that would affect my participation in clinics or tryouts.
I will notify the School Administrator in writing (signed and dated note from parent) of ANY medical limitations I have PRIOR to clinics/ tryouts.
2. ***I understand the importance of my position and the privilege of being a cheerleader. It shall come first in case of conflict with a job, personal activities, birthdays, or other functions. I understand that I will have to make sacrifices in order to participate in the EHS Cheer Program. I also understand that I must maintain strong academic standing. I will not abuse my position through unauthorized absences or neglecting my studies.***
3. I am aware I must follow all rules and guidelines established by the school and the advisor and I will be expected to sign a contract to that effect, if I am selected. I understand there will be consequences administered if I fail to follow the rules during my tenure as a cheerleader.
4. I am fully aware that cheerleading involves a large time commitment on my part. I will be required to attend:
 - After school practice as scheduled.
 - Holiday practices will still be held.
 - Camp and summer practices (July thru August).
 - Games, Rallies, Special Events (i.e. Back to School Night, Open House, etc.)
5. I understand it takes a positive attitude to be successful in cheerleading. I also understand that it is a privilege to be a cheerleader and that I am a role model 24/7 representing Enochs High and as such, I am held up to a high standard. I will stay focused, work hard and take constructive criticism. I will demonstrate I am a team player and display school spirit enthusiastically! I will work cooperatively and put the squad's needs before my own.
6. I understand that I will be held accountable for my actions on and off the field, in and out of uniform, on line, and on and off campus. I will not make comments on social media sites which may be deemed inappropriate, have bad language, or any derogatory remarks about the program, its coaches and all of its participants.
7. I understand I need to follow through and get recommendations from **five of my six teachers**. Recommendations are confidential. I understand that I do not return the completed form to the office, and that the teacher will turn it in. Make sure you give the form to your teacher at least **three** days in advance. An email will be sent to all teachers explaining the recommendation forms and advising them of the three day rule. Teachers will choose whether or not to complete the recommendation forms if they are received after Friday march 23rd.
***** Current EHS cheerleaders, in addition to your teacher recommendations you MUST also get a recommendation from your current coach. *****

2012-2013 EHS Cheer Tryout Required Skills List

The following is a list of skills that will be required of every EHS Cheerleader for the 2012-2013 season. Yes you are trying out to be a cheerleader however; MCSD is a non-stunting district therefore our routines incorporate dance as well. You have plenty of time to practice on these skills between now and tryouts! If you work hard at this I know you will be able to make it happen! Good luck and we will see you at the clinics on March 31st.

<i>Freshman and JV Cheerleaders</i>	<i>Varsity Cheerleaders</i>	<i>Optional All Levels</i>
Double Toe Touch	Triple Toe Touch	
Double Jump Series Your Choice	Triple Jump Series Your Choice	Quad or More
Left or Right Splits (arms in a high v)	Left or Right Splits (arms in a high v)	Both Side Splits or Center Splits
Cheer Pose (hold 5 seconds) Example: heel stretch, cupie, scorpion, bow and arrow	Cheer Pose (hold 5 seconds) Example: heel stretch, cupie, scorpion, bow and arrow	
Hitch Kick L or R	Hitch Kick L and R	
Split Leap L or R	Split Leap L and R	Center Split Leap or Switch Leap
Chaîné Turn	Chaîné Turn (series of 3)	Plie Chaîné stag jette
Single Inside Pirouette (in passé)	Single Inside Pirouette (in passé)	Double or More, Fouette
Dance Choreography	Dance Choreography	
Cheer w/motions	Cheer w/motions	
Create your own cheer w/motions	Create your own cheer w/motions	
Rally Entrance	Rally Entrance	

Be confident in what you CAN do. It doesn't have to be perfect but it should be pretty! Make sure you have a smile on your face, sharp motions, clean lines, flexibility, loud voice, pointed toes (any time your foot leaves the ground), keep your head up and smile (oh, did I already say that?) ... If you forget something here's a great motto for you...

Hit What You Know, And Sell What You Don't

PERSONAL STATEMENT

Please use a separate piece of paper to answer the following questions (may be typed or hand written). Please answer truthfully and from your heart. Remember, there may come a time when you will get held to your word.

1. Why do you want to be a part of the Enochs High School Cheer Program?
2. What do you think your role is as an EHS cheerleader?
3. How will you promote school spirit among students and staff?
4. This cheer program requires a huge time commitment; how do you feel you will be able to balance cheering with school, family, friends and other extra curricular activities or a job?
5. Discuss any additional activities that you are a part of and prioritize them briefly.
6. How do you deal with conflict?
7. Discuss your thoughts about social media's affect on being a representative for your school.
8. What do you believe your greatest asset to this team will be?
9. What are your weaknesses?
10. Discuss respect and being part of a team.

**ENOCHS HIGH SCHOOL
CHEERLEADING TRYOUTS – TEACHER RECOMMENDATION FORM**

Dear Teacher:

The person listed below is trying out for cheerleading. Since attitude and citizenship are more important in cheerleading than just talent, your help is needed. Your input is crucial to our selection process. Please answer honestly. Comments are **extremely** useful.

Student's Name: _____ Grade _____

Directions: Please circle the number that best represents the candidate's traits:

	0 = Unsatisfactory				5= Excellent	
Ability to get along with others	0	1	2	3	4	5
Ability to stay on task	0	1	2	3	4	5
Conduct in class	0	1	2	3	4	5
Sense of responsibility	0	1	2	3	4	5
Willingness to cooperate	0	1	2	3	4	5
Respectfulness to teacher	0	1	2	3	4	5
Attendance	0	1	2	3	4	5
Display of school spirit	0	1	2	3	4	5

Please circle one of the following:

I would Highly Recommend / Recommend / Not Recommend this student to be a representative for Enochs High School

This student's current grade in my class is: _____

This student has _____ tardies and _____ absences

Teacher's Name: _____ Date Received: _____ Subject: _____

Teacher's Signature: _____

Comments: _____

This is confidential. Please do not give the form back to student.

Teachers: Please return to Coach Fulbright's box no later than Monday, March 26th, by 3:00pm. If you are a feeder school, please place it in the Enochs cheer envelope at your site. Thank you.

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