

## *Application for KCHS Cheerleading Tryouts*

My child, \_\_\_\_\_ has my permission to be a cheerleader at King City High School. I understand that he/she must abide by the rules and regulations set forth by the advisor and the principal of King City High School, and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter/son to ride with the advisor and/or other parents when necessary. I understand that all forms attached must be completed by **March 6, 2008**, or my child will not be allowed to tryout. I understand that my child must attend all practice (unless excused by the advisor) and tryout sessions, or my child will not be considered for a cheerleading position.

I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the rules.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold King City High School or any of its personnel responsible in the case of accident or injury at any time.

I further hereby authorize a representative of the school district to consent to medical treatment of the above-named student in the event of an emergency.

I, the undersigned, have read this release and consent to medical treatment and understand all its terms. I execute it voluntarily and with full knowledge of its significance.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent or Guardian                      Date                      Parent or Guardian                      Date

I am interested in being a cheerleader at King City High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the advisors and the principal of King City High School. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### **Contact Information**

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Parent/Guardian Information:**

Father's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Please attach a copy of your 2<sup>nd</sup> quarter report card.**

**Please attach a copy of Insurance card or School Insurance number.**

- **Return this form March 6, 2008.**

# KCHS Cheer Constitution

## 2007-2008

### *Mission Statement*

The mission of KCHS Cheer is to provide inspiration and enthusiastic support of KCHS athletics. The sole purpose is to promote and uphold team spirit for those we encounter, as well as to develop good sportsmanship by example. While striving to represent both academic excellence and responsible citizenship, we also hope to rally general fan and community support for athletic endeavors, as well as to heighten overall school spirit. In addition cheerleading will provide physical exercise, emphasize teamwork, and enable participants to develop and refine their leadership skills.

### *KCHS Cheer Program Philosophy*

*“Cheerleading: to stir and excite spectators through organized cheering.”  
-Random House Webster’s College Dictionary*

**This is the definition of cheer, but it doesn’t define our program.**

***RESPECT  
DESIRE  
EFFORT***

This is a program that develops individuals who have the desire, passion, and motivation to succeed in all activities they engage in throughout life. This program uses cheer to help individuals become leaders within their school and community. Participants understand the magnitude of their actions as role models, and portray positive and spirited individuals on and off the field. They work together as a team to create a family atmosphere that enhances their devotion to success. These members continue to strive for improvement and growth; readjusting the bar of success to higher levels in order to constantly challenge their abilities and skills.

This is our cheer program.

At any time an individual does not feel they can maintain these standards they may be asked to re-evaluate the three components of the program and decide whether they wish to carry on or not.

This program continues and strengthens every year. It is not just a group that excites spectators through organized cheering at events. It is a program based on respect, desire, and effort that helps create lifelong achievers on the road of success.

### *Tryout Process*

Eligibility for tryouts is determined by the following. Student must:

- Be a student in grade 8-11
- Have and maintain at minimum a 2.0 GPA
- Attend **mandatory** 2/26 meeting
- Have appropriate physical paperwork completed by March 6, 2008.
- Show proof of insurance – copy of insurance card or school insurance #
- Attend **all** 2 mandatory clinics days.
- Have all required paperwork completed and signed

Tryouts will consist of a 2-day clinic where participants will learn both a dance and cheer routine. Attending the clinic is mandatory and crucial to the tryout process. Clinics will be held March 6<sup>th</sup> -7<sup>th</sup> from 6:30-7:30 p.m. in San Lorenzo School Auditorium (415 Pearl St.).

Questions?

The final day of try-outs will be Saturday, March 8th, 9:00-11:00 a.m. in the San Lorenzo Auditorium. Candidates must arrive at the San Lorenzo Auditorium no later than 8:30 a.m. for review and warm-up. The Auditorium will be open that morning from 8:00-9:00 a.m. for candidates who wish to review the material before final tryouts. Tryouts will consist of 4 stations: crowd leading, dance, cheer, and jumps. Participants will rotate through each station allowing judges adequate time to judge fairly.

Participants will be judged according to the following for each tryout station:

**Crowd Leading-** Creativity, presentation, and crowd involvement. (This is the only station that will be done in groups. It will be in front of the other candidates and judges. We are looking to see how well you can engage the crowd. The tryout cheer will be used here.)

**Dance-** Creativity, Execution, Rhythm, Precision, Facial Expression

**Cheer-** Execution, Arm motions, Vocal Projection, Facial Expression

**Jumps-** Execution (Prep & Landing), Height, Toes Pointed, Arm Placement

- Presentation, Showmanship, and Enthusiasm will also be considered.
- Participants GPA will also factor into the final scores.

The following reviews the time requirements, financial obligations, and rules and regulations for all members of the KCHS cheer squads.

#### *Attendance-*

Attendance at all practices and scheduled events is **mandatory**. Monthly calendars will be distributed detailing all game times, practices, and other events that may arise. **Please do not schedule doctor's appointments, work, or other activities during scheduled events.** Prior notice must be given for all absences. A doctor's/dentist's note must be provided for an absence to be excused. Absences to any scheduled events will result in disciplinary action. \* **Exception:** family emergency, absence from school

Excused Absence: Benched 1-quarter

Unexcused Absence: Benched 1 game

#### *Practice-*

Attendance to all practices and scheduled events is **mandatory**. During football season the squad will practice 4 days a week, from approximately 3:30-5:00 pm. Most football games are scheduled for Fridays, however occasionally games may be scheduled for Saturdays.

Basketball season practice will average 3 days a week from 3:30-5:00. We will cheer at all home basketball games, and occasionally some away games depending on the team's performance.

In the event of extended season play, cheerleaders are expected to continue representing their school by practicing, attending, and cheering. All extended season games are **mandatory**.

Prior to football season, cheerleaders will also be required to attend extended summer practices through the dates of:

Advisors or other designated school official will supervise all practices and games. Squad members are not released to practice stunts or gymnastics without the direct supervision of the advisors.

## Practice Rules

1. Be kind. There is no room for personal conflicts. Do not bring them to practice.
2. Warming Up is not option—you must participate in order to cheer.
3. Wear tennis shoes and socks at all times.
4. Never participate in stunting unless the advisor is present.
5. Squad members and potential squad members only at practice.
6. Hair must be worn away from face (ponytails).
7. No jewelry (including stud style earrings). No long fingernails.
8. Punctuality will be strictly enforced.

**Game Expectations-** Headridge, Pam and Nancy Garr. Developing a Successful Cheerleading Program. Coaches Choice: 2004.

- Arrive at facility 45 minutes prior to game time. You have a five-minute grace period. If you arrive after that time, you will sit out a quarter beside your coaches and cheer from the stands.
- Warm up for the first 15 minutes.
- Review necessary material for 15 minutes.
- Be ready to cheer 15 minutes before the start of the game.
- Be dressed and ready upon arrival.
- Wear NO jewelry and have hair pulled up (**ponytail with ribbon**).
- Have complete uniform, neat and clean, at all games. If you do not have the proper uniform, you will be unable to cheer. You will sit out the game beside your coaches and cheer from the stands.
- Have all uniform pieces with you at all games.
- Remain in cheering area during the game.
- Follow the game plan.
- Execute chants and routines correctly.
- Control and lead the crowd through organized cheers and chants. Display correct and acceptable leadership skills.
- Do not socialize with players or crowd members during the game.
- Follow the callers. Do not tell them what chants you want or do not want to do.
- Do not act silly. Remember you are an athlete.
- Follow the coaches' directive.
- Do not chew gum.
- Perform only the stunts that have been perfected and only if a coach is present. All stunts need to have the proper amount of spotters.
- Do not interfere with the players or officials.
- Promote sportsmanship.

### ***Safety Regulations-***

The KCHS Cheer coaches are AACCA and NFHS certified. The KCHS Cheer squads will follow all accepted cheerleading safety guidelines as outlined by the NFHS Coaches' Education program. An emergency plan will be set up and reviewed the first week of practice with all squad members. Copies of the emergency plan will be provided to all team members and will be available at all practices and scheduled events.

### ***Summer Camp-***

The squad will be attending UCA summer camp during the dates of August 4<sup>th</sup>-7th at UC Santa Barbara. Attendance to summer camp is **mandatory** for safety regulations. Following tryouts a \$100 deposit will be required in order to secure camp reservations.

### ***Fundraising/Cost of the Season-***

The overall estimated cost, including uniform and summer camp, would approximately be \$1,000.00. Below is an **estimated** break down of the cost.

#### **Camp Costs**

1. Cheer Camp: \$339.00 per cheerleader  
(3 nights, 4 days, food/board, cost of clinics)  
**Deposit: \$100.00 due at first team meeting**  
**Camp paid in full due: 7/18/08**
2. Camp wear:  
3 pairs of shorts and 3 t-shirts \$90.00  
**Estimated Camp Cost: \$489.00**

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#### **Uniform Costs**

**(Uniform costs will vary individually)**

1. Shell \$115.00
2. Skirt \$ 54.00
3. Body Liner \$ 44.00
4. Warm-ups \$125.00
5. Briefs \$ 15.00
5. Shoes \$ 70.00
6. Poms \$ 20.00

**Estimated Uniform total without shipping & taxes: \$443.00**

**Uniform Deposit: \$100.00 due at uniform fitting**

**Estimated Grand Total without shipping & taxes: \$932.00**

**\*Returning members will only need to purchase a shell and shoes.**

Due to the large financial obligation of cheerleading, participation in fundraising events is **mandatory**. Mandatory participation builds teamwork, camaraderie, and work ethic. Every squad member will be responsible for participating in each fundraiser organized even if a balance is paid off. Each month, starting in March 2008, a fundraiser is planned. Every member is responsible to raise \$100.00. If a squad member doesn't meet the \$100.00 minimum for fundraising that month, he/she must pay the difference unless his/her uniform is paid off.

Tentatively Scheduled Fundraisers for Pre-Season:

1. Coin drive (March-April)
2. Sales (May)
3. Car Wash (June)
4. Heritage Day Sales & Youth Clinic (July)

#### ***Transportation***

We will be utilizing the school vans for transport to camp, away games, and most other scheduled events requiring transportation. Any parents interested in driving please contact the advisors.

#### ***Disciplinary Action***

Disciplinary action should only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends.

A cheerleader may be suspended from games/events for the following reasons:

- Unexcused absences, excessive absence or tardiness
- Failure to cooperate with advisors
- If grade point average falls below 2.0 (copy of report card due at end of each quarter).
- Failure to abide by squad and school rules and regulations (such as **stunting without a coach present**)

A cheerleader may be dismissed from the squad for the following reasons:

- Excessive and irreconcilable disruptive influence on the squad
- Conduct likely to bring the squad or team reputation into disrepute (such as use of alcohol or drugs)
- Otherwise deemed necessary by advisor

**Any member who chooses to quit the team prior to the season end will not be allowed to try out the following year.**

\*Amendments may be made to this constitution as seen necessary by advisors and school officials.

Questions?

# KCHS Cheer

## Code of Conduct

As a member of the KCHS Cheer Squad I, \_\_\_\_\_, understand it is my duty and obligation to maintain and uphold the reputation of the squad through my own conduct and squad spirit. I, as a member, fully understand and will abide by the following code of conduct:

Members are required to be courteous, polite, friendly and to try to have a smile for everybody.

All cheers and chants shall be positive and sportsmanlike in manner.

Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.

Members will treat themselves, fellow teammates, and advisors with respect at all times.

Members will follow all practice rules set for by the advisors at all events as well as abide by all school rules.

Members will strive to show leadership through example.

Members will make a personal commitment to a drug and alcohol free lifestyle.

I, \_\_\_\_\_ hereby promise not to possess, use, consume, transmit, sell, or attempt to possess, use, consume, transmit, or sell, or be under the influence of any of the following:  
-any controlled substance or dangerous drug as defined by law  
-any alcohol or alcoholic beverage

# KCHS CHEER CONSTITUTION AND CODE OF CONDUCT AGREEMENT

I have read and understand the KCHS Cheer Constitution and KCHS Cheer Code of Conduct. I accept them as governing my participation in cheerleading. I understand that violation of the terms set forth in the Code of Conduct or Constitution will be regarded as grounds for dismissal from the squad.

\_\_\_\_\_  
signature (candidate)

\_\_\_\_\_  
date

\_\_\_\_\_  
signature (parent/guardian)

\_\_\_\_\_  
date

I have read and understand the financial obligation of my son/daughter becoming a KCHS Cheerleader. If he/she does not fulfill the minimum of \$100.00 fundraising each month I understand that I must pay the difference. If he/she quits prior to the season end, I understand that the final balance is due immediately.

\_\_\_\_\_  
signature (candidate)

\_\_\_\_\_  
date

\_\_\_\_\_  
signature (parent/guardian)

\_\_\_\_\_  
date

**\* Return this form March 6, 2008.**