

# York Junior High School Cheerleader Tryout Packet



2018-2019

March 5-8

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Cheerleading is one of the most respected positions a student can hold. Being a cheerleader requires a tremendous amount of responsibility. You are responsible to the student body, the teams you are cheering for, and most of all, you are responsible for yourself. Your actions as a cheerleader reflect the school and community you represent.

It is essential that you understand that being a school cheerleader is very *different* than private cheer squads. Your first job is to lead the student body. You must be willing to accept all responsibility of being a cheerleader and be able to discipline yourself to fulfill these responsibilities. You must be willing to devote the time, effort, and energy that is necessary to be a successful cheerleader.

Please be aware of **the time commitment** that is involved in being a cheerleader. All cheerleaders are REQUIRED to be at all assigned activities. No cheerleaders will be allowed to leave early or miss a cheerleading activity unless it is a medical or family emergency approved by the coach. **Activities not related to school will not be considered excused absences. Noncompliance will result in consequences, including possible dismissal from the team. Please be sure you can commit to the entire season before trying out.**

You will find all the information about tryouts in this “Cheerleader Tryout Packet”.

**PLEASE READ THE INFORMATION CAREFULLY.** When you fully understand the rules and agree to abide by them, please sign the forms at the end of the packet and turn them in at the designated place and time. Thank you for your interest in trying out for the York Cheerleading Squad and best of luck!

Best regards,

Kristy Patrick and Jennifer Englebretson

YJH Cheerleading Coaches

**Tentative Schedule of Activities (may be adjusted due to the Athletic schedule)**

- ★ 7<sup>th</sup> Graders – (Sept. & Oct.) Monday football games until 8:00 p.m.
- ★ 8<sup>th</sup> Graders – (Sept. & Oct.) Tuesday football games until 8:00 p.m.
- ★ 7<sup>th</sup> and 8<sup>th</sup> – (Dec. & Jan.) Thursday or Monday basketball games until 8:00 p.m.
- ★ Pep Rallies – 2 or more per year

**\*Please be aware that more activities may be added and required at any time during the year.\***

## Tryout Information

1. There is a [parent meeting for all cheer candidates on February 20, 2018](#), at 5:30 p.m. in the York JHS LGI.
2. **Eligible Candidates:** A sixth grade student currently living in the York Jr. High attendance zone, or a seventh grade student currently attending York Jr. High, or a student who has an approved transfer to York Jr. High for the 2018-2019 school year, prior to tryouts.
3. **Application Procedures:**
  - a. Read your packet very carefully. You must agree to abide by the enclosed cheerleader district guidelines in order to be accepted as a cheerleader candidate.
  - b. Fill out 1) the [cheerleader application form](#), 2) a copy of your latest report card or screenshot from [Student Access](#) and 3) the [Medical Release for Tryouts form](#). Turn in these three papers at the parent meeting on Tuesday, [February 20, 2018](#).
  - c. If you make the squad, you must have a [physical form](#) turned by June 1, 2018. You will NOT be allowed to participate in summer practice or camp without a completed physical. Please keep a copy of the physical form.
  - d. **FAILURE TO TURN FORMS IN ON TIME WILL RESULT IN LOSS OF ELIGIBILITY FOR TRYOUTS. NO EXCEPTIONS.**
4. **Practice Dates:** Practice days for all candidates for 7<sup>th</sup> or 8<sup>th</sup> grade Cheerleaders will be [Monday, Tuesday, and Wednesday, March 5-7, 2018](#).
5. **Practice Times:** Practice on the above dates will be **4:30 p.m. to 6:30 p.m.**
6. **Practice Location:** Practice for tryouts will be held in **GYM A** at York Junior High School.
7. **Practice Dress:**
  - a. Royal blue shorts of medium length (they should NOT be rolled at the top).
  - b. White t-shirt – should be long enough that your stomach is not showing at any time  
→ **The t-shirt must not display any cheerleading or dance logo.** It should be solid white with no emblem or imprint of any kind.
  - c. Short white socks
  - d. Solid colored athletic shoes – white is preferred and highly encouraged
  - e. No jewelry
  - f. Hair pulled back and out of face (high ponytail)
8. **Practice Sessions** are closed to the public. Only coaches, candidates, and current cheerleaders are allowed to be present during practice sessions. Parents are not allowed to be in the school.

**9. Practice sessions** will include the following:

- a. Monday - A cheer will be taught
- b. Tuesday – A dance will be taught
- c. Wednesday – Mock tryouts; draw numbers for tryouts
- d. Thursday – Tryouts

**10. Tryouts:** Tryouts will be held on **Thursday, March 8, 2018**, in the gyms at York Jr. High.

- a. Eighth grade tryouts (current seventh graders) will begin at 4:30 p.m.
- b. Seventh grade tryouts (current sixth graders) will begin around 5:30 p.m. or at the conclusion of the eighth grade tryouts.
- c. Please be aware that tryouts may last until 9:30 p.m. or 10:00 p.m. Please send a sack lunch with your child.
- d. Tryouts are closed to the public. Only the judges, tabulators, coaches, and principal will be allowed in the gym. No parents or family members are allowed in the school building during tryouts.

**11. Dress:** Dress for judging will be the following: (Same as practice)

- a. Royal blue shorts of medium length (they should NOT be rolled at the top).
- b. White t-shirt. (Should be long enough that your stomach is not showing at any time)  
→ **The t-shirt must not display any cheerleading or dance logo.** It should be solid white with no emblem or imprint of any kind.
- c. Short white socks
- d. Solid colored athletic shoes (white is preferred & highly encouraged).
- e. No jewelry.
- f. Hair pulled back and out of face (high ponytail – no braiding).

**12. Evaluation: Each candidate will be judged on the following categories:**

- a. Dance
- b. Cheer
- c. Jumps
- d. Motions
- e. Memory
- f. Tumbling (Optional)
- g. Overall Impression

**13.** 30% of the score is based on the coach's evaluation which includes 10% on grades, 10% attendance – at school and at the clinic, and 10 % on behavior – at school and at the clinic.

**14. Results:** Results of the cheerleader tryouts will be posted Friday, March 9, at 5:00pm on the York Cheerleader Website: <http://york.conroeisd.net/Cheer/>

**15. Special Note:** There will be a seventh grade squad and an eighth grade squad (they will be combined for many events). The number of cheerleaders per squad will be determined by the final scores and the “natural break” of those scores. Scores are tabulated by cheer judges and are verified by the attending campus administrator. The participants with the highest scores will determine the squads for next year regardless if you were a cheerleader this year or not.

**2018-2019 Cheerleaders:**

- a. If you make the 2018-2019 cheerleading squad, there will be a **mandatory parent meeting on April 10 at 5:30 p.m. in the YJH LGI**. We will discuss expectations for the year, expenses, camp practices, and camp dates.
- b. **Camp Practices and Dates:** All camp practices and dates are **mandatory!** July 25, 26, and 27 from 10:00 a.m. – 1:00 p.m.
- c. **Camp Dates and Times:** Camp will be held on July 30, July 31, Aug 1, Aug 2 - Camp is **mandatory!**
- d. **Expenses:** The total amount due for all required expenses is \$500. There will be payment installment dates provided on the calendars. All expenses will need to be paid in full by May 18, 2018, so that we can order camp clothes, practice wear, and mail camp registration. Please review the calendars for amounts and due dates.

*We are so glad you have decided to try out for cheerleader and wish you the very best!*

# Projected Expenses

Parents and cheerleader candidates should be aware of the expenses involved when becoming a cheerleader. The cost for Cheer at York JH is \$500.

- Payment 1: \$200 (due March 30)
- Payment 2: \$100 (due April 20)
- Payment 3: \$200 (due May 18)

All expenses will need to be paid in full by May 18, 2018, so that we can order camp clothes, practice wear, and mail camp registration. The \$500 will include the following required items:

- Camp/Practice Wear
- Game day shirt
- Sports bra/spandex
- Hair bows
- Jacket
- Backpack
- Summer Camp
- Various social events

Additional Expenses, these expenses are optional

- Cheer shoes-if needed
- Booster Club Membership (optional)
- Big Sis/Lil Sis gifts (throughout year)
- Holiday/End of year party

## **Summer Camp for Junior High (July 30 – August 2)**

**Summer camp is *mandatory* for all squad members. If you cannot attend camp, you should not try out for cheerleader, as it is mandatory for all cheerleaders.**

# York Jr. High Cheerleader Tryout Application Checklist 2018-2019

Please make sure you turn in the following items at the Parent meeting on February 20.

## NO LATE FORMS WILL BE ACCEPTED!

- ★ York Tryout Application
  - (completely filled out by the candidate)
- ★ CISD Medical Release for Tryouts
  - (signed by the candidate and parent/legal guardian)
- ★ Copy of Most Current Progress Report or Report Card (can be printed from student access)

These forms **MUST** be turned in to be able to try out. NO EXCEPTIONS!

**2018-2019**  
**York Jr. High School Cheerleader Tryouts**  
**(Parental Permission Form and Application for Cheerleader Tryouts)**

**Name:** \_\_\_\_\_

**Grade next fall:** \_\_\_\_\_

**Age:** \_\_\_\_\_      **Birth Date:** \_\_\_\_\_

**School Attending Now:** \_\_\_\_\_

**Parents' Names:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Parent email address:** \_\_\_\_\_

**\*Student's Google Docs information (we will post cheers and dance videos through google docs)**

**Student Conroe ISD username:** \_\_\_\_\_

**STU number:** \_\_\_\_\_

**I have read and understand all of the tryout information and rules. I agree to abide by these rules during the cheerleader tryout process.**

**Candidate Signature:** \_\_\_\_\_

**I have read and understand all of the information and rules. I give my child permission to try out for the York Jr. High Cheerleader Squad.**

**Parent Signature:** \_\_\_\_\_



**Conroe Independent School District  
2018-2019 Cheerleader Tryout  
Cheerleader Participation & Medical Release Form**

My child \_\_\_\_\_ has my permission to be a cheerleader at York Junior High School; I understand that he/she must abide by the 2018-2019 rules and regulation set forth by the coaches and administration of YJH. I understand that my daughter/son will be evaluated by qualified judges and we agree to abide by the decision of the judges and coaches. I authorize the YJH cheerleading coaches to give permission for any emergency medical services deemed necessary for my child. I understand that any medical expense incurred will be my responsibility. I understand by the very nature of this activity, cheerleading carries risk of physical injury or death. No matter how careful the participants and coaches are, how many spotters are used, or what type of landing surface is used, the risk cannot be eliminated. The risk of injuries includes minor injuries such as muscle strain, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falling on the back, neck, or head. I understand these risks and will not hold YJH or any CISD personnel responsible in the case of accident or injury at this time.

The following pre-existing medical condition or allergic reactions to medications are provided for your information:

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The Release and Permission for is effective while my child is participating in the 2018-2019 YJH cheerleader tryout process and training clinic.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2018

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Signature (parent/legal guardian)

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Signature (Candidate)