

Green Mountain High School

CHEERS

2018-2019

***APPLICATION
PACKET***

Important Dates

Parent Meeting

February 21, 2018

7:00 p.m. in GMHS Commons

March 7, 2018

7:00 p.m. in GMHS Commons

Tryout Packets Due

March 16, 2018

Clinics/Tryouts

Clinics – March 19th - March 21nd 7:00 pm – 9:00 pm at GMHS

Tryouts – March 23th starting at 7:00 pm at GMHS

Sell Backs

April, 17th at 7:00 pm at GMHS

Uniform Fitting

Varsity Fashion and Denver Athletics April 18th 7:00 PM at GMHS

Summer Camp

June 18th-June 21th at CSU

Summer Clinics

start April 7:00 PM – 9:30 PM

Every Monday

Every Wednesday

Every Saturday

Payment Dates

Uniform - April 18th Cost Vary

Camp – May 15th \$450

Parent Commitment – June 15th \$100

Competitions – August 15th \$200 and Parent Commitment \$100

Nationals - Every Month we will have 1-2 fundraisers if you don't participate the amount earned will be due

Welcome to Green Mountain High School Cheerleading Tryouts!!!

PLEASE READ ALL OF THE INFORMATION PROVIDED IN THIS PAKET CAREFULLY.

Once again it is that time of year when we select our 2018-2019 Spirit Squads. Our Spirit Squads will be made of the following components:

Junior Varsity Cheerleaders (Freshmen, Sophomores, and Juniors)

Varsity Cheerleaders (Freshmen, Sophomores, Junior, and Seniors)

Your child has expressed an interest in becoming a member of one of these squads. If your child does not fulfill this requirement they will not be allowed to participate in the tryout process. Squad members are also required to maintain a C or better in all classes in order to stay eligible throughout the entire year. If your student has two or more Fs at the end of first semester 2018-2018 school year they are ineligible of six weeks.

Enclosed in the packet are all the materials needed to complete the application. Please get started on gathering the information early to ensure that all materials are turned in to the Green Mountain Main Office and placed in to my box by **MARCH 16, 2018 @ 3:00 P.M.** **Failure to have all documents turned in at this time will result in the student being unable to participate in the tryout process.**

This Parent Meeting is the first step in the application process. The second step is to complete all application materials and turn them into Green Mountain, **March 16, 2018.**

Cheer Clinics will be held on **Monday, March 19, 2018 from 7:00-9:00 in the Green Mountain gym.** **Tryouts will be in the gym on Friday, March 23, 2018 starting at 7:00 PM.** **The squad list will be POSTED on www.gmhcheer.com.** Clinics and tryouts are closed to spectators, and are not allowed at anytime. Failure to abide by these rules will result in your child being unable to participate in the tryout process.

In order for your child to try out, they must also return the Application for Cheerleading tryouts, in addition to the Cheer Agreement, Notification or Risk, and all the Teacher and Coaches Recommendations. When you and your child sign the application for cheerleading tryouts, you are doing two things!

1. Giving permission for your child to attend clinics and tryouts for the Cheerleading Squads and releasing the coaches and Green Mountain High School from all claims arising from injuries while attending these programs.
2. Agreeing to is an indication that you have read all the provided information in this packet, and that you are willing and able to abide by the rules and guidelines set up to govern the Cheerleading Squads for the 2018-2018 year.

So please read this packet in its entirety and feel free to contact me at the number listed below or by e-mail. Tonight is also a great time to get any questions answered.

Sincerely,

Stephanie Agler
Green Mountain
Head Cheerleading Coach
(303) 549-9602, greenmountaincheer@gmhcheer.com
gmhcheer.com

TRYOUT REQUIREMENTS

In order to tryout for Green Mountain High School Spirit Squad you must have turned in the following information by **March 16, 2018 @ 3:00 p.m.:**

- _____ SIGNED Application for Cheerleading Tryouts
- _____ COMPLETED all teacher evaluations
- _____ SIGNED Cheer and parent Agreements
- _____ And Completed Physical/Athletic forms
- _____ Current Class Schedule

FAILURE TO TURN IN ANY OF THE ABOVE DOCUMENT BY FRIDAY, MARCH 17, 2018, WILL RESULT IN THE APPLICANT NOT BEING ABLE TO PARTICIPATE IN THE TRYOUT PROCESS.

Varsity Requirements –

- Freshmen, Sophomore, Junior, or Senior
- Pass the physical test (run a 10 min mile, and 5 FULL (boy style) push-ups)
- Top Scorers
- Tumbling Skills
 - o No minimum

Junior Varsity Requirements –

- Freshmen, Sophomore, or Junior
- Pass the physical test (run a 10 min mile, and 5 FULL (boy style) push-ups)
- Top Scorers

Cheerleading is a two season sport, it is VERY time consuming. It will take a great deal of time and energy. Expectations are high, so PLEASE DO NOT MAKE THIS DECISION LIGHTLY!!!!

INFORMATION

1. All application materials are due no later than **Friday, March 16, 2018 at 3:00 p.m.** at clinic check-in. Packets **WILL NOT** be accepted after this time.
2. All teacher evaluation forms must be returned to Green Mountain High School **Friday, March 16, 2018 @ 3:00 p.m.** Please remind your teachers of this quick deadline.
3. It is highly suggested that each student attend the tryout clinic. During this time they will be taught the material needed to perform at the tryout.
4. Squad size will be determined by a natural break that occurs in the scores. The top scorer and their grade levels determine which cheer squad they will make.
5. All applicants must tryout on the scheduled day!!! Unless otherwise approved by the coach. No video tryout will be accepted. This is to ensure equality and fairness in the tryout process.
6. All clinics and tryout will be closed to parents, family and friends. Only applicants will be allowed in the tryout area the day of tryouts. Any person who does not abide by this rule will result in the applicant not being allowed to finish the tryout process.
7. Applicants may use video equipment during the clinic.
8. All applicants must have a good athletic shoes and white socks. Hair must be worn away from the face in a pony tail during all clinics and tryouts. No Jewelry of any sort will be allowed. No gum is allowed in the clinic and tryout area.
9. Tryout clothing will not have any writing whatsoever on either t-shirt or shorts, there can be no indication of prior cheerleading experience.
10. If there are any accommodations that are needed please talk with the coach before clinics start.
11. All applicants are to be completely ready (shoes, hair, NO jewelry, NO gum, etc.) so we can get started at 3:30 p.m. It is highly recommended students are there 10 minutes early so they can be stretched and ready to go.
12. Tryouts will be judged by qualified personnel in order to be as fair as possible to all applicants.
13. **THE RESULT OF TRYOUTS ARE FINAL!!!** If you have question about your placement or non-placement please feel free to contact me. NO ONE WILL SEE THEIR SCORES.

CHEERLEADING COST

We will be conducting fundraising events to help offset the following costs, but each cheerleader will be responsible for all costs associated with being a member of the cheerleading squad. The costs shown below are APPROXIMATE based on last years spendings.

*The cost of Varsity Fashion uniform (if all uniforms are bought new) is about \$800 and is due April 18th, NON-Refundable, this cost can be offset by buying used uniforms.

*The cost of Denver Athletic Uniform about \$300 is due April 18th, NON-Refundable

*UCA Camp cost is \$450 due May 15th NON-Refundable

*Competition fee due August 15th \$200.00

*Parent Commitment fee (same as other sports athletic fee) \$100.00 Due June 15th

UNIFORMS: Money is to order uniforms and therefore, after the uniform has been ordered is NON-REFUNDABLE!

Varsity All NEW uniforms is about \$800.00, Returning students only need camp wear (Less if you are returning), less if you participate in Sell backs.

Junior Varsity All new uniform is about \$800.00

SUMMER CAMP: This is to reserve each child's spot at camp and is non-refundable for the school, therefore, is NON-REFUNDABLE for each child. Approximately \$450.00
Four day, three nights.

PARENT/Participation COMMITMENT: Like all other sports there is the athletic fee, and this will be spent on the team. It also will cover the gifts throughout the year.
\$150.00

TUMBLING: Girls will be asked to go to open gyms once a week. They can go to Peak or HCC or RSC.

Power-Barre: There will be a monthly class for conditioning and body training done at GMHS. \$180 for the whole season. The team will get a punch card for 15 classes. 11 of them will be at GMHS and the other 4 can be completed at PEAK Athletics.

COMPETITIONS: Each Competition is approximately \$40.00 per child per competition. \$200.00.

CHOREOGRAPHER: VARSITY ONLY! The choreography will be taking place in August. There will be practice all day long for 2 days so the choreography can be completed and we can start practicing our competition routine. If a squad member misses any of these days they will not be able to compete. \$100.00 this will include food for the two days.

VARSITY COSTS LIST APPROXIMATION

Uniform <u>NON-Refundable</u>	\$800.00 (estimated)
Camp <u>NON-Refundable</u>	\$450.00
Parent Commitment	\$150.00 (can be reimbursed with fundraiser)
Competitions \$40.00*5=	\$200.00
Choreographer	\$100.00
<u>TOTAL</u>	<u>\$1,700.00 (nationals and tumbling not included)</u>
Tumbling/Power-Barre	\$20/month
Nationals	\$1,700 (will be fundraised if we choose to go)

GREEN MOUNTAIN HIGH SCHOOL CHEERLEADING

AGREEMENT

I. **PURPOSE:**

It is the purpose of the Varsity and Varsity Competition Cheerleading Squads to:

- A. Promote and uphold school spirit.
- B. Represent GMHS to the highest degree.
- C. Set an example of good behavior at all times (whether in uniform or not) in class, at games, and at all school functions whether performing or not.
- D. Promote friendship between all levels of cheers and poms.
- E. Promote friendship with schools with whom we compete, perform, and go to camp.
- F. Promote friendship, teach teamwork, and develop pride in a quality performance, through maintaining high standards within the members of the squad.
- G. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.

Note: Being on the squad one year in NO WAY GUARANTEES placement on the squad the following year! Every student must go through the same tryout/selection process each spring. In addition to ability, each student's cooperation, effort, attitude, and ability to get along with other squad members will be considered. The squads will be selected according to a point system established prior to tryouts.

II. **REQUIREMENTS:**

- A. Green Mountain spirit squads are divided into three levels for Cheerleading, Junior Varsity (Freshmen, Sophomores, and Juniors), Varsity (Sophomores, Juniors, and Seniors) and Poms (all grades). Levels are based on credits as classified towards graduation.
- B. Cheerleading should take priority over all other extracurricular activities (including jobs) throughout the regularly scheduled seasons.
- C. For each semester and at each report card distribution, members must maintain grades as outlined below:
 - 1. Squad members are held to the CHSAA rules of eligibility. However, because GMHS squad members are school representatives, we may hold members to a slightly higher level of accountability.
 - 2. Maintain a D or better in all Classes. Grades and grade point average will be checked weekly starting second week of school and appropriate steps will be taken to see that the student raises their grades in a timely manner. If a student's grade(s) ever drops below a D the student will be ineligible until the grade(s) is brought up. The student will not be allowed to wear their uniform to school or the games, but will be required to attend games wearing their warm ups and sit with their coach, this will continue until the student brings a progress report to the coach showing their grade is no longer a D or F.

3. Must be a full time student at GMHS
 4. Not fulfilling any one of the requirements first semester could mean ineligibility for second semester. If a student has more than one F at the end of the first semester, they will be ineligible until a date that is set by CHSAA.
- D. Members must maintain good citizenship marks, GREAT attendance unexcused absences may result in a benching; problems in these areas will be addressed by coaches and /or an administrator.
 - E. A student will be required to attend 90% of the cheer calendar to letter in Cheerleading.
 - F. A student will be required to attend 80% of the cheer calendar to tryout the next year.
 - G. If a member of the squad has allergies or other relevant medical information, it must be disclosed on the medical release form and is the responsibility of the student to notify the coaches and event staff.
 - H. All members must have a physical prior to attending summer camp.

III. CONDUCT:

- A. By accepting the privilege/honor of wearing a GMHS cheerleading uniform the students accepts the fact that their actions are more prominent than those not associated with such an activity.
- B. Because of this prominence and because members represent the school, exemplary behavior is mandatory at all times, anywhere in the community of GMHS and at all functions where members are recognized as representatives of GMHS.
- C. Proper appearance is required at all times, with appropriate clothing for the occasion.
- D. Members must NOT use FOUL language at practice, in class, at games, camp, competitions, etc.
- E. All members must show the utmost respect for the coach, GMHS staff, and most of all each other. Attitudes towards any one person will be addressed on an individual bases. If problems continue or worsen it may result in a benching or removal from the squad.
- F. Any and all problems that the students may have with the squad or the coach need to be addressed **by the student first**. If talking to the coach does not change the problem a parent may then become involved in the situation.
- G. Excessive public displays of affection are never considered appropriate especially in uniform, at games, or in school.

- H. SMOKING, DRUG, and ALCOHOL are not allowed at any time according to CHSAA and the Student Conduct Code Booklet either on or OFF campus. Because GMHS cheerleader are school representatives they may be held to a higher level of accountability THEREFORE; any cheerleader who receives a consumption ticket or is caught smoking, using drugs or drinking will be suspended from all activities for 10 days. Any cheerleader with a second offense WILL BE REMOVED FROM THE SQUAD for such behavior.
 - I. All rules and regulations, which are explained in the Student Conduct Code Booklet, shall apply to squad members. Members are responsible for knowing all of the rules.
 - J. Members must display proper behavior in class, including being on time and not skipping classes. Once again if the student has unexcused absences they may be benched.
 - K. Infractions such as tardiness, missed practices, missed games, etc., will result in game benching, jumps or laps, and possibly more serious consequences.
 - L. Every attempt will be made to make consequences fair and equal and to make consequences of actions known ahead of time. Parents will be informed of problem situations.
 - M. Any cheerleader who does not complete their cheer season will forfeit their letter and is ineligible to try out for any of the spirit squads the following year.
 - N. All cheers are expected to respect squad members, coaches and administration. If the coaches or administration feel that a cheer is not representing the school and squad in a positive light they will be asked to sit out at a game/competition/event or even be sent home.
 - O. Poor conduct/behavior under any of the above circumstances could result in warnings, plus suspension/removal from the squad. Inappropriate behaviors not only reflect on the individual but can also affect the image of the entire squad. The good of the squad always comes before any one individual. No one is irreplaceable or indispensable. If it is in the best interest of the squad that an individual not perform, or that she be removed from the squad, this action will be taken, by decision of the coach.
 - P. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coach with assistance from the administration if deemed necessary.
- IV. LEARNING/TEACHING ROUTINES:
- A. Members are expected to be attentive, respectful, and cooperative when learning routines. Repeated disruptions, especially during the same practice, could result in being benched for one game or sent home. Continued problems could result in calls to parents, additional suspensions, and possible removal from the squad.

- B. Constructive criticism/ suggestions given in a polite manner are welcomed. Complaining or saying that they are unable “I can’t” to do something will result in jumps, laps, and/or push-ups. Rudeness to the coach, captains, or each other will result in not participating for the rest of practice and/or benching for one game. Continued complaining and/or rudeness will be dealt with immediately as stated above.
- C. Any squad member who walks out on a practice, game, or event will be immediately removed from the squad and ineligible to try out for any spirit squads the following year.

V. PRACTICES:

A. ***Mandatory after school practices will be established after all the athletic department hands in the schedules.***

- B. Additional practices will be scheduled as needed, especially before assemblies, and competitions.
- C. Missing part of practice for a test or other approved **academic reason** will carry **no penalty** as long as the member has received **PRIOR** approval from the coach.
- D. Missing part of a practice without having **PRIOR** approval from the coach is inconsiderate, and is considered an unexcused absence. All situations will be handled individually and exceptions CAN be made for multiple reasons.
- E. **Unexcused** practices can and will lead up to a benching and/or removal from the squad. If the student misses three practices, without **PRIOR** approval of the coach, they will be benched for one game or next event (i.e. Competition). **Being benched for three games will result in removal from the squad(s).**
- F. **Excused**—To be excused from practice the coach will need to be notified prior to the missed practice by a parent/guardian. Family emergencies and academic responsibilities are the **ONLY** two reasons that will be excused. Students are allowed to bring homework to practice if they start to feel overwhelmed. When one member is gone that means three sometimes four people don’t get to practice. Stunts need to be stable and consistent in order to be safe and when member are not there to practice together stunts become unsafe. Due to safety reasons if a member misses more than 6 excused practices they will not be able to compete or perform in any up coming performance.
- G. Members must dress appropriately for practice and requirements will be addressed directly by the cheer coach. **NO** sports bras and mid-drift tank tops. These are against school dress code and are not allowed to be worn in the school. Also **NO JEWELRY, GUM, OR CELL PHONES** will be allowed during practice, hair must be pulled back and appropriate shoes must be worn.
- H. **All members are required to arrive on time for practice. For every minute late (excused or unexcused), Unexcused cheers will be required to do 10 toe touches and excused cheers will be required to**

do 5 toe touches. If a member is late three time that is equivalent to one unexcused absence.

- I. Leaving practice early is not acceptable, unless the coach is notified by a parent in advance. Emergencies will be dealt with on an individual basis. Work, hair/nail appointments, etc., is not a reason to leave early from practice.
 - J. If you will be absent for any reason, a parent must call the coach **BEFORE** the absence in order to be excused. Failure to notify the coach in advance will result in an unexcused absence and points will be deducted. Two unexcused absences will result in the member being benched for one game.
- VI. GAMES/COMPETITIONS/SQUAD EVENTS:
- A. Each squad member is expected to attend all assigned functions. Failure to show for assigned functions, without **PRIOR** approval of the coach, will result in being benched for one game. Repeated failure to attend assigned functions may result in further benching and/or removal from the squad.
 - B. Members are expected to arrive before assigned games at a predetermined time.
 - C. Members are to stay at assigned functions until the conclusion.
 - D. A **complete** uniform, as determined by the coach or captains, must be worn to **BOTH** school and games in order to participate. Failure to arrive in the correct attire will result in the member not cheering or dancing.
 - E. Members must sit together and give full attention to the event.
 - F. Squads must promote good sportsmanship at all time.
 - G. There is to be no gum chewing at sports events. **NO JEWELRY** should be worn while performing. Hair **MUST** be neat and **PULLED UP** off the face and shoulders.
 - H. Members who are disruptive to the squad during games may be suspended from the squad. Repeated actions of this nature could result in removal from the squad.
 - I. If a member is in uniform she is **REQUIRED** to cheer. If the member is in the wrong uniform she will not be able to cheer and it will count as an benching. If a member is benched or ineligible she will be required to wear her warm-ups to the game and sit next to the coach. If a member of either squad is in the gym during a game they will be expected to cheer.

Green Mountain High School
CHEERLEADING CONTRACT

Parent Agreement:

I/We _____, the parent(s) of _____, have read the Green Mountain High School Cheerleading Contract and understand all the requirements and consequences of improper actions. I/We understand that the coaches have the final decision in my/our child remaining on the squad. I/We also realize that this is a team effort and that we/I may be called upon to help in some way throughout the year which is within my/our capacity to help. I/We make every effort to do my/our part to assist on behalf of my/our child.

Parent(s)

Date

GREEN MOUNTAIN HIGH SCHOOL
CHEERLEADING CONTRACT

Member Agreement:

As a member of the Green Mountain High School Cheerleading squad, I have fully read the contract and understand what is expected of me to remain a member in good standing. I will keep myself knowledgeable and informed of all rules, and realize consequences of poor behavior and inappropriate actions may be severe. I will do all I can to uphold the honor and tradition of the Cheerleading squad, and respect my teammates, my school and all persons associated with school spirit at all times.

Squad Member

Date

ATHLETE'S PLEDGE

Individual and team success in sports results from commitment. The extent to which you are able to make such commitments reflect your maturity as well as your dedication to family, friends, school and team. Your coach already has made a similar kind of commitment. For these reasons, we ask you to read and agree to the following PLEDGE:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels by following the training rules as prescribed by the Green Mountain Athletics Department and Jefferson County Schools.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To attend every practice unless excused by my coach.
5. To understand that my future as a responsible adult relates more to my academic than my athletic activities.
6. To find time to satisfy my family relationships and responsibilities.
7. To accept the responsibilities of my team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
8. To reflect my belief that true strength involves gentleness and that even the toughest athlete is sensitive to others.
9. To follow the training rules contract in regards to drugs and alcohol.

I have read the above statements and promise to live up to them:

Athlete's Printed Name

Athlete's Signature

Date

PARENT'S PLEDGE

Cooperation among coaches, athletes, parents and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such cooperation. We ask you read and agree to the following PLEDGE and as needed, discuss your reactions with your child's coach or the Activities Director, Mrs. Jeffords. Thank you for your help!

1. To accompany my child to as many orientations and informational meetings offered by the athletic department, as my schedule will permit.
2. To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he/she is in high school.
3. To assure that my child will attend all scheduled practices and athletic contests.
4. To require my child to abide by all training rules.
5. To acknowledge the ultimate authority of the coach to determine strategy and player selection.
6. To promote mature behavior from students and parents during athletic contests.
7. To work cooperatively with other parents and school personnel to assure a wholesome and successful athletes program for our school.
8. To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in high school and in College.

I have read the above statements and promise to live up to them:

Parent's Printed Name

Parent's Signature

Date

**APPLICATION FOR CHEERLEADING TRYOUTS
(Parents)**

My child, _____ has my permission to be a cheerleader at Green Mountain High School, if chosen. I understand she must abide by the rules and regulations set by the coach and the principal of Green Mountain. I understand that my child has made a commitment to the squad and is to attend all the 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 child to ride with the coach and other parents' designated students when necessary. I understand that all forms attached must be completed by May 10, 2015 @ 3:00 or my child will not be allowed to participate in the tryout process. I understand that my child must attend all clinics and tryout session or my Child will not be considered for a cheerleading position.

- I understand that my child will be evaluated by qualified judges, and we agree to abide by the decision of those judges.
- I understand all costs involved, as stated, are the responsibility of the cheerleader and their parents.

I understand by the very nature of the activity, cheerleading can 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 Green Mountain High School or any of it coach's responsible in the case of accident or injury at any time.

Parent/Guardian	Date	Parent/Guardian	Date
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(Cheerleader)

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

Student Signature: _____ Date: _____
Address _____ City _____ Zip _____
Parent's Phone Number _____ Parent's Cell _____
Cheer's Home Phone Number _____ Cell _____
School attending Now _____ Grade Next Year _____
Allergies _____

I wish to be considered for the follow squads (circle one): Varsity JV Either

TEACHER EVALUATION

(Please copy for all Teachers)

Applicant's Name: _____

Teacher's Name: _____ Phone #: _____

DUE DATE: FRIDAY, MARCH 17, 2018 by 3:00 p.m.

PLEASE DO NOT GIVE THIS EVALUATION BACK TO THE APPLICANT/APPLICANT'S FAMILY. Please deliver this evaluation to Green Mountain High School Attention: STEPHANIE AGLER CHEER COACH.

This applicant is in the process of tryout our for a Green Mountain High School Spirit Squad. Please rate the applicant in the following areas and circle the appropriate number (5 being the highest possible score). Please do not make us your own numbers, or mark in between the given numbers.

While rating the applicant, please keep in mind these students will be representing Green Mountain High School. Teacher evaluations will be tallied together to count for a portion of each applicant's score. Therefore it is very important to give the applicant an honest rating based on your knowledge of that individual. These evaluations are confidential and will NOT be shared with the individual or the parents of the individual.

Thank you for your time.

Sincerely,

Stephanie Agler
Green Mountain High School
Cheerleading Coach
303-549-9602

1. Dependability	1	2	3	4	5
2. Leadership	1	2	3	4	5
3. Attitude	1	2	3	4	5
4. Works well with others	1	2	3	4	5
5. Attendance and punctuality	1	2	3	4	5
6. Grade in Class thus far	F	D	C	B	A
	Total Points				

Please circle one: I _____ as a 2018-2018 Green Mountain High School Spirit Squad member.

do not recommend

recommend

highly recommend

Any additional comments that you think would be of interest to me.

Teacher's Signature _____ Date _____

Sports Information for Sports Test

FOOTBALL:

THE KICKOFF: One the decision of who will start on defense and kicks off and which endzones each team will defend, each game and after every touchdown or field goal begins with the kickoff. The ball is placed on a one-inch plastic tee 30 yards from the defense's endzone. A specialized player known as the "place-kicker" makes a short dash to the tee and kicks the ball. The ball is aimed to wherever would be most detrimental to the offense, though whomever catches the ball on that side is designated the kick returner and will try to advance the ball forward running. If the ball goes out of bounds, the offense can choose to start either where the ball first went out of bounds or 30 yards from the point of the kick. If happens to be caught in the offense's own endzone, the offense can choose to either run the ball as far as it can or he can simply kneel in the endzone to signal a "touchback"—a sign to stop the play and start the next play 20 yards from the offense's endzone.

However, the ball sailing through the air in a kickoff is considered a "loose ball"—any side may gain possession of it and thus become the current offense. Usually when the defense is behind in points with very little time left on the game clock, they can gamble and kickoff the ball a short enough distance so that the defenders can recover the ball. If the defense cannot get the ball before the offense does, then the offense will start the next play much closer to the defense's endzone – certainly a gamble with very high costs for the defense.

Types of (Offensive) Plays:

Running: What is meant by "running the ball" and other analogous football jargon is basically advancing the ball by having a player hold the ball and run towards the endzone.

Passing: The other alternative play is to throw/pass the ball from one offensive player to another teammate. Usually, the quarterback is a specific player who does the passing

Kicking: While kicking the football involves that start of every game and after every point scored, the only kicking that is associated with plays are during punts and field-goal attempts. Punting happens when the offense does not move the ball 10 yard or more and needs to kick the ball away.

First Down: This happens when the offense moves the ball ten yards or more closer to their endzone. Each team get 4 tries to get a first down, each try is called a down. If a team fails to get a first down that is when they will need to punt.

Scoring: A **TOUCHDOWN** is when the offense manages to move the ball all the way down the field and make it into the endzone. This is worth 6 points. After every touchdown the offense gets a chance to get an **EXTRA POINT**. This is when the kicker, kicks the ball through the field-goal posts. The offense after scoring a touchdown can also do for a **TWO POINT CONVERSION**, this usually happens if the team is behind and there is very little time left on the clock. A Two point conversion looks like a touchdown but happens right after a touchdown. The last way to score in football is a **FIELD-GOAL**. A Field-goal is when the offense moves the ball down the field but cannot seem to make it to the endzone. The offense will use 3 of the 4 downs to make it to the endzone and if they do not make a touchdown they kicker can come out and kick a field-goal.

VOLLEYBALL:

Basic Rules:

- A) Max of 3 hits per side
- B) Player may not hit the ball twice in succession (a block is not considered a hit)
- C) Ball may be played off the net during the volley and on serve.

- D) A ball touching a boundary line is good.
- E) A legal hit is contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest.
- F) If 2 or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- G) A player must not block at attack a serve
- H) Switching positions will be allowed only between front line players

Violations:

- A) Stepping on or over the line on a serve.
- B) Failure to serve the ball over the net
- C) Hitting the ball illegally (Carry, Palming, Throwing, etc.)
- D) Touches of the net with any part of the body while the ball is in play
- E) Reaching over the net
- F) Reaching under the net
- G) Blocking or Spiking from the back row.

Lingo:

“ACE” – when the ball is served to the other team and no one touches it.

“SIDEOUT” – When the team that served the ball makes a mistake, causing the ball to go to the other team

“DIG” – When a player makes a save from a very difficult spike.

BASKETBALL

Scoring: 2 Point field goal – a shot made from anywhere during play inside the arc

3 Point field goal – a shot made from anywhere outside the arc

Free Throw – 1 point is awarded to an unguarded shot taken from behind the free throw line while the clock is stopped.

Fouls: Happens while a player is trying to shoot the ball resulting in one or more free throws awarded to the opposing team

Blocking – impeding the progress of an opponent by extending one or both arms horizontally or getting in the path of a moving player.

Charging – running into a stationary player while you are moving with the ball

Hacking – the player hits the arm or hand of the person holding the ball.

Holding – the player holds the person with or without the ball

Violations: Results in a change of possession with the team in bounding the ball at the side line opposite where infringement took place.

Traveling – moving illegally with the ball. Taking more than 3 steps without dribbling the ball

Three Seconds – on offensive player remains in the key (free throw lane – the area under the basket) for more than 3 seconds.

Double Dribble – a player dribbles the ball with both hands at the same time or they stop and they start dribbling again.

Term:

Air Ball – a shot that completely misses the rim and backboard

Assist – a pass to a teammate who then scores

Defense – team trying to stop the other team from scoring

Fast Break – Dribbling or passing the ball towards your basket before the defense can set up

Offense – team trying to score

Turn over – any loss of the ball without a shot being taken

Rebound – when a player tries to get the ball after a shot is taken

TRYOUT POINT DISTRIBUTION

<u>Category</u>	<u>Possible Points</u>
<u>Standing Tumbling (a possible 40 points per judge)</u>	80
Standing Back Tuck = 40	
Standing Back handspring back tuck = 30	
Standing Back tuck with spot = 25	
Standing Multiple back handsprings = 20	
Standing Multiple back handsprings with spot on second back handspring = 15	
Standing Back handspring = 10	
Standing Back handspring with light spot = 8	
Standing Back handspring with medium spot = 5	
No spot will be given to people that have never tried a back hand spring before	
<u>Running Tumbling (a possible 40 points per judge)</u>	80
A running tumbling pass with a full twist = 40	
Round off back handspring layout = 30	
Round off back handspring back tuck = 20	
Round off multiple back handsprings = 10	
Round off back handspring = 7	
Round off back handspring with spot = 4	
Round off = 2	
Cartwheel = 1	
<u>Quick Learn (25 points per judge)</u>	75
Will be taught at tryout right before they go into tryout	
<u>Dance (20 points per judge)</u>	60
Will be taught at clinic	
<u>Cheer (20 points per judge)</u>	60
Will be taught at clinic	
<u>Splits (6 points per judge)</u>	12
Each candidate will be asked to show their Right, Left and Middle	
<u>Jumps (20 points per judge)</u>	40
Each candidate will learn the jumps and preps at the clinic but will Asked to perform right and left Herckies, right and left Front Hurdlers, Pike, and Toe Touch	
<u>Teacher Evaluations (3 points will be taken off score for evaluations not turned in)</u>	
<u>TOTAL POINTS</u>	<u>437</u>

**All scores will be based on TOTAL points, NOT AVERAGES.
The scores are tallied, rechecked, and then inputted on a spread sheet**

TUMBLING SCORE SHEET

Candidate Number _____ Judge Number _____

40 Points per judge, 80 Points total for category

CANDIDATE MUCH CHOOSE ONE of the follow to demonstrate:

	Possible	Total
Standing Back Handspring (Must have for Varsity)	10	_____
Standing Multiple Back Handsprings	20	_____
Standing Back Handspring Back Tuck	30	_____
Standing Back Tuck	40	_____
	TOTAL	_____/40

RUNNING TUMBLING SCORE SHEET

Candidate Number _____ Judge Number _____

40 Points per judge, 80 Points total for category

CANDIDATE MUCH CHOOSE ONE of the follow to demonstrate:

	Possible	Total
Cartwheel	1	_____
Round Off	2	_____
Round Off Back Handspring	5	_____
Round Off Multiple Back Handsprings	10	_____
Round Off Back Handspring Back Tuck	20	_____
Round Off Back Handspring Layout	30	_____
Running Pass with a Full Twist	40	_____
	TOTAL	_____/40

DANCE SCORE SHEET

Candidate Number _____ Judge Number _____

20 Points per judge, 60 Points total for category

	Possible	Total
Memory & Uniformity	5	_____
Synchronized with group		
Remember routine		
Technique	5	_____
Strength of arm movements		
Placement of arms and legs		
Control of Moves		
Hand Techniques		
Head Pops		
Enthusiasm	5	_____
Good Smile		
Eye Contact		
Confidence		
Facials		
Energy level stayed up through out routine	5	_____
	TOTAL	_____/20

CHEER SCORE SHEET

Candidate Number _____ Judge Number _____

20 Points per judge, 60 Points total for category

	Possible	Total
Motions	10	_____
Sharp		
Clean		
Placement of arms and legs		
Hand techniques		
Voice	5	_____
Loud		
Enthusiastic		
Clear		
Understandable		
Spirit/Enthusiasm	5	_____
Good Smile		
Eye Contact		
Confidence		
Facials		
Energy		
	TOTAL	_____/20

SIDELINE CHEER SCORE SHEET

Candidate Number _____ Judge Number _____

20 Points per judge, 60 Points total for category

	Possible	Total
Motions	10	_____
Sharp		
Clean		
Placement of arms and legs		
Hand techniques		
Voice	5	_____
Loud		
Enthusiastic		
Clear		
Understandable		
Spirit/Enthusiasm	5	_____
Good Smile		
Eye Contact		
Confidence		
Facials		
Energy		
	TOTAL	_____/20

SPLITS SCORE SHEET

Candidate Number _____ Judge Number _____

6 Points per judge, 12 Points total for category

For full points toes must be pointed, legs straight, touches floor,
and Knees are correct

	Possible	Total
Right	2	_____
Left	2	_____
Middle	2	_____

TOTAL _____/6

JUMPS SCORE SHEET

Candidate Number _____ Judge Number _____

20 Points per judge, 40 Points total for category

	Possible	Total
Herkies	5	_____
Front Hurdlers	5	_____
Pike	5	_____
Toe Touch	5	_____

TOTAL _____/20

QUICK LEARN SONG SCORE SHEET

Candidate Number _____ Judge Number _____

25 Points per judge, 75 Points total for category

	Possible	Total
Memory & Uniformity	10	_____
Synchronized with group		
Remember routine		
Technique	10	_____
Sharp/Clean		
Strength of arm movements		
Placement of arms and legs		
Control of Moves		
Hand Techniques		
Head Pops		
Spirit/Enthusiasm	5	_____
Good Smile		
Eye Contact		
Confidence		
Facials		
Energy		
	TOTAL	_____/25

FIGHT SONG SCORE SHEET

Candidate Number _____ Judge Number _____

10 Points per judge, 30 Points total for category

	Possible	Total
Memory & Uniformity	5	_____
Synchronized with group		
Remember routine and words		
Technique	5	_____
Strength of arm movements		
Placement of arms and legs		
Control of Moves		
Hand Techniques		
Head Pops		
	TOTAL	_____/10