

May 28, 2020

Dear Parents:

Our number one goal for Wampus Cat Cheer tryouts will be the safety of our players and coaches.

Things Athletes Need to Know:

Physicals: Physicals are good through August 8th if you took them with the school last year. A current physical (marked "cleared for sports") is mandatory in order to participate in tryouts. Physical documents are at this link <https://www.conwaywampuscats.com/documents>. See the Conway Athletics website for the cheer tryout packet to be filled out.

Face Mask/Face Coverings: Each athlete should have their own facemask or face covering when they are not participating in physical activity. These can be facemasks, bandanas, etc. They must cover the nose and mouth.

Clothing: Each athlete must come dressed in the proper attire for tryouts. Locker rooms will be closed for changing clothes.

Water Bottles: Each player will need to provide their own water and water bottle. Please fill your water bottle before you arrive. Make sure you have plenty of water.

Locker Room: There will be no access to the locker room except for restrooms followed by hand washing.

Guidelines:

1. The coaching staff will have their temperature checked daily and wear masks.
2. Athletes will be asked the following health-screening questions daily prior to admittance to the facility.
 - a. Have you had a fever of 100.4 degrees or greater in the past two days?
 - b. Do you have a cough, difficulty breathing, sore throat, or loss of taste or smell?
 - c. In the last 14 days have you come in contact with someone who has been infected with COVID-19?
3. When athletes are not working out (during the instructions/coaches talk), they will be required to wear masks/face coverings.
4. Any props used (signs, poms, megaphones) will be sanitized between each rotation. Hand sanitizer will be provided.
6. Everyone will be following distance guidelines of 6 to 12 feet- this depends on working/not working.
7. After tryouts are over for the day athletes must leave campus. Do not congregate.

Dear Athlete and Parents,

***Please know that all of the following will be subject to AAA and CDC COVID-19 guidelines.**

We are so excited that you have chosen to try out for the CHS Varsity Cheer team. Before tryouts begin, there are certain responsibilities that you need to know.

- Cheerleaders are a representation of Conway High and should behave accordingly. Any inappropriate or disrespectful behavior will be dealt with at the discretion of the coaches.
- **If you make the cheer team**, it is not just a commitment during school hours; it also requires time outside of school. These out-of-school times will be mandatory, and no absence except another school activity or unforeseen emergency (such as illness or death in the family) will be excused. These out of school commitments include, but are not limited to, camps and stunt clinics, afterschool and summer practices, football and basketball games, early morning pep rallies, fundraising events, etc.
- Football season starts in August and basketball season does not end until the 2nd week of March. We will attend all varsity football games (Fridays) and basketball games (Tuesdays and Fridays). If you are involved in competitive (non school affiliated) sports, you will not be excused from any school cheer event to attend a competitive event. This will result in an unexcused absence and the consequence will be handed down at the discretion of the coaches.
- There is a financial obligation for competition cheer choreography/clinic, stunt clinics, and cheer accessories. The first payment of \$300 will be due by Tuesday June 30. Final payment will be due on or before Monday July 13. We will be on a limited time frame to order and receive our cheer items before our first game.
- Final total payment amount will be determined based on what attire and accessories your cheerleader needs. New cheerleaders to the varsity team can expect to pay more than a returning varsity cheerleader.
- **BACK TO SCHOOL** practices/camp will begin and include the dates of **July 27th - August 6th** (Practice times TBA). I will provide you times as soon as possible.
 - New cheerleaders will have access to sideline chants/dances and will be expected to know these when we return July 27th.
 - 1-2 practice days may be scheduled prior to our return date of July 27th.
- **Beginning Aug 13th through State Competition - EVERY Thursday practices will be held at Sonshine Gym from 3:30-5:00.**
- We will also plan to attend **1-3 regional competitions** prior to State Competition.
- There will also be at least **three Sunday evening practices** that will be mandatory prior to State Competition on December 19th. (Please keep the dates of **11/29, 12/6, and 12/13** open for Sunday evening practices.)

COMMITMENT SIGNATURE:

With my signature, I verify that I understand and agree to the responsibilities of being a CHS cheerleader as outlined above. I understand and agree to this commitment.

Student Signature _____ Date: _____

Parent Signature _____ Date: _____

General Information Sheet

Please Write Legibly

Student Name: _____

Grade for 2020 - 2021: _____ Student Cell Phone: _____

Student Birth Date (include year): _____

Parent/Guardian Names: _____

Address: _____

Mom cell phone: _____ Dad cell phone: _____

Parent Email (primary means of parent-coach contact): _____

Any medical information about your daughter that I need to know: _____

CIRCLE THE STUNTING POSITION YOU ARE MOST ACCUSTOMED TO:

BACK SPOT MAIN BASE SECONDARY BASE FLYER

CIRCLE THE STUNTING POSITIONS THAT YOU ALSO HAVE EXPERIENCE WITH:

BACK SPOT MAIN BASE SECONDARY BASE FLYER

RUNNING TUMBLING (CIRCLE ALL THAT APPLY):

RO+BHS RO+MULTIPLE BHS RO+TUCK RO+LAYOUT RO+FULL

STANDING TUMBLING Minimum tumbling required is a standing BHS. (CIRCLE ALL THAT APPLY):

BHS MULTIPLE BHS TUCK FULL

****Do not mark a skill if you do not 100% HAVE the skill.**

***If you mark that you have these skills, you will be expected to throw these skills weekly. If you are injured, a doctor's note must be obtained and on file with Coach Brown with specific restrictions**

outlined with a return to play indicated.

Tryout Information

- Tryouts will be held in the Buzz Bolding Arena.
- **June 8-11**
 - Monday - Wednesday (June 8-10): 12:30-2
 - Thursday (June 11): formal tryout begins at 12:30. We most likely won't go until 2, so please have a ride waiting.
- Absolutely NO friends, family, or unauthorized persons in the arena at any time.
- **Tryout Clothing to be worn:**
 - Solid royal blue shorts
 - Solid white t shirt (no designs/not see through)
 - Solid white socks
 - Sports bra
 - No colored polish, no long fingernails, no jewelry
 - Hair back in a ponytail; no bangs in your face; **no bows**
 - Cheer or Athletic shoes
- **PLEASE BRING THE FOLLOWING:**
 - PERSONAL WATER BOTTLE LABELED WITH YOUR NAME
 - FACE MASK: YOU MUST WEAR IT INTO THE BUILDING AND KEEP IT ON DURING THE INSTRUCTION TIME.
- **Required Forms Checklist -**
 - [Rank One Parent Instructions](#) for uploading physical (if needed) and completing the Consent Form and Emergency information.
 - Current Physical (not needed if an **up to date one** is already on file with the athletic office). Physical must be **marked CLEARED** for an athlete to participate in tryouts. If you can't upload it, just bring your current physical when you come on June 8
 - Athletic Consent Form/Emergency Information (RankOne App/see instructions link above)
 - General Information Sheet filled out with your COMMITMENT SIGNATURE included in this packet - both included in this packet
- **If these forms are not turned in before/on the first day of tryouts, your son/daughter will not be allowed to participate until forms are completed and turned in.**

If you have any further questions or concerns about tryouts please email Coach Cindy Brown at brownci@conwayschools.net.

