

2024-2025 CHS Varsity Cheer Tryout Information

Dear Athlete and Parents,

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, morning pep rallies, fundraising events, etc.
- We are a gameday and a competition team. If you make the team, you may/may not be chosen to compete. Each year's skill set is considered as well as the number of girls to compete with for that particular season.
- The first year on the varsity team is considered a **probationary period**. Cheerleaders who are new to the varsity squad should continue to show improvement in motions, tumbling, jumps, stunting, learning material, and overall performance in order to maintain their position on the team.
- 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, please know that your **school cheer obligations come first**.
- There is a financial obligation for choreography, stunt clinics, camp, and cheer accessories.
 - The first payment of **\$350** will be due by **April 9 at the mandatory CHEERLEADER and PARENT MEETING**.
 - **Additional payments (amount will vary depending on items needed) will be due April 24 and May 9.**
 - New cheerleaders to the varsity team can expect to pay more than a returning varsity cheerleader the first year.
- **Please see the following page with the MANDATORY DATES for practices and camp. If your son/daughter makes the team, he/she will be expected to be at each practice and event that is listed. Please schedule your summer vacations, work schedule, and church camps accordingly. Failure to attend practice may/will result in being benched from a game(s).**
- We will also plan to attend **1-3 regional competitions** prior to the State Competition beginning in October/November. Those dates will be announced as we get closer to competition season.

Mandatory Cheer Dates for 2024-2025

*School functions are excused absences.

*These practice dates are designed to prepare for next year's GAME DAYS as well as for STATE COMPETITION in December. Missed practices may/will affect your spot on the sidelines on game days. **If these dates change, you will be notified ASAP.*

Varsity Tryouts	Monday - Thursday, March 25-March 28: 4-6 @ arena
Mandatory Parent and Cheerleader Meeting	<ul style="list-style-type: none"> Tuesday, April 9th in the fieldhouse at 6:00 p.m. <i>Payment #1 due:</i> \$350 due for stunt clinics, summer practices, camp, and choreography
Fittings	<ul style="list-style-type: none"> Wednesday, April 24: 5th period @ fieldhouse *Current 9th graders that make the varsity team will do fittings on the same day during their 6th period cheer class <i>Payment #2 due:</i> Money for cheer items that Coach B pays for out of Booster Club, such as practice shirts and bows, due. Amounts will vary from \$85 to \$94
Spring Stunt Clinics	<ul style="list-style-type: none"> Thursdays: May 2, May 9, and May 16: 3:30-5:30 @Sonshine Academy <i>Payment #3 due:</i> Thursday, May 9: Payment for items purchased, such as cold weather outerwear, long ribbon bow, and v-neck body liner (if you don't have one already) through Varsity, Inc. due.. Amounts will vary for <u>new</u> cheerleaders from \$186.00 to \$215.00 depending on what is needed. You will pay the Parent Portal through Varsity, Inc., not the Booster Club.
Girl's Physicals	Tuesday, May 14 @ 5:00 in the arena; <i>it is a good idea to get one each year when the school offers them for free, so that you are not having to do it during the school year.</i>
Summer Session #1	Tuesday, June 4: 8:00-12:00 @Sonshine Academy
Summer Session #2	Tuesday, July 9: 8:00-12:00 @Sonshine Academy
Back to School Practice	<ul style="list-style-type: none"> Monday, July 29 - Friday, August 2 Practice at the fieldhouse from 8:30-10:30 Team bonding 10:30-11:30ish **This is also typically the week of schedule pickup. I will try to arrange an alternate time for you to pick up schedules.
Camp	<ul style="list-style-type: none"> Monday - Friday, August 5-9 @Sonshine Academy <ul style="list-style-type: none"> <u>Monday</u> - 8:00-12:00 <u>Tuesday</u> - 8:00 - 12:00 <u>Wednesday</u> - 8:00-12:00 <u>Thursday</u> - 8:00-12:00 <u>Friday</u>, August 9: <ul style="list-style-type: none"> ■ Team/Individual Pictures at 8:30 at the fieldhouse ■ Awards/End of camp at 10:00-12:00 @Sonshine

Meet the Cats	Scheduled for Friday, August 16
Choreography Day *mandatory for whole team	Saturday, August 24: @Sonshine Academy <ul style="list-style-type: none"> ● 9:00-12:00: Practice ● 12:00-1:00 Lunch ● 1:00-4:00 Practice
Fall Stunt Clinics	Whole Team: <ul style="list-style-type: none"> ● 6 Weeks: August 22 - September 26 ● Each Thursday @Sonshine from 3:30-5:00 Competition Team: <ul style="list-style-type: none"> ● October 3-December 20 competition ● Each Thursday @Sonshine from 3:30-5:00
Cheer Mini Clinic	Saturday, September 30 from 8:30-10:00 am; mini cheerleaders will perform on 10/6
Regional Competitions	Saturdays in October/November; Dates TBA as soon as we know

Tryout Information:

- Tryouts will be held in the Buzz Bolding Arena. You will be evaluated on the following:
 - Motions - correct motion placement, consistent sharp motions that "pop"
 - Tumbling - standing back handspring and roundoff back handspring is the minimum tumbling requirement.
 - ALL student athletes trying out must be able to execute these two skills.
 - Additional tumbling passes and skills will also be observed and scored.
 - Jumps - the proper execution of a hurdler (left and right), a toe touch, and a pike.
 - Ability to learn and execute correctly and sharply two sideline chants, a sideline dance, and a group cheer that includes poms, signs, a jump, and a bhs or tuck.
 - Athletes will be scored on correct execution of the material, including the jump, tumbling element, and correct sharp motion placement.
 - Athletes will also be scored on their proficient use of props - including poms and signs.
 - Voice projection and facials, plus overall impression of consistent good attitude and work ethic during tryout week.
 - Stunts - scored on a level 1-5 according to ability successfully demonstrated with a range of stunts from an extension to more elite skills such as an inversion and spinning skills to extended position.
- **March 25-March 28** Absolutely NO friends, family, or unauthorized persons in the arena at any time.
 - Monday: 4:00-6:00
 - Tuesday and Wednesday: 4:00-6:00
 - ***Those needing a ride, please have someone there to pick you up at 5:45, as we may end a few minutes earlier Tuesday and Wednesday.**
 - Thursday: formal tryout begins at 4:00. Please have a ride waiting on you by 4:30.
- **Tryout Clothing to be worn:**
 - Solid black 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**
 - **Your physical and/or paperwork if it hasn't been uploaded to Dragonfly.**
- **Required Forms Checklist -**
 - Visit www.dragonflymax.com for uploading physical(if needed) and completing Emergency Information and all required electronic signatures.
 - 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 March 25. If you do not have a current, cleared physical, you will not be able to participate. Go to DRAGONFLYMAX to obtain the correct Physical Form to be taken to your dr for clearance.
 - Dragonflymax forms -
 - Athletic Consent Form
 - AAA Sports Medicine Fact Sheet
 - AAA Agreement/Consent/Release Form
 - PPE History Form
 - General Information Sheet filled out with your COMMITMENT SIGNATURE 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.**
- For further questions or concerns, please contact Coach Cindy Brown: brownc@conwayschools.info

COMMITMENT SIGNATURE:

With my signature, I verify that I understand and agree to the responsibilities of being a CHS cheerleader as outlined on the previous page. I understand practice dates are mandatory. I understand and agree to this commitment.

Student Signature _____ Date: _____

Parent

Signature _____ Date: _____

General Information Sheet

Student Name: _____

Grade for 2024-2025: _____ Student Cell Phone: _____

Student Birth Date (include year): _____

Parent/Guardian

Names: _____

Address: _____

Mom cell phone: _____ Dad cell phone: _____

Parent Email:

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 FLIER

CIRCLE THE STUNTING POSITIONS THAT YOU ALSO HAVE EXPERIENCE WITH:

BACK SPOT MAIN BASE SECONDARY BASE FLIER

RUNNING TUMBLING (CIRCLE ALL THAT APPLY): **Minimum tumbling required is a RO+ BHS

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.

