

# 2021-2022

## Tryout Packet

### Glenwood High School

### Cheerleading

#### Mandatory Clinical Days:

*\*Students must have a current physical on file in order to participate in clinicals & tryouts\**

May 19, 2021 4:30pm-6:30pm

May 20, 2021 4:30pm-6:30pm

May 21, 2021 4:30pm-5:30pm

The gym will be open at 4:00pm to warm up and stretch

#### Tryout Day:

May 22, 2021 10am-12:30pm

The gym will be open at 9:15am to review, warm up and stretch

All tryout prospects will be notified by 5:00PM on May 22, 2021 to hear if they have been chosen for the upcoming cheer season. **For those who are chosen for the 21-22 cheer season, a mandatory informational meeting for parents and squad members will be held on Tuesday, May 25, 2021 at 5:00PM in the health room at GHS. A tentative summer schedule will be handed out at the meeting.**

Dear Prospective Cheerleaders,

Thank you for your interest in the Glenwood High School cheerleading program. This packet contains important information regarding our program and tryouts, please read over it carefully.

We take pride in our cheer program at GHS. All athletes are expected to follow and agree to the rules and regulations given to them before trying out. If the athlete is selected to be a cheerleader in the upcoming season, a contract with a more thorough set of expectations will be presented and signed by the athlete as well as their parent or guardian.

Attendance to the clinical days is mandatory. All tryout material will be taught during the scheduled clinicals. If you are unable to attend any or all the clinical days, please contact the coaches with your circumstance as soon as possible. If not attending clinics is excused, participants will be responsible for learning all clinic material that is required to perform at tryouts.

Tryout Procedures:

- Clinicals and tryouts will be closed to all spectators.
- A selection of tryout judges will be handpicked by the coaches.
- Selections of team members will be made solely by the coaches. Those selections will be final.
- Tryout scores and score sheets will not be given out at any time.

It is an honor and privilege to become a GHS Cheerleader. Your potential role on the team should not be taken lightly. As a squad, we do much more than support our home team. We are considered role models and representatives of our school district. If you are selected to be a GHS cheerleader, please understand the commitment you are making. By making this commitment to the GHS Cheerleading program, you will receive many valuable experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner but will give you a sense of pride and accomplishment by being apart of this team.

If you have any concerns or questions regarding tryouts, please contact the coaches. We look forward to working with each participant this tryout season.

Sincerely,

Alana Brown, Head Coach  
abrown@bcsd5.org

Rachel Colyer, Assistant Coach  
rcolyer@bcsd5.org

## Team Levels:

Junior Varsity

Varsity

\*Levels will not be based on age. Selections for these levels will be based on skill, potential and attitude.

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## Before Clinicals and Tryouts:

### Do you have what it takes to be a GHS Cheerleader?

These requirements, including but not limited to, apply to the 2021-2022 cheer season. The season starts when the athlete is selected as a GHS squad member and ends at the beginning of the following season's tryout.

- The coaches encourage all athletes to be a student first, an athlete second. We believe good grades, attendance, attitude, and motivation play a crucial role in being a great athlete. Our eligibility policy, to practice and perform, reflect the Glenwood High School Student Handbook: Students must pass 25 credit hours per week/5 classes. Students must also have a 1.7 GPA for the previous semester. If a student does not pass 5 classes from the previous semester, he/she will be academically ineligible for the following semester.
  - Warning and ineligibility lists are ran weekly and apply to the following week's events.
  - If students are on the warning list throughout the season, they must attend study tables each week in order to participate in practice, games and events.
- Selected team members will be expected to make a commitment to their team. All athletes are expected to be at every camp, practice, game and other cheer events that the coaches have scheduled. We give out a calendar at the beginning of the year, any conflicts should be presented to the coaches immediately. Last minute conflict notices are considered unexcused. We will send schedule changes/updates with as much notice as possible.
  - As a squad, it is important to have every member present when learning/mastering skills and material. Athletes who miss these practices and events will be behind in what is learned; Since we do not have substitutes, one missing person can affect an entire performance.
  - During football season, JV members will attend all home Varsity games, in uniform. Varsity members are expected to attend at least three JV home games.
  - During basketball season, Varsity members will attend the second half of the home JV game. JV members will stay for the first half of the home Varsity game.

\*Please keep these expectations in mind before trying out. Supporting your team is a key part to a successful cheer program. It is the athlete's responsibility to make time to attend these "extra" events.

As a cheerleader it is important to:

- Always be a positive and respectful representative of GHS.
  - This includes when you are in and out of uniform; At school and away from school grounds.
  - Cheerleaders should always represent GHS, at the highest level, with manners, pride, and a positive attitude.
    - GHS staff, students, and community members should see the cheerleading team as a highly respected program.
- Uphold a strong character and always behave in good conduct.
  - GHS Cheerleaders are respectful of GHS staff, are friendly and supportive of all other cheer teams and actively help build this program by supporting and participating in all youth, JV and Varsity events.
- Attend all practices, games, pep assemblies, community events and appearances willingly and with the utmost excitement and pride.
  - Remember, being a part of the GHS Cheerleading team is a privilege. If you see cheerleading as something you must do, not something you want to do, then please consider another GHS activity or sport.
  - Poor attitude, minimal motivation for yourself and others, no desire to progress or try new things, attitude/back talk to coaching staff, not being prepared, etc. will not be tolerated. Continuous actions will be discussed with the cheerleader and reported to parent. Appropriate consequences for these behaviors will be accessed on a case-by-case scenario.
- Contribute actively and positively to the team and program chemistry.
  - The GHS Cheerleading team is a family. The ability to work together, support each other and create that team chemistry is necessary and expected.
  - Constant support and willingness to go the extra mile is how we intend to continue to build the GHS cheerleading program.

## Clinicals and Tryouts:

**\*\*Clinicals and tryouts are closed to all spectators.**

Tryouts will consist of performing designated skills in front of coaches and judges.

- Sideline Cheer
- Dance
- 2 Jumps (1 given, 1 choice)
- 2 Stunts (1 Given, 1 Choice)
- Tumbling (Standing choice, Running choice)

The cheer, dance, jumps and stunts will be taught and coached during clinicals; Tumbling will not. The participant can execute her/his highest skill that she/he can perform on their own. We will not be spotting any tumbling passes during clinicals or tryouts.

Participants will not only be scored on their abilities but also their attendance, attitude, observed potential, overall behavior and willingness to help others.

### Clinical Attire:

Participants will be required to wear tennis shoes (cheer shoes if you have them, otherwise flat sole tennis shoes work best), white no-show socks, athletic shorts or leggings, t-shirt or full coverage tank (free of beads, rhinestones & rough screen prints) ALL hair up (off neck & out of face). Athletes who are not dressed appropriately will not be able to participate in clinicals.

### Tryout Attire:

Participants will be required to wear tennis shoes (cheer shoes if you have them, otherwise level sole tennis shoes work best), white no-show socks, plain black or red athletic shorts, plain white t-shirt or full coverage tank, number provided and all hair up (off neck & out of face). Athletes not dressed appropriately will not be able to participate in tryouts.

Nails for clinicals and tryouts are to be kept at an appropriate length for stunting (fingertip length will be required throughout the season). Fake tips and acrylics, no matter the length, are not allowed.

Jewelry at clinicals and tryouts MUST be removed. This includes piercings, body jewelry and plastic inserts.

Food, including gum, is not permitted for the duration of clinicals and tryouts.

Participants will be put into groups for clinicals and tryouts. Your group will be performing your dance, cheer, jumps, stunts and tumbling together.

Coach Use Only:

Group Number \_\_\_\_\_

Tryout Number \_\_\_\_\_

## Candidate Information Form

This form and questionnaire are intended for informational purposes only. Provided information and question responses will not affect the participants tryout score.

**All informational forms and questionnaires are due to coaches to later than May 15, 2021.**

You may, email them to [abrown@bcsd5.org](mailto:abrown@bcsd5.org) & [rcolyer@bcsd5.org](mailto:rcolyer@bcsd5.org) .

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

Parent Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Parent Phone #: \_\_\_\_\_

'21-22 Grade Level: Freshman    Sophomore    Junior    Senior

Trying out for:      Football      Basketball      Both

If you circled football OR basketball, please state your reason for only wanting to participate in one season.

Do you have previous cheer experience? Y / N

How many years of experience do you have cheering? \_\_\_\_\_

How many of those years are for school? \_\_\_\_\_

How many of those years are competitive? \_\_\_\_\_

What is your highest skill level in tumbling that you can throw safely, by yourself on grass and/or a gymnasium floor?

If you have stunting experience, circle what positions you have experience in:

Back spot    Main Base    Side Base    Flyer    Spotter    Front Spot

If you circled multiple, list your strongest position to your weakest.

Are you planning to participate in any other sport/activity, have a job or any other commitment during the cheer season? Y / N

If yes, please list.

If there are scheduling conflicts, which activity will take precedence? Why?

**Questionnaire:**

What qualities do you have that will make you an asset to the GHS Cheerleading team?

Give an example as to how you can be a positive role model to your fellow cheerleaders and student body this season?

What is your favorite thing about cheerleading?

Are you willing to change the way you currently cheer, take corrections and apply them in order to expand your talents while also having good techniques?